



Sentinel Track & Field Handbook

Participation Check-List

○ Physical

- If you have not played a fall or winter sport, please see me after.
- Must have physical done before we can practice.

○ Paper work/White Fee

- Online registration: **Family ID.**
- Only if you have filled out the proper paper work, and paid your white fee do you get your gear and the ability to participate in the first meet.
 - You can still practice without paper work/white fee, you just do not get to participate in the first meet (March 29th).
- **Transfers:** Anyone in who has not participated in sports this year, who has transferred?

Coaches

- Claire Bohnsack
 - Triple Jump
- Joe Fischer
 - Distance
- Diego Hammett
 - Distance
- Nick Jackson
 - Rotational Throws
- Chris Jones
 - Javelin
- Gary Little
 - Hurdles
- Kristy McElmurry
 - Hurdles
- Erika McLeod
 - Long Jump
- Craig Mettler
 - Mid-Distance
- Charles Palmer
 - Sports Psychologist
- Dylan Reynolds
 - Sprints/Hurdles
- Parker Spadt
 - High Jump
- Nick Trebesch
 - Pole Vault
- Brandon Thompson
 - Sprints/Hurdles Assistant
- Karen Umbaugh
 - Girls Sprints

Calendar Terms

- **A Day** = Primary Event
- **B Day** = Secondary Event
- (try more than one events, you are rewarded for participating in four events.)
- **Split Day** = Both Events
 - Generally will be the day before a meet.
- **Conditioning Day**
 - We will ALL participate in the condo day as a TEAM.
- **Spartan Speed Day**
 - We will all run Sprints. Then move on to practice.

Track 101

- Two types of shoes—BRING THEM EVERYDAY
 - Event Shoes- (Spikes, Jav Boots, HJ Shoes, Etc)
 - Only wear event shoes during your event at meet, or when your coach asks you to change into them during practice. Bring them every day
 - Flats- Daily running shoes-
 - Show up to practice in these, wear them every day and plan to practice in them unless you are advised by your coach not to.

Attire

- ◉ Spartan Colors Only
 - ◉ Exception to this rule: Snowing, Raining---just stay warm.
- ◉ **MUST** be wearing the team sweat shirt for warm up at practice.
- ◉ Bring multiple pairs of socks to meets. It's okay to not wear socks with your running spikes, that's normal in the track world.
- ◉ If you wear a shirt under your jersey, it must be a dri-fit (No sweatshirts.)
 - ◉ Don't wear a brown shirt under a purple Jersey. (Black, White, Grey, Purple, Yellow Only!!!)

Warm Up/Cool Down

- In order to put yourself in a place to be as successful as you can be, we all must get our heart rate up and get blood flowing to our muscles; this means you need to be sweating.
- This is applicable for practice and after each event at a meet; you must cool down.

What athletes and parents can expect from coaches:

- Informed, Qualified, and Dedicated to our athletes well-being, health, and success.
- Students of the game. We will always strive to learn more about the events we coach and look for ways to improve our coaching.
- A healthy and positive environment that will allow the student-athletes' to flourish and improve throughout the duration of the season.
- Organized and good communicators.
- Clear and consistent messages throughout the year.

Routine-The practice routine (pre-practice) will be the same as the meet routine.

1. Relating

2. Communicating

3. Serving

Athlete Standard's

1. Character
2. Compete
3. Coachable
4. Accountable
5. Disciplined



What coaches expect from the athletes:

1. Always address adults as Coach, Sir, or Ma'am
2. We are "And" people, not "But" people
 1. Great student **AND** a great human vs Great student **BUT** a rude human
3. No hats, hoods, sunglasses, or headsets to be worn in meetings and warm-ups (Includes team runs).
4. Dress Code at Meets
 - White fee pants and long sleeve. School issued sweatshirt. Pants worn at waist level.

NO UNEXCUSED ABSENCES FROM PRACTICE.

Coachable/Accountable

- Any athlete who takes coaching at **Meets** from individuals who are not Sentinel coaches will immediately be scratched and DQ'd for the rest of that event for that meet and will be suspended for the following meet.
 - This is a liability issue that we will not condone at Sentinel.
- **Accountability** does not mean to be controlled by coaches and teammates. It is about being aware and conscious of them and the expectations. We are not a one person teams

Spartan TF STANDS OUT

- **S**-Show up early
 - **T**-Take time for others
 - **A**-Always give thanks
 - **N**-Never Quit
 - **D**-Do Good
-
- **O**-Over perform
 - **U**-Uplift others
 - **T**-Take nothing for granted

Unexcused Absences

- Pre-Arrange
 - Fill out a pre-arranged Google Form
 - Can be found on our TF website
- Email
 - Send a remind message to me if you are sick.

Program Philosophy

- Weight room is huge for our overall success:
 - Injury prevention
 - Strengthens athletes performance
 - Summer Time
 - It is highly suggested that you workout in the summer with your teammates here at Sentinel.
- We encourage students to be multi-sport athletes:
 - There are several dangers involved in focusing solely on one sports
 - Burnout.
 - Over-use injuries.
 - Inability to enhance your athletic ability.
 - Students are too young to be able to predict where they will be successful.

Interview Etiquette

- Emphasize the team and culture.
- Always complimentary—about teammates and opponents.
- Talk about people who have influenced you over the years; teammates, coaches, mentors, family, etc.
- Will there be times to talk about yourself?
 - Yes, keep it minimal.

Use social media with caution.

Meet Breakdown

Freshman

- Sat. 4/25: Western AA

All-Team

- Tues. 3/31: Glacier
- Tues. 4/7: Missoula Quad
- Thur. 4/23: Flathead Tri
- Sat. 5/1: Butte Tri
- Thur. 5/7: City (Greg Rice)

Varsity

- Sat. 4/11: MCPS Invite
- Fri. 4/17: @ Butte (Boys)
- Sat. 4/18: @ Great Falls (Girls)
- Tues. 4/21: Missoula (Western Top Ten)
- 5/15-16: Divsionals @ Kalispell
- Thur-Sat. 5/22-23: Missoula

Meets-Few Things

- We warm up as a team
 - **Exceptions:** Throwers/Pole Vaulters start earlier and they need to get their event specific warm up in.
- Be there on time (Home=MCPS-Away=Bus)
 - If not, no participation in events, you get to work the meet where you are assigned.
- No headphones while warming up on track (DQ) or on fields (Injury from flying implements).
- Support each other
 - We meet as a team after every meet, no leaving early.

Meet Participation

○ Participation

- First thing, it is a MHSA requirement that **ALL** athletes have **10 practices** in before the first competition.
- If you miss **ANY** class the day of a meet for any reason other than a **medical issue**, you will not participate in that days meet.
- If you had any ***unexcused absences from practice***, or miss practice because of participation in another sport, you will not be allowed to participate in that weeks meet. Please plan other activities accordingly around our weekly practice schedule (3:20-5:30).

Travel

◦ Travel

- All athletes must travel **TO** the meet with the team. After the meet is **OVER** you may then travel home from the meet with your parent/guardian.
- If you want to go home from a out of town meet with mom/dad you must have Coach Oliver approve the arrangement at least **one day** in advance of the meet.
 - Example: We have a meet in Butte on a **Saturday**, Coach Oliver must approve of the travel arrangement by **Friday** at the latest.

Travel Policy step-by-step

1. Students should ride the bus to and from a school competition.
2. If a child and/or guardian(s) wants their child to ride HOME:
 - a. A parent must provide 24 hours' notice to the administrative office (***Athletic Direction-Coach Oliver***).
 - b. A written note must be provided to the administration and coach.
 - c. A parent must personally give the coach the note assuming liability.
 - d. All travel plans with parents and student(s) must be approved by the administration.
3. When a student is released to their legal guardian(s), guardians assume liability for their child.

Lockers

- If you were winter athlete (Basketball/Wrestling) you may keep your winter sport locker.
- If you were not a winter sport athlete, you will get your locker AFTER you have completed your physical, paper work, and paid your white fee.
- Please use these locker rooms to keep all your gear safe and sound.



Uniforms

- Returning varsity athletes:
 - These athletes will get the first pick.
 - Then:
 - Seniors → Juniors → Sophomores → Freshman
- White fee gear:
 - I will start passing out sweat bottoms and tops to those who **have paid** their white fees.
 - I will go off the sheet I receive from the main office.

SENTINEL CORE VALUES



SPARTAN GRIT

- Ener**G**y-Be Energy Givers
- Integ**R**ity-Do the right thing-ALWAYS
- Fam**I**ly-We over Me
- Compe**T**e-Mental and Physical Toughness

Mission and ***Vision*** of Spartan Track and Field

- ***Mission***: To provide a safe, fun and supportive environment that fosters student-athletes' personal growth through academics, community work and athletics.
- ***Vision***: To be the preeminent Track and Field program in the state of MT.

Non-Negotiables

- ***Culture***

- Respect the environment, standards and rules

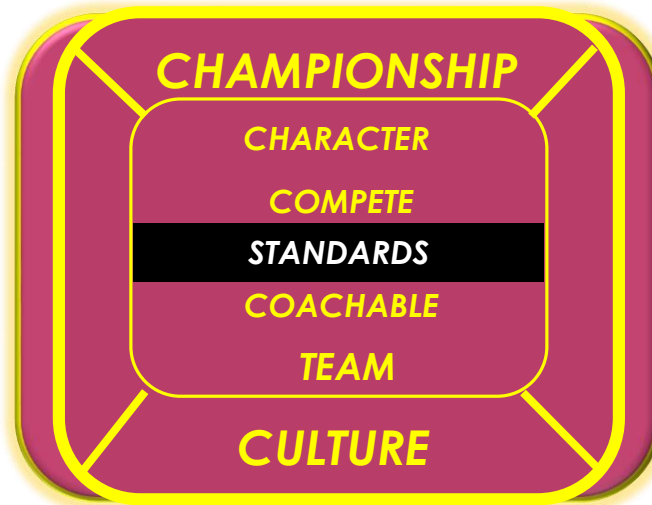
- ***Character***

- Be a good person, teammate, coach and co-worker

- ***Intent***

- Have a purpose and know why you are here

Spartan Track and Field



Mistakes are correctable; however, choices made against our Standards will be dealt with in a serious manner.

Standards:

- **Community:**

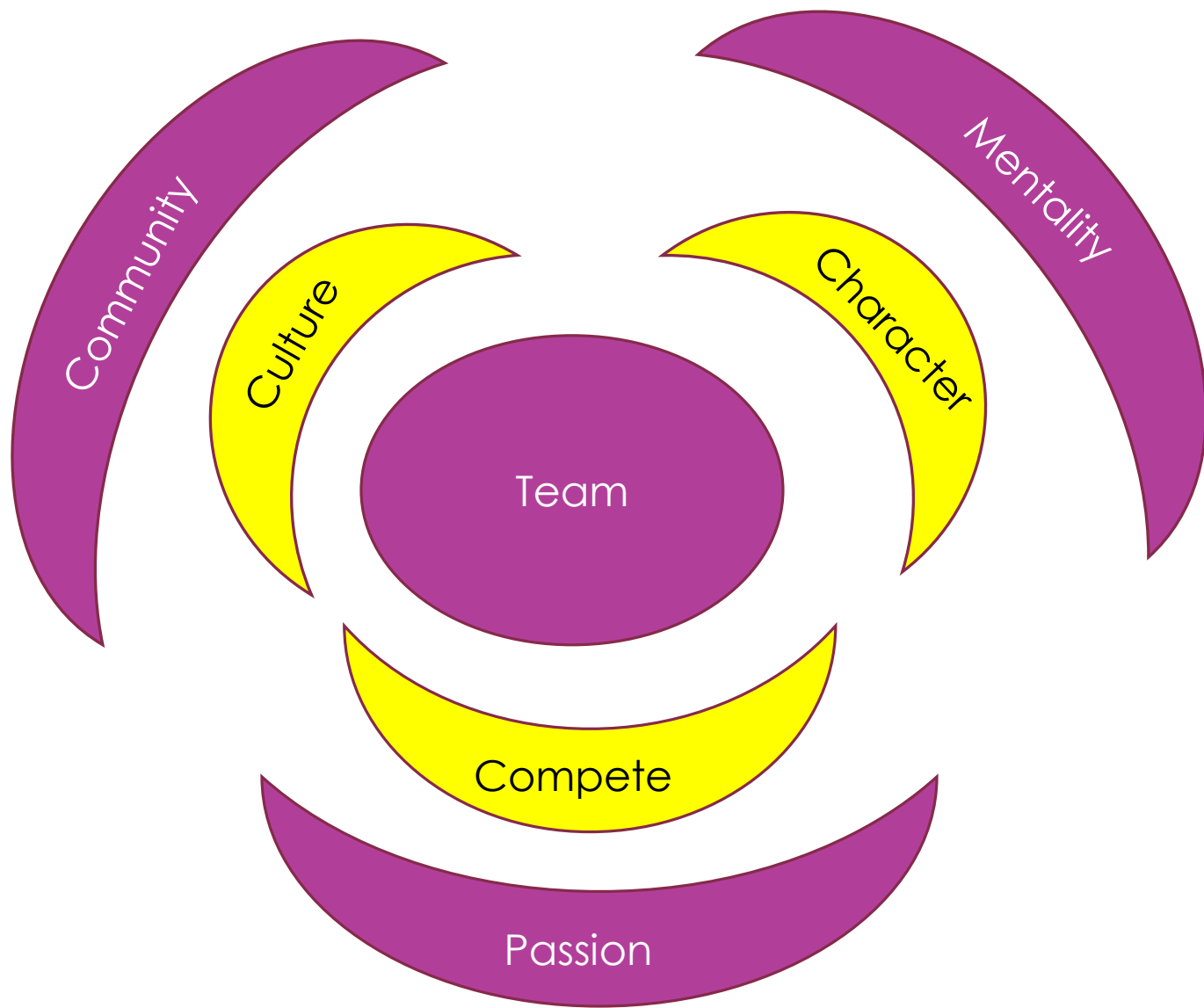
- Get to know your teammates and coaches. No cliques; we cannot be successful with cliques. Develop a FAMILY attitude.

- **Passion:**

- You're here for a purpose. Do not put time into things that you are not passionate about.

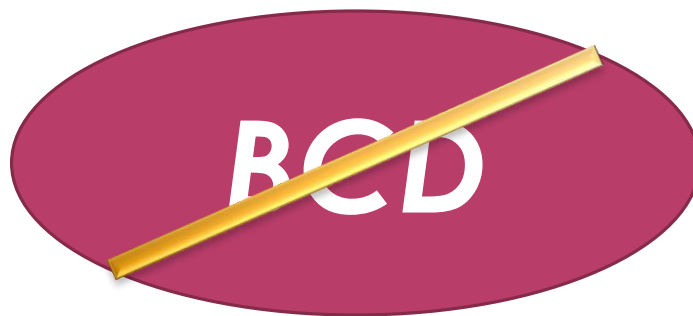
- **Mentality:**

- Being able to refocus yourself in stressful situations is paramount to your performance. Mental training will be our edge.



$$E+R=O$$

- Events + Response = Outcome
- If you don't like your outcomes you must change your response.
- We all have a choice of how we respond to events.
- Develops **Ownership**



Blame, Complain, Defend

The Bridge

- Our mental focus will allow us to do things that we have not done before. In order to do this we must train our mind to let go and move on to the next part of our day.
- Every day before practices we will create a bridge from the school day to our practice.
- In order to do this we will shed all things that occurred from 7 AM- 3 PM and create a blank slate for Track and Field.
- We will take a 3 minute break before practice to close our eyes, focus on our breath, and create space for practice.

Goals

- **Outcome:** These are going to vary and they **aren't always under our control**. These can range from being a state champion, to placing in the top three in every meet, to improving my marks every meet. They must be attainable realistic.
- **Performance:** What **marks do you want to achieve** throughout the season. Make them attainable and realistic.
- **Process:** What **steps are you going to take** to meet your performance and outcome goals?

*These goals may have to be revisited throughout the season. Many of us may achieve our performance goals and have to adjust. Some of our process goals may not be working, you may have to tweak your approach to your process.

Uniforms

- Returning Varsity Athletes:
 - These athletes will get the first pick.
 - Then:
 - Seniors → Juniors → Sophomores → Freshman
 - Times for uniform pick up will be determined for the week leading up to our firsts meet on April 30th.
 - After the **CITY MEET**, I will collect all uniforms from those who are not going on to Divisionals.

White Fee Gear

- I will be passing these out starting Tuesday after practice. I will keep you posted via remind app.

Compression Shorts

Yes



NO



Fundraiser/Photos

- WeFund4u.com
 - We have a set goal of \$15,000.
 - Ask Parents/Aunts-Uncles/Grandparents/Family friends
 - We will kick off next Thursday the 14th.
 - Top Raisers will get a prize.
- **Photos** will be Thursday April 2nd.
 - Thursday early out starting at 2:10.

Squad Lines/Captains

- You will be able to choose your squad lines
 - I would like these to be intermixed amongst genders and grade levels.
- After we hit the computer labs, we will come back to the gym and get in our groups to make the squad lines.
- **Captains:** You will vote for Captains on the form that you will fill out shortly.

Apps to Download

- Blackboard
- ThinkUp
- Breath Pacer



ThinkUp



From here:

- Freshman-Library Lab (Umbaugh/Reynolds/Trebesch)
- Sophomores-Cafeteria Lab(Hammett/Spadt/McLeod)
- Juniors- Library (McElmurry/Little/Jones)
- Seniors- Chromebooks (Fischer/Mettler/Jackson)

- Log on to the computer, head to the TF website and completed the ***“TF Athlete Form”***.



***Future moments depend
on this moment.***

Discipline is the shortcut.
DO THE WORK!

Seniors

- See me afterwards.