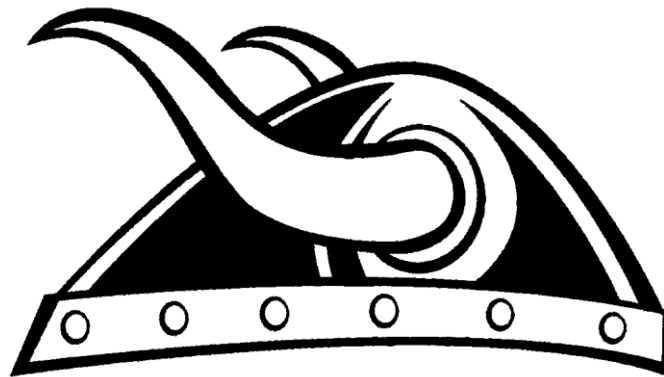


# VIKINGS

## TRACK & FIELD

### 2024



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# Track and Field Schedule 2024

Key for Workout days: **F-Field Event Athletes** **S-Sprinters** **D-Distance Runners**

Practices are done by 4 pm.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/17	3/18 Make sure paper work is turned in to the School Office	3/19	3/20	3/21	3/22	3/23
3/24	3/25 3:10 to 4:00 <b>Practice Starts!</b>	3/26 3:10 to 4:00 Conditioning	3/27 <i>No practice</i>	3/28 3:10 to 4:00 Conditioning	3/29 No School Good Friday <i>No practice</i>	3/30 Spring Break Follow suggested workout plans
3/31 EASTER	4/1 Spring Break	4/2 Spring Break	4/3 Spring Break	4/4 Spring Break	4/5 Spring Break	4/6 Spring Break
4/7	4/8 <b>S, F, D</b> 3:10 – 4:00	4/9 <b>S, F, D</b> 3:10 – 4:00	4/10 <i>No practice</i>	4/11 <b>S, F, D</b> 3:10 – 4:00	4/12 <b>D-</b> 3:10 to 4:00	4/13
4/14	4/15 <b>S, F, D</b> 3:10 – 4:00	4/16 <b>S, F, D</b> 3:10 – 4:00	4/17 <i>No practice</i>	4/18 <b>S, F, D</b> 3:10 – 4:00	4/19 No School (Fine Arts Festival) <i>No practice</i>	4/20
4/21	4/22 <b>S, F, D</b> 3:10 – 4:00	4/23 <b>S, F, D</b> 3:10 – 4:00	4/24 <i>No practice</i>	4/25 <b>S, F, D</b> 3:10 – 4:00 Last practice 3+4	4/26 <b>D-</b> 3:10 to 4:00	<b>4/27 NWSLC Conference @Christian Liberty (AH)</b>
4/28	4/29 <b>S, F, D</b> 3:10 – 4:00	4/30 <b>S, F, D</b> 3:10 – 4:00	5/1 <i>No practice</i>	5/2 <b>S, F, D</b> 3:10 – 4:00	5/3	<b>5/4 St. John Invitational @ Glen. E. or S.</b>
5/5	5/6 <b>S, F, D</b> 3:10 – 4:00 Last practice	<b>5/7 Invitational @ Concordia (During School)</b>	5/8 <i>No practice</i>	5/9 <b>S, F, D</b> <b>Practice for State Qualifiers</b> 3:10 – 4:00	5/10 <b>D-</b> 3:10 to 4:00	5/11
5/12	5/13 <b>Practice for State Qualifiers</b> 3:10 – 4:00	5/14 <b>Practice for State Qualifiers</b> 3:10 – 4:00	5/15 <i>No practice</i>	5/16 <b>Practice for State Qualifiers</b> 3:10 – 4:00	5/17	<b>5/18 STATE MEET Prelims @Concordia</b>
<b>5/19 STATE MEET Finals</b>	5/20	5/21	5/22 <i>No practice</i>	5/23	5/24	5/25
5/26	5/27 No School Memorial Day	5/28	5/29	5/30 Graduation	5/31	6/1

**Saturday, April 27, Conference Meet:** This is the only meet where 3<sup>rd</sup> and 4<sup>th</sup> graders compete.

Christian Liberty in Arlington Heights hosts. 3/4 Grades compete in the morning, 5/6, 7/8 are in the afternoon.

**Saturday, May 4 Meet:** This is a big invitational at Glenbard East High School, hosted by St. John's Lombard.

**Tuesday, May 7 Meet:** We host the Grace Invitational. Smaller Lutheran schools attend. Please come and help!

**Saturday, May 18 State Meet Prelims:** Athletes who meet the State qualifying standards compete at Concordia U.

**Sunday, May 19 State Meet Finals:** Athletes who advance from prelims on Saturday compete in finals.

Picture Day TBA

## **Track & Field Team Membership Criteria**

Prospective Track & Field Team members must be academically eligible (see note below) and have each of the registration items turned in to the school office before our first practice on March 25.

## **Registering for the Team**

**Turn in the following to the school office during the week before our first practice.**

1. A current physical must be on file in our School Office (These are current for 13 months.)
2. Concussion Form, with parent and student signatures
3. The Athletic and Activity Parent Permission Form, with parent and student signatures on both sides
4. Viking Code of Honor Form

\*The Sports fee (\$30)- Mrs. Allen will bill the account for athletes when they register for the team. We expect payments to be complete by the end of spring break/before the second week of practice starting on April 8.

## **Basic Expectations of the Track and Field Program**

Come to each practice. Every day has a purpose.

Come with a great attitude, ready to listen to directions and give your best.

Come prepared. Bring appropriate clothes for the weather, running shoes, and a watch.

## **Consequences**

For our team to reach its potential and function fully and safely, it is crucial that the coaches can trust our athletes to follow through on directions. If an athlete cannot participate appropriately, that student will be brought back into the school building to await parent pick up by the front desk.

## **Important Details**

Take care of your uniform! Turn it in on time and in good shape at the end of the season.

Athletes are responsible for the uniform they are issued at the beginning of the season.

**Wash the uniform with cold water on the delicate setting. Hang to dry.** They will last much longer if treated this way.

We prefer that each athlete stay until the completion of the meet.

Athletes will travel to our meets with their parents or in a car pool with other parents.

If it's possible for an athlete to stay at the meet after his/her own events, we love for our team to gather together in the stands and cheer on the Vikings until the end of the meet.

## **Academic Eligibility**

Students must be academically eligible in order to participate in practice or competition.

See academic eligibility specific details.

## **Attendance and Eligibility**

A student must be in school for a minimum of half of the day in order to participate in practice or competition.

## **Coaching Philosophy**

The Track & Field Program seeks to provide a positive environment to introduce the sport of track and field and to promote the important values sports offer. We expect every athlete to be committed to improvement and reaching for his or her best. Our record shows a bright history of success and we want our athletes to gain the most from the valuable experience of setting goals and working towards achievement. We highly regard the development of character, self-discipline, respect, honesty, and responsibility, understanding that these values are just as important as winning.

Track and Field in the Lutheran School system provides a starting point for our younger athletes. The 3<sup>rd</sup> and 4<sup>th</sup> grade students have one meet in which they compete. These younger athletes will complete their season after the Conference Meet on Saturday, April 27. The 5<sup>th</sup> through 8<sup>th</sup> graders will continue their season with two more meets; The St. John's Invitational on Saturday, May 4 and the Grace Invitational on Tuesday, May 7.

These few meets give our athletes a chance to experience what a track and field meet is like and how they can best prepare for a competition both mentally and physically. Athletes who meet the State Qualifying Standard at any time during the season qualify for the State Meet on May 18 and 19. Coaches are responsible for placing athletes in events in all of our meets.

## **The Coaching Staff**

Head Coach: Brian Schultz                      bschultz@graceriverforest.org (Sprints and Long Jump)

### Assistant Coaches:

Sarah McCabe                      smccabe@graceriverforest.org (400- 1600 Events)  
Ruthi Brucato                      rbrucato@graceriverforest.org (3+4 Focus, Conditioning)

### Volunteer Assistants:

Jennifer Brayton (Throwing Events Focus)  
Ed Mason (Assists Distance and Sprints)  
Bob O'Connor (Assists Distance and Sprints)

## **Academic Eligibility Policy**

It is important for students-athletes to understand that participating in athletics at Grace School is a privilege and that academics must always be our first priority. With this in mind, the following policy has been established.

In Grades 7 & 8, a student will be considered ineligible to participate in athletic practice and competition for one week under the following conditions.

- More than one class has a grade below 65
- Grades will be checked on Tuesday each week and students that do not meet the acceptable standard will be ineligible beginning Tuesday through the following Monday.
- If a student is deemed ineligible they will be allowed to call parents at lunch to inform them of their status and if necessary, make transportation arrangements.
- This process and determination will begin after a minimum of 10 school days have passed at the beginning of each trimester and continue each week until the trimester ends.
- Students that are ineligible based on final trimester grades will remain ineligible until the first check of the next trimester. (ex: if two grades are lower than 65 on the final grade report for the 1st trimester, the student can not practice or compete until the first official check for everyone a minimum of 10 school days into the 2nd trimester)

Note: Consideration is made for students that have been absent.

In Grades 3-6, at the discretion of faculty members, a student may be held out of a practice or competition for an incomplete major project or if incomplete daily assignments become a reoccurring problem.

Student-athletes may also be held out of practice or competition or removed from a team due to reoccurring inappropriate behavior at any time during a school day or after school event.

## Track and Field Events

### Sprints

- 100m Dash (1 straight-away)
- 100m Hurdles Girls' event (1 straight-away)
- 110m Hurdles Boys' event (1 straight-away)
- 200m Dash (1/2 lap)
- 400m Dash (1 lap)

### Relays

- 4 x 100m Relay (1 lap total. Each runner completes 100 meters.)
- 4 x 200m Relay (2 laps total. Each runner completes 200 meters.)
- 4 x 400m Relay (4 laps total. Each runner completes 1 lap.)
- 4 x 800m Relay (8 laps total. Each runner completes 2 laps.)

### Distance

- 800m Run (2 laps)
- 1600m Run (4 laps)

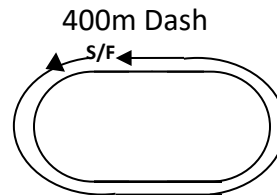
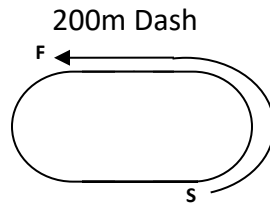
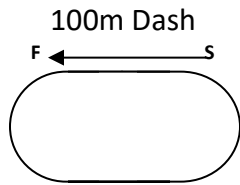
### Field Events

- Shot Put
- Discus
- High Jump
- Long Jump
- Triple Jump x

### Lutheran School Association Rule:

Each individual shall be limited to participation in 4 events, of which no more than 3 can be individual events.

## Outdoor Track Diagram



## Meet Scoring Information

Team points are awarded to place winners according to the order in which they finish a given event. For scoring purposes, a team is made up of one or more competitors representing a single school or organization. The team winner is determined by totaling the points won by the individuals and relay teams representing that school or organization.

<u>Number of Teams Competing in the Meet</u>	<u>Individual Scoring</u>	<u>Relay Scoring</u>
2.....	5-3-1	5
3.....	5-3-2-1	5-3
4.....	6-4-3-2-1	6-4-2
5.....	8-6-4-2-1	8-6-4-2
6.....	10-8-6-4-2-1	10-8-6-4-2
7 or more (6 scoring)	10-8-6-4-2-1	10-8-6-4-2-1
7 or more (7 scoring)	10-8-6-5-4-3-2-1	10-8-6-4-3-2-1
7 or more (8 scoring)	10-8-6-5-4-3-2-1	10-8-6-5-4-3-2-1

## What to Expect at a Track and Field Meet and How to Prepare

Days Before: Listen for information at practice and note the meet directions in this Handbook. Communicate with your parents about transportation and consider a car pool option with teammates.

The Night Before: Athletes should pack a bag with training shoes, racing shoes (spikes are light weight racing shoes that can aid speed. They are not required, but many of our experienced athletes use them), healthy snacks and an extra water bottle. Note the weather forecast and prepare. Bring very warm clothes like thick sweatpants, warm up jacket, and even a winter jacket if the forecast calls for cool temperatures. Being outside for hours makes athletes cold if they are not prepared. It can be challenging to achieve a full warm-up and muscles are at risk for injury if not properly warmed up.

Morning of the Meet: Eat an appropriate breakfast! Fuel your body for success.

When you arrive at the meet: Gather at our team camp in the bleachers. We will likely take a team warm-up lap together at an easy jogging pace. Those athletes slated for the first events will continue their jogging and then begin their dynamic warm up. Unless you are warming up, competing, cooling down, or using the bathroom, you are to remain with the team in the bleacher area. We want to have our Vikings cheering for teammates, and enjoying being part of the team together.

Preparing for your own event: Athletes must pay attention to the order of the events and plan out their own warm up thoughtfully. Since coaches usually have to work an event at the meet, athletes can't rely on being told when to start getting ready. The point of the warm up is to come to the starting line or the field event check in area loose, warm, and ready to go. The timing can be a little tricky and athletes really need to pay attention to the heats before their event. Athletes must check in with the starter, or the clerk in larger meets, just before their event. **Be ready! Listen to the official's directions with full attention.**

A note regarding how to view competitors: The people we compete against help drive us to our best efforts. View racing or jumping or throwing at a meet as a chance to find out where you are in your development on that day. Think the thoughts that are going to help you! It's natural to get a little nervous, just don't let yourself get overly nervous. Developing self-control is an excellent skill to practice.

Cooling down: It is essential for athletes to cool down appropriately after their events. Jog at an easy pace; complete your stretching. This helps you recover, prepare for your future events, and prevent injury.

A Few Rules to Know: Teammates may not run alongside runners in a race (pacing violation). Any interference with a race will cause the disqualification of the team member or the person causing the problem. There are regulations regarding what can be worn under a uniform, especially for relays. Team members should not be on the infield during the meet unless they are checking in for their event.

Sportsmanship: Vikings are good sports. We encourage each other. We do not need to put others down because we are focused on our own performances and on being our best.

Note to Parents: Come and cheer! You are our best (and only) fans. Sign out on the attendance page in our binder when you leave. We would love to have a few parents help out at meets by serving as a timer or helping at a field event.

Track and Field meets are a tremendous opportunity to learn valuable lessons. Competing is very challenging, and offers fantastic rewards. We ask all our athletes to try their best and focus on improvement. Parent support makes an important difference!

## Training Truths

These are the important little things that make a big difference. Development, improvement, and success are no accident. Think on these things. They matter!

- First things first. You are a student before you are an athlete.  
Make sure you are managing your time to attend to your priorities in the right order.
- You can't improve without solid sleep. A host of important things happen while your body is sleeping, including muscle repair and development.  
Leave your electronic device in another room. Sleep in a dark room.
- Healthful eating habits are crucial.  
Growing athletes need a high quality diet.
- Stay well hydrated.
- Listen to your coaches and execute the workout to the best of your ability.  
A willingness to be "coachable" makes a tremendous difference.
- Warm up appropriately. Focus on good form during dynamic warm ups.  
Cool down thoroughly. Stretch well.
- Do the strength exercises at least three days a week.  
(Sit ups, push-ups, leg lifts...)
- You have to push yourself to improve. You are tougher than you realize.  
Learn how to be uncomfortable, appreciate that you're improving.
- A recovery day is just as important as a hard training day.
- Be safe. Don't wear head phone/ear buds when working out.  
Respect the weather conditions. Make choices on what to wear while working out or at a meet so that your muscles can be warm enough to function fully. In hot weather, take the steps needed to keep your body performing at its best.