

THHS VARSITY Track and Field



Agate Pride!

Agate Victory!

Athlete Manual 2008

**PEOPLE ACTING TOGETHER AS A GROUP
CAN ACCOMPLISH THINGS WHICH
NO INDIVIDUAL ACTING ALONE COULD
EVER HOPE TO BRING ABOUT.**

ATHLETES' ROLES

- 1. Be positive and have a good attitude.**
- 2. Support your teammates.**
- 3. Work hard at practices.**
- 4. If you have any questions, ask the coach.**
- 5. Know and follow school and team rules.**
- 6. Challenge yourself as an athlete and
as a person.**
- 7. Meet classroom expectations.**
- 8. Notify the coach of any scheduling
conflicts in advance.**
- 9. Talk to the coach about any special
concerns about philosophy or expectations.**

SOME WORDS OF WISDOM

Having fun is doing hard things well.
If at first you don't succeed- you're like most people
Believe you can and you are halfway there.

Welcome to the Team!!

Congratulations on joining the 2008 Two Harbors Varsity Track and Field Team!!! Spring is finally upon us and that means another exciting season of Track and Field. My name is Coach Altiere and I am the THHS Head Varsity Girls/Boys coach. The coaching staff and I are looking forward to working with each of you this season. Our goal is not only to teach you the fundamentals of Track and Field, but also to show you how commitment, hard work, discipline, and team work can help you attain personal and team goals. Most importantly, we want you to have **FUN** this year!! Below you will find an assortment of information to help you prepare for this season. Again, welcome and we hope your Track and Field experience is a great one!!!!

2008 Track and Field Coaches

Coach Altiere- Head Boys/Girls Coach (sprints, relays)
Coach Peterson- Assistant Coach (shot, discus)
Coach Byrns- Assistant Coach (middle distance, distance)
Coach Claflin- Assistant Coach (hurdles, sprints)
TBA - Assistant Coach (jumps, sprints)

2008 Track and Field Captains

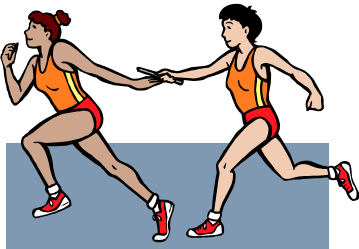
Boys

Darren Thewis
Ben Schield
Sam MacEneany
Matt Wicklund

Girls

Kira Peterson
Emily Gilsvik
Melissa Johnson
Britty Wicklund

Events in Track and Field



4 x 800m Relay
110m Hurdles (b), 100m Hurdles (g)
100m Dash
4 x 200m Relay
1600m Run
4 x 100m Relay
400m Dash
300m Intermediate Hurdles
800m Run
200m Dash
3200m Run
4 x 400m Relay



Long Jump, Triple Jump, High Jump, Shot Put, Discus

Practice

Monday thru Friday from 3:15 pm to 5:30 pm.

(We **will be** having practice Wed, Thurs, Fri, (4/2, 4/3, 4/4) of Spring Break)

Many of our event groups may practice on Saturday mornings as well. These Saturday workouts are great opportunities for coaches to give specialized training and an added workout day for our athletes. Adding up Saturday workouts gives us another week of training. We realize conflicts come up, but try to attend as many Saturday practices as possible. We try to make these workouts fun and enjoyable for coaches and athletes alike.

Attendance

In order to be a successful individual and team, attendance at practice must be high. Missing one day could lead to a decreased performance, a dropped baton, a foul in a field event....you get the picture. **If you are in school, you should be at practice after school.** If you are late due to an academic reason, **bring a note** from a teacher. If you must miss practice, tell a coach that you will be missing and bring a note from home or a teacher. Tardiness will not be tolerated and will lead to a missed meet! Attendance will be taken at practice.

Our policy is simple:

1. Each athlete receives three excused absences each season.
2. If you miss practice for 2 days in one week, you will not be able to participate in the meet for that week.
3. For each unexcused absence, you will not be able to participate in 1 meet.
4. Two unexcused absences will result in the dismissal from the team.

The bottom line- Get to practice unless you are ill or with a teacher getting academic assistance. Remember, as a coaching staff we expect commitment!

NEW- As a coaching staff, we believe that by becoming a member of the THHS Track and Field team, you are agreeing to make a commitment, physically and mentally, to this program and your teammates. As such, we highly recommend that you do not participate in any other organized sport during the Track and Field season. This would include, but not limited to: JO volleyball, spring soccer, rugby, and AAU basketball. If you still choose to participate, you may still be a member of the THHS Track and Field team. However, the following must be agreed upon or you will be dismissed from the team.

1. You may not miss ANY part of practices or meets due to the “other” sport.
2. You may not practice or participate in any contests in your other sport from Saturday May 10th, until the end of your Track and Field season. This is our “play-off” time.

Failure to follow the above conditions will lead to an automatic dismissal from the team.

Workouts

Your coaches have spent a great amount of time creating workouts that will allow you to improve as the season progresses and peak at the end of the year. Don't be afraid to ask your coach the intent of any workout. He/she will be happy to explain it to you and your teammates. If you follow the assigned workouts and believe in them, you will have success. Workouts are designed under the hard day-easy day training theory. Do not add on to your workout. If you do this, you run the serious risk of over-training and sustaining an injury. An easy day allows your body to super-compensate, allowing for accelerated improvement and recovery.

Injuries

Report any injuries, large and small, to the coaching staff. Sometimes we can advise you and save extra days of pain and non-activity. Serious or chronic injuries will be referred to a sports physician or athletic trainer.

Shoes and Training Clothing

One of the best ways to preventing injuries is to get a good pair of training / running shoes. The cushion and stability they give your feet cuts down on the pounding your feet, ankles, knees, and hips can take during a workout. This is an area where it is a good idea to go to a running store so someone qualified can help you pick the shoe for your specific training purposes. There are two such places in Duluth...Austin Jarrow's and The Athlete's Foot. Track-Jumping spikes and Thrower Flats are not mandatory...but recommended.

Spring weather in northeast Minnesota is quite often unpredictable. Rain, cold temperatures, and wind are common weather conditions. **So be prepared to go outside everyday!** This means hats, gloves-mittens, long sleeved shirts / jacket and wind pants / sweats if necessary! This is to prevent possible cold weather injuries! These can be purchased at most athletic and department stores. If you need assistance please feel free to ask Coach Altiere!!

Water

Bring a water bottle to practice! Water is very essential for you to perform your best. Many physiological studies have proven that if you are hydrated, you will perform better. During competition and training, you must consume more water because your body loses water rapidly. Perspiring, tissue repair, cooling itself, and organ / muscle function are just a few of the uses your body has for water. A benchmark test to measure body hydration is the color of your urine. If you are properly hydrated, your urine should be semi-clear. The more color, the more water you need to be drinking.

The Two Fuels

Your body is a remarkable machine. However, if it does not get the correct amount of nutrition and rest, the two fuels, it will shut down. It may not suddenly stop working in the middle of a race, but you run the risk of developing an injury or becoming sick. At any rate, you must eat properly and get adequate amounts of rest or you will not be able to perform at your best level. Your body needs more of the two fuels when you are in training to heal, recover, and function properly. If you know of anyone on our team who you think is not eating properly or not getting enough rest, let one of your coaches know. You could be saving them their season, or even their future health. Attached you will find additional ideas on nutrition.

Academics

We often will be required to leave school early. Make sure you inform your teachers and be sure to make up any missed assignments. If a teacher expresses their concern that you are not keeping up in class due to Track & Field, you may be suspended from meets and practices until your academics return to an acceptable level. THHS extra curricular eligibility policy applies.

Remember- School comes first!!

Uniforms/Warm-ups

You will be issued a uniform and warm-up before the first meet of the season. These items are the property of THHS and it is your responsibility that they are returned at the end of the season or upon your leaving the team (directly to the coaches). If they are lost, stolen, or damaged, you will pay for their replacement. It is best not to borrow your uniform / warm-ups to another teammate because you are the one who is responsible if they are lost, stolen, or damaged.

Please let the school's laundry service wash your uniforms and warm-ups!!

Meets- Riding the Bus!!

The THHS athletic policy is that athletes will ride the school bus to and home from all meets. Certain special circumstances may (with a note) allow you to ride with a parent, but you should plan on always riding the bus. In addition, please **do not ask** to leave early from a meet. You should stay to support your teammates, even if you are done competing. Track is a team sport. You would never consider leaving a basketball game after the third quarter just because you were done playing. Track is no different.

Remember T.E.A.M. = Together Everyone Achieves More.

We will generally take two school buses to each meet. On occasion, one or both buses will stop on the trip home at a fast food restaurant. If you wish to eat, make sure you bring money or food with you to eat.

IMPORTANT- BE PREPARED FOR ALL WEATHER AT EVERY MEET!!

2008 Track and Field Awards

During this season, be on the look out for teammates (boys and girls) you think would deserve these awards at the end of the season!!



**Most Inspiring
Most Dedicated
Most Improved
Rookie of the Year
Tough As Agates
MVP- Most Valuable Player**



We are very excited about the upcoming season and are happy that you have chosen to participate in Varsity Track and Field. Good luck on a fun and success filled season. Remember, the coaching staff is here to help every one of you succeed! Have a great season!!

THHS Track Website for other great information!!

<http://www.isd381.k12.mn.us/THHS/Track/default.htm>

Two Harbors Agates Track and Field Safety and Equipment Considerations

Running Workouts

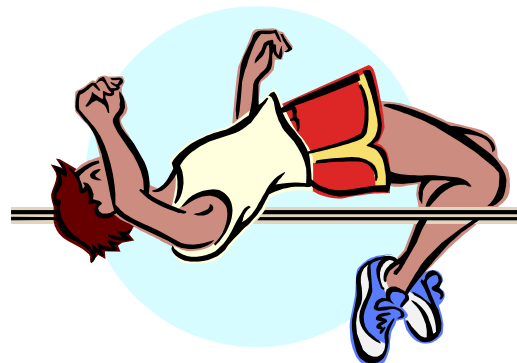
- 1) Run facing traffic.
- 2) Stay single file when running on roads or in the parking lots. Run on sidewalks whenever possible.
- 3) Never run alone - stay with at least one teammate.
- 4) Don't obstruct traffic or walkers.
- 5) Obey stop signs and traffic lights.
- 6) Do not run on someone's personal property.
- 7) Run the route your coach has told you to run so they can find you if there is a problem.
- 8) Check in after you return so your coaches know you are back.

High Jump

- 1) **Do not** jump without a coach present under any circumstances.
- 2) Mats must be set up properly and covered with the surface mat before anyone is allowed to jump.
- 3) Mats are **ONLY** to be used for jumping...not lounging!! Jumpers only on mats.

Shot / Discus

- 1) **Do not** throw without a coach present under any circumstances.
- 2) Before you throw, be sure to look around you to make sure everyone is safely behind you.
- 3) Do not throw unless everyone in the area is aware you are throwing.
- 4) Be aware of who is throwing at all times.



THHS Track & Field- Lettering Policy

All athletes who wish to letter must be a positive member of the Two Harbors Track and Field Team, follow team and school rules, practice good sportsmanship, have no unexcused absences from practices/meets, and give their maximum performance.

All athletes must earn 16 points to letter *and* complete the season.

The following are ways to earn points:

1. Points earned by placing in an event at a varsity meet. Points are determined by the number of teams participating in the meet according to the 2008 NFHS Track & Field Rules Book. Points earned by Relay Teams are divided by four.
2. ½ point for **each** event personal record (**PR**) set during the course of a season.
3. 6 points for **perfect** attendance at practices and meets- (see below regarding excused absences).
4. 2 points for each completed year of varsity Track and Field.
5. Points can be earned by placing on the THHS Track and Field Performance List as follows:

4 points-	16-20 place
8 points-	11-15 place
12 points-	6-10 place
6. 2 points for **each hour** an athlete volunteers to the **THHS Track and Field program**.
(max 6 pts)
This may include: the Jr. High Track meet we co-host, the summer Starter Track Clinic, teaching Jr. High athletes an event, and/or assisting with the Sixth Grade Track Day meet.

Automatic Letter:

- qualify for the Section Meet
- place 1-5 on the THHS Track and Field Performance List
- set a school record
- seniors with at least 3 completed years of Track & Field participation that have not previously lettered

Other Important Points to Consider:

- each athlete receives 3 excused absences during each season
- for every absence beyond the three excused, 3 lettering points are forfeited
- illness and injury are exempt from the above mentioned points penalty
- Any MSHSL Violation will lead to an automatic forfeit of that seasons Track and Field Letter

*** Final lettering consideration is always left up to the coaching staff.**

2008 TWO HARBORS HIGH SCHOOL VARSITY BOYS AND GIRLS TRACK & FIELD SCHEDULE

THIS SCHEDULE MAY HAVE SOME TIME CHANGES

Mark these dates on your calendars now!!!

<u>Day</u>	<u>Date</u>	<u>Meet</u>	<u>Site</u>	<u>Time</u>	<u>Team</u>	<u>Dismiss</u>	<u>Depart</u>	<u>Buses</u>
MONDAY	MARCH 10	Practice begins		3:15 pm				
TUESDAY	MARCH 11	Parent-Team- Shoe Fitting- Potluck Meeting	THHS Cafeteria	5:15 pm				
SATURDAY	MARCH 29	Polar League Indoor	UWS	2:00 pm	B&G	12:05 pm	12:15 pm	2
SATURDAY	APRIL 5	Hawk Indoor	UWS	10:00 am	B&G	8:05 am	8:15 am	2
TUESDAY	APRIL 8	THHS QUAD	Two Harbors!	4:00 pm	B&G	-----	-----	----
TUESDAY	APRIL 15	THHS QUAD	Two Harbors!	4:00 pm	B&G	-----	-----	----
TUESDAY	APRIL 22	THHS QUAD	Two Harbors!	4:00 pm	B&G	-----	-----	----
THURSDAY	APRIL 24	Hermantown Invitational	Hermantown	3:30 pm	B&G	1:15 pm	1:30 pm	2
SATURDAY	MAY 3	Doc Savage Invitational	Hibbing	10:00 am	Boys	7:10 am	7:20 am	1
SATURDAY	MAY 3	ER Mullins Invitational	Grand Rapids	10:00 am	Girls	6:40 am	6:50 am	1
TUESDAY	MAY 6	True Team Sections	Pillager	4:00 pm	B&G	10:55 am	11:10 am	2
WEDNESDAY	MAY 7	Polar League JV Championships	McGregor	3:00 pm	7,8,9 B&G	12:00 pm	12:15 pm	2
FRIDAY	MAY 9	Crosby Ironton Invitational	Crosby Ironton	4:30 pm	B&G	12:45 am	1:00 pm	2
WEDNESDAY	MAY 14	Polar League Outdoor Champ.	Two Harbors!	2:00 pm	B&G	12:51 pm	-----	----
SATURDAY	MAY 17	True Team State	Stillwater High School	10:00 am	B&G	?	?	? 0,1, or 2 ?
WEDNESDAY	MAY 21	Subsection 26A	UMD	10:00 am	B&G	7:40 am	7:50 am	2
FRIDAY	MAY 30	Section 7A	UMD	10:00 am	B&G	7:40 am	7:50 am	1
MONDAY	JUNE 2	Team Awards Banquet	THHS Cafeteria	5:00 pm				
FRI. & SAT.	JUNE 6 & 7	State Track and Field Meet	Hamline	TBD	B&G	?	?	2 Suburbans

* = Spring Break is March 31st thru April 5th

blue = only if team / individuals qualify

Important!!- There may be some Saturday practices this season.

Also, there will be practice during spring break

On April 2nd (Wed), April 3rd (Thurs), and April 4th (Fri). Time 10:00 am to 12:30 am.

If you are not on vacation, we will expect you at practice!!

2008 THHS Varsity Track & Field Questionnaire

COMING TOGETHER IS A BEGINNING...KEEPING TOGETHER IS PROGRESS... WORKING TOGETHER IS SUCCESS !

Name: _____

Grade: _____

Have you been in Track and Field before? YES NO If yes, how many years? _____

If yes, what events have you participated in (list your best performances if you remember them as well)?

What events would you like to try this year?

Do you need assistance finding the proper type of running/training shoes? YES NO

Did you participate in any other varsity sports at THHS this year? YES NO If so, which sport(s)?

For the following questions, you may use the back of the sheet if necessary.

1. What goals do you have for yourself this season? Try to be specific...something you can measure.
Examples include: having fun, getting into shape, specific events you would like to try, times / distances you would like to attain, skills you would like to better yourself in, grades in a class, GPA, etc.).

Athletic Goals:

Academic Goals:

