

JH BADGER

TRACK AND

FIELD



JH Track and Field will begin Monday April 3rd.

Tina Mann will be Head Coach

Liz Edmundson, Farrah McGregor, Savannah Collins, & Ken Brady will be Assistant Coaches

The events being offered are: 100m, 200m, 400m, 800m & 1600m; 100m & 200m Hurdles, 4x4 relay, 4x100 relay, shot put, discus, javelin, high jump, triple jump and long jump.

We do ask that you participate in a minimum of 3 events. This is JH Track and a great time to learn new things before moving on to HS!

If you haven't already please download the TeamReach app and use code JHTrack2021

Our Tentative schedule:

Fri. April 14th @ Choteau

Fri. April 21st @ Power

Tue. April 25th @ Cascade Triangular (Tentative)

Fri. April 28th @ Fort Benton

Fri. May 5th @ TBD

Practice schedule:

4/3-4/6 4:00p-6:00p

Friday April 7th @ 11AM

4/11-4/13 4:00p-6:00p

4/17-4/20 4:00p-6:00p

4/24; 4/26 & 4/27 4:00p-6:00p

5/1-5/4 4:00p-6:00pm

End of year dinner 5/9 @ 6pm

All times are TBD-Schedule subject to change at any time.

Expectations:

ACADEMICS:

1. Students are required to meet Cascade School District's policy regarding grades and participation in extracurricular school activities. If a student is on the ineligible list when it is pulled on Tuesday morning they will not be allowed to participate in the meet that weekend; even if they get the grade up before the meet.
2. If you have 3 or more missing assignments, it is possible that you will be required to miss practice to make up those assignments. As long as you have a plan, have communicated that plan to teachers, coaches and administrators, and follow through with that plan to complete all assignments, you will not be required to miss practice.

Behavior:

1. **Absolutely no disrespect** will be tolerated towards any coach, sport official, fans, teammates, or opposing players. Watch your language during practice and at meets. Meet officials will report any inappropriate language to coaches and disqualification could be a consequence.
2. **Improper bus behavior will not be tolerated.** Observe all bus rules and obey the bus driver. Again, profanity anywhere will not be tolerated. We will alternate boy/girl seating arrangements, and you are expected to follow these arrangements.
3. **Public Displays of Affection (PDA) is not allowed during practice, on the bus or at meets.**
4. **No student will be permitted to leave the track meet early without making contact with the coach.** Athletes must ride the bus to and from all away meets. A written note is required if you are taking your son /daughter home from an away meet due to other obligations.
5. **No activities are to begin without a coach being present, no implements are to be used without a coach being present.** You must always have coach permission to begin practice for any event that includes implements. IF YOU DO NOT PARTICIPATE IN AN EVENT, YOU ARE NOT PERMITTED TO USE THE EQUIPMENT under any circumstance.

6. Set-up/Take-Down/Clean-Up Track requires a lot of equipment. Coaches will help, but will not be solely responsible for unloading, setting up or putting away equipment. This includes pre-season set up of jumping pits, hurdles and hauling of equipment to and from the track at practice and at meets. You will be expected to help set up and take down the team tent according to the duty schedule. Failure to help will result in an unexcused absence. Leaving an implement at the track will result in extra conditioning. Losing an implement will result in replacing that implement at your own cost.

7. We will warm up as a team upon arriving at the track. Every member of the team will participate in the team warm-up at the beginning of meets and practices.

8. Under no circumstance are you allowed to scratch from an event without a coach's permission. "I'm tired" is not a legitimate excuse to scratch. We will not enter you into more events than you can handle. If you are injured, it is not our goal to further injure you, and you will be scratched if that is indeed the best thing for you.

OTHER

Your uniform is your responsibility. If you lose or damage your uniform, you will be expected to pay for its replacement.

If you are injured to the extent that it requires a doctor or hospital visit then **you must have a signed release from that doctor or hospital** before you are permitted to play or practice again.

Do not damage equipment or school property. This not only applies to our school but at away events also. Track implements are NOT CHEAP - If you are issued implements, you are responsible for keeping track of and properly handling them at each meet. **Any equipment that is lost or damaged while in your possession, you will be financially responsible for.**

Tobacco, alcohol, or drug use policy is outlined in the Athletics Handbook. There is nothing more detrimental to a team, and to you as an individual athlete than a violation of training rules. Please make good choices.

Athletes must be present at the practice immediately prior to a scheduled meet, or they will not be permitted to attend the meet. (If there are circumstances where an athlete must miss a pre-meet practice we must be notified ahead of time and permission to participate in the meet will be at coaches discretion).

Athletes not only represent the Cascade School District but also their community and family. Any conduct that detracts from either will result in his/her case being reviewed by the coaching staff, Principal and Athletic Director which could lead to a suspension or expulsion from the team.

-It is our job to prepare you by getting you in shape through workouts, and practice technical aspects of your events - it is your job to be disciplined enough to complete the workouts to the best of your ability.

EVENTS

- To give you the best opportunity to succeed, you will be expected to **participate in at least 3 events.**

- This is Junior High Track, our main goal is to get you prepared for High School, we will be working with the High School coaches to be sure you are ready to move up to the next level. We ask that you try new things and accept recommendations from your coaches to try different events. If we ask you to try an event it is because we see potential in your abilities and want you to be successful.

JUNIOR HIGH TRACK EXPECTATIONS

I have read the Track & Field Rules and Expectations, and by signing below acknowledge that I will be held responsible for upholding these expectations. If for any reason I am unable to fulfill my duties and abide by the rules, I understand the consequences and that I will be held accountable.

Athlete Name: _____

Athlete Signature: _____

Date: _____

Parent Name: _____

Parent Signature: _____

Date: _____