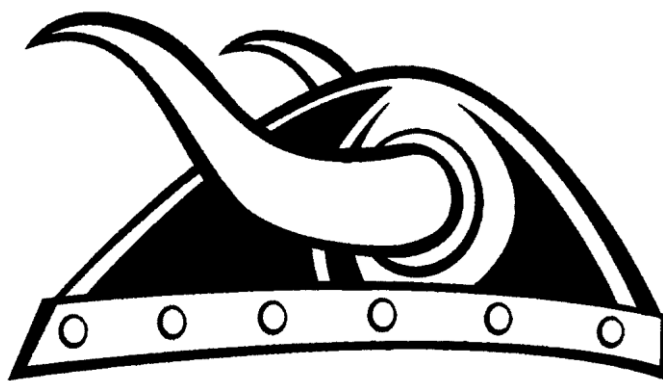


GRACE LUTHERAN CHURCH & SCHOOL

VIKINGS

TRACK & FIELD

2025



The Lord is my light and my salvation; whom shall I fear?
The Lord is the stronghold of my life;
of whom shall I be afraid?

Psalm 27:1

Team Handbook Contents

Schedule 2025	p. 1
Track and Field Team Membership Criteria	p. 2
Registering for the Team	
Expectations of the Track and Field Program	
Consequences	
Important Details (uniforms, travel to meets)	
Coaching Philosophy	p. 3
Coaching Staff	
Track and Field Events	p. 4
Meet Scoring Information	
Academic Eligibility Rules	p. 5
What to Expect at a Track and Field Meet, and how to prepare	p. 6
Training Truths	p. 7
State Meet Qualifying Standards	p. 8

Track and Field Schedule 2025

Practices are done by 4 pm.

1

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/16	3/17 Physicals and forms must be submitted.	3/18 for all- 3:10 to 4:00 Parent Athlete Meeting at 4!	3/19 <i>No practice</i>	3/20 for all- 3:10 to 4:00 Conditioning	3/21 <i>No practice</i>	3/22 Spring Break Follow suggested workout plans
3/23 Spring Break	3/24 Spring Break	3/25 Spring Break	3/26 Spring Break	3/27 Spring Break	3/28 Spring Break	3/29 Spring Break
3/30	3/31 S, F, D 3:10 – 4:00	4/1 S, F, D 3:10 – 4:00	4/2 <i>No practice</i>	4/3 S, F, D 3:10 – 4:00	4/4 D- 3:10 to 4:00	4/5
4/6	4/7 S, F, D 3:10 – 4:00	4/8 S, F, D 3:10 – 4:00	4/9 <i>No practice</i>	4/10 S, F, D 3:10 – 4:00	4/11 No School (Fine Arts Festival) <i>No practice</i>	4/12
4/13	4/14 S, F, D 3:10 – 4:00	4/15 S, F, D 3:10 – 4:00	4/16 <i>No practice</i>	4/17 S, F, D 3:10 – 4:00	4/18 No School Good Friday <i>No practice</i>	4/19
4/20 Easter	4/21 No School Easter Monday <i>No practice</i>	4/22 S, F, D 3:10 – 4:00	4/23 <i>No practice</i>	4/24 S, F, D 3:10 – 4:00 Last practice 3+4	4/25 D- 3:10 to 4:00	4/26 Conference @Christian Liberty (AH)
4/27	4/28 S, F, D 3:10 – 4:00	4/29 S, F, D 3:10 – 4:00	4/30 <i>No practice</i>	5/1 S, F, D 3:10 – 4:00	5/2	5/3 St. John Invitational @ Willowbrook High School
5/4	5/5 S, F, D 3:10 – 4:00 Last practice	5/6 S, F, D 3:10 – 4:00	5/7 <i>No practice</i>	5/8 Invitational @ Concordia (During School)	5/9 (Rain date) D- 3:10 to 4:00 Practice for D State Qualifiers	5/10
5/11	5/12 Practice for all State Qualifiers 3:10 – 4:00	5/13 Practice for all State Qualifiers 3:10 – 4:00	5/14 <i>No practice</i>	5/15 Practice for all State Qualifiers 3:10 – 4:00	5/16 <i>No practice</i>	5/17 STATE MEET Prelims
5/18 STATE MEET Finals	5/19	5/20	5/21	5/22	5/23	
5/25	5/26 No School Memorial Day	5/27	5/28 Graduation 6:00 pm	5/29	5/30 Last day of school- 3 pm	5/31

Saturday, April 26 Conference Meet: This is the only meet where 3rd and 4th 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 3 Meet: This is a big invitational at Glenbard East High School, hosted by St. John's Lombard.

Thursday, May 8 Meet: We host the Grace Invitational. Smaller Lutheran schools attend. Please come and help!

Saturday, May 17 State Meet Prelims: Athletes who meet the State qualifying standards compete at Concordia U.

Sunday, May 18 State Meet Finals: Athletes who advance from prelims on Saturday compete in finals.

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 during the week of March 18.

Registering for the Team

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

- *Have a current physical on file in our school office (They are considered current for 13 months.)
- *The Athletic and Activity Parent Permission Form, with parent and student signatures on both sides
- *The Concussion Form, with parent and student signatures
- *The Viking Code of Honor page, with parent and student signatures, with coach signature added.
- *Pay the athletic/activity fee (\$30) in FACTS or bring to the school office.

This fee must be paid in the first weeks of the season.

NOTE- students who have already turned in the three forms due to participation on the Cross Country, Volleyball, or Basketball team this year do not have to turn in the forms again. Your paperwork is on file for the 2024-2025 year.

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. The spirit of this rule is as follows; if a student is too sick to come to school, the student is too sick to come to practice.

Coaching Philosophy

3

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 3rd and 4th grade students have one meet in which they compete. These younger athletes will complete their season after the Conference Meet on Saturday, April 26. The 5th through 8th graders will continue their season with two more meets; The St. John's Invitational on Saturday, May 3 and the Grace Invitational on Thursday, May 8.

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 17 and 18. Schools can only qualify one relay team for each relay event at State. 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)
 Sarah McCabe smccabe@graceriverforest.org (400- 1600 Events)

Assistant Coaches:
 Ruthi Brucato rbrucato@graceriverforest.org (3+4 Grade Focus)

Volunteer Assistants:
 Jennifer Brayton (Throwing Events)
 Delano Dunn (Throwing Events)
 Ed Mason (Assists Distance and Sprints)
 Bob O'Connor (Assists Distance and Sprints)

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.)

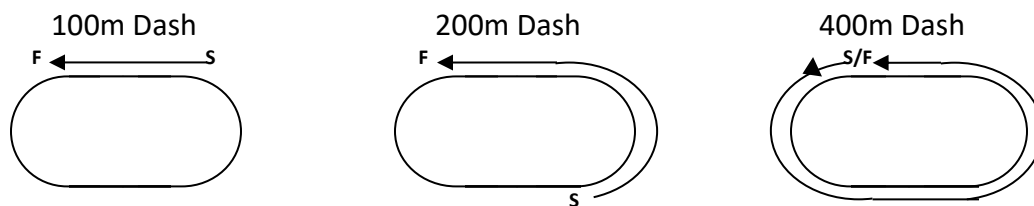
Distance

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

Field Events

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

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

Ineligibility Policy – Per School Handbook

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.

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. Communicate with your parents about transportation and consider any necessary car pool options 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. We represent Grace School wherever we go and we try our best to reflect the Lord's light, with the Holy Spirit's help!

Note to Parents: Come and cheer! You are our best (and only) fans. Sign out on the attendance page on our clipboard when you leave and catch a coach's notice. We will need 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 a few of 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.

EVENT	BOYS	GIRLS
INDIVIDUAL TRACK EVENTS		
100 m Dash	13.2	14.2
200 m Dash	28.0	30.7
400 m Dash	1:06.0	1:11.0
800 m Run	2:37.0	2:55.0
1600 m Run	5:50.0	6:40.0
110 Hurdles	20.7	-
100 m Hurdles	-	20.5
RELAY EVENTS		
4 x 100 m Relay	58.0	1:01.0
4 x 200 m Relay	2:02.0	2:10.0
4 x 400 m Relay	4:50.0	5:10.0
4 x 800 m Relay	11:20.0	13:20.0
FIELD EVENTS		
Shot Put	10.05 m 33-0 feet	7.31 m 24-0 feet
Discus	26.21 m 86-0 feet	19.50 m 64.0 feet
High Jump	1.52 m 5-0 feet	1.32 m 4-4 feet
Long Jump	4.57 m 15-0 feet	4.06 m 13-4 feet
Triple Jump	8.99 m 29-6 feet	7.92 m 26-0 feet

High Jump Note: Starting competition heights will be 1.42 m or 4' 8" for boys and 1.21 or 4' 0" for girls

Athletes meeting or improving upon the set standard will qualify for the State Meet. Coaches will determine how best to place our qualifiers when submitting our entries to the LSA meet managers.

Relay Qualification Note: A school may only qualify one relay team in a relay event. If a school has multiple relays meet the standard for a given relay event, only one team may be entered to State Meet. For example, if Grace enters a 7th and 8th grade 4 x 800 relay and a 5th and 6th grade 4 x 800 relay at the Conference Meet and both of those relay teams race under State qualifying time, we can only enter one team to the State Meet. The coaching staff will determine which athletes to place on that relay, considering many factors.

Thank you to our host: Concordia University Chicago

GO VIKINGS!