

Rockhurst *Track & Field*

Team Syllabus

Included in this packet is important information pertaining to the upcoming track & field season. It is quite the challenge, but the absolute necessity for coaches, student-athletes and families to communicate clearly and understand the program's philosophy and expectations.

Additionally there is a website: www.hawkletstf.org that will serve as a "headquarters" to additional information.

Each student-athlete and at least 1 parent is expected to review all of this information and sign and return the LAST sheet of the team syllabus confirming that they agree to the team policies.

We are very grateful for any and all positive parental support. Our hope is to be able to focus our efforts as much on the planning and coaching of student-athletes in the many different events so that we can field prepared, motivated and trained young men to excel at the highest level possible.

Any questions regarding the program's philosophy, training, competing and or decisions should be directed to the head coach, Mr. Michael Day.

Please PRINT OFF/TEAR OFF the LAST PAGE. Both the parent and student-athlete must sign and return by Friday, March 10 in order to be eligible to participate in the sport.

Program Philosophy

The Rockhurst track & field program is designed to present participants with a challenge in both their physical and mental abilities. It is a "pure sport" where the focus is as much on the attitude and preparation as the performance at a competition.

It is our aim to create a program that allows for young people to be prepared to meet these challenges; to understand their talents (and limits) and learn how to overcome obstacles. All the while, we will equally emphasize teamwork in achieving these means. Whether it requires a teammate or coach to help an athlete complete a part of the workout, some faith in trusting in one's God-given talents, or making a commitment to spend the time at practice, we are focused in teaching young people the value of the sport and how they can be successful at it.

If times of struggles or setbacks arise, we will employ problem-solution strategies to help the young person find a way to be successful in spite of setbacks.

We do all of this with the acknowledgement that we work and have faith in our Ignatian traditions. These traditions are rooted in faith, fellowship and dare we say our "feet" as the basis for what we must begin with (in other words our talents).

If we are successful in these endeavors we are successful and winning championships are sure to follow!

We are one of the few sports that doesn't cut – but this doesn't mean we aren't serious about our sport and passionately finding ways to get better. We expect all team members to adhere to our rules and our expectations. We only want excited, motivated team members who will take ownership in being on this team and helping this team. Take advantage of your opportunity to be on a team!

Team Goals

1. A significant focus is to work together as a team. The sport scores places in individual and relay events to equate points and the team with the highest points wins.
 - a. This means that we need athletes of a variety of ability to perform (run fast, endure best, throw furthest, jump highest or furthest...)
 - b. On the varsity level our team goals include trying to win because we are challenged to give our best and that can and should result in winning:
 - i. Our goal is to be a top-tiered program in the Kansas City metropolitan area.
 - ii. Our goal is to field quality in every event and compete to win state series qualifiers.
 - iii. Our goal is to qualify events to the state championships and support those athletes.
 - iv. Our goal is to bring home team trophies at the state meet.
 - v. Our goal is to win a state championship.
 - c. At the lower levels we expect to compete for victories as a team.
2. We will abide by state association (MSHSAA), Rockhurst High School and program rules.
3. We will represent Rockhurst with PRIDE and RESPECT at all times.
4. We will apply Christian concepts, and by extension, Ignatian ideals to teamwork and sportsmanship.
5. We will emphasize a strong sense of team among all grade levels, all coaches and all events, including as individuals to sacrifice for team gains, if necessary.

Individual Goals

1. The sport lends itself to allow for individual goals. In almost every competition and in many practices there is that moment when we must decide how to proceed. To push the pace, help a teammate, listen to a coach ... understanding oneself and working to excel in these moments is essential to the success of the individual.
2. Participation in sports requires sacrifice and commitment because it is a privilege. Values such as discipline, goal-orientation, being good at time-management, having a positive and enthusiastic attitude, promoting the sport... these are all life skills to possess.
3. With each experience we gain a deeper understanding of ourselves, and our team, and in turn we should be able to take those experiences (positive and negative) and develop the leader within each.
4. Loyalty is a sense of commitment to the program, the coaches, and teammates.
5. Great athletes start with a spark of desire that is fanned into the flames of personal excellence once the student-athlete understands that it is the hard work an average athlete simply won't consider.
6. Qualify individual participants through the state series and to the state championships.

All types of Expectations

Attendance

Practices begin between 3:20 and 3:30 and last until between 5:30 and 6. All participants are expected to attend practices as stipulated by the coaching staff. If a student-athlete amasses 3 or more unexcused absences he will be placed on probation, miss a competition and further absences will likely result in dismissal from the program. The attendance list is posted and it is the responsibility of the student-athlete to mark it correctly.

Weekdays when we don't have school will be determined as to the practice schedule.

Absences that are considered excused include but are not limited to: a (rare) doctor's appointment, sickness, family emergencies, and academic issues (agreed upon with the coach).

Absences that are NOT considered excused include but are not limited to: work, skipping, not knowing about a practice, vacations.

In case of an absence (JUG, doctor's appointment...) it is the responsibility of the student-athlete to inform his coach BEFORE, if at all possible. Find him in the hallways. It is your responsibility.

If you get a JUG – your first one, will be excused, but each JUG after your first one, will result in some form of physical challenge at the end of the practice you come late. An example might be push-ups or walking the track with a kettle bell.

If a student-athlete doesn't appear at a competition he will meet with the event coach and head coach to discuss whether he will continue in the program.

Grades

You have to earn the grades to earn the right to participate in athletics. All student-athletes must meet the school's "progress toward graduation" requirements. A student-athlete must be eligible (meaning above a 2.0 for two quarters – first quarter below a 2.0 results in probation). All student-athletes are expected to organize their time to be able to meet the needs of both academics and athletics.

Equipment

It is important that each student-athlete keep plenty of appropriate clothes based on the workouts and the weather. In addition to this, running shoes or appropriate shoes are required. For sprinters, jumpers, hurdlers and distance runners, spikes are also required to maximize training and performance.

If a student-athlete is given use of school equipment and damages or loses it, he will be held responsible to replace it.

If a student participating in pole vault requires additional poles beyond what the program can legitimately afford, they will need to procure their own (beyond the standard poles we will provide). These poles must be legally certified according to state and national regulations.

Communication

See the Lines of Communication Page Attached.

It is spring and some of the good habits of clear communication aren't always employed. As mentioned previously the management of so many different "wheels" in this sport makes positive and clear communication imperative. Parents are encouraged to allow for their sons to learn how to articulate issues to their coach. If the need arises, he can talk to the head coach. As long as we are on the same page of our philosophy and goals, we should be able to work together and communicate effectively, but this is a two-way street.

Additionally, with the school issued gmail accounts – it is your responsibility to check that daily!

Sportsmanship

Our society doesn't always provide for positive models of sportsmanship but we MUST be gracious losers and humble winners. Remember that we wear Rockhurst with PRIDE and RESPECT. Language at competitions should be exemplary.

Discipline

If an issue arises that requires discipline for violation of stated team rules, general poor conduct, lying, etc. the student-athlete will meet with his event coach and if necessary the head coach. Appropriate action will be taken at that time.

Under no circumstances is any student-athlete to be subjected to any form of initiation or hazing.

Stealing or lying is grounds for automatic dismissal from the program.

Practice expectation

Parking and changing: Make sure to park outside the coaches' area and never change in the lots (or outside). Parents should pick their sons outside the gate and watch as distance runners might be entering the facility.

Time: Use the practice time as an opportunity to get better. Get to know your teammates and coaches. Practice times are communicated daily.

Effort: Finish each interval, each rep, and each practice as intensely as your first. Those who practice with the best effort and attitude will be the ones competing at the best meets.

Attire/Shoes/Spikes: Keep the appropriate things in your locker. Always have your shoes and spikes handy.

Attitude: Always believe that you have the talent and attitude to be a champion and practice like that daily. Equally, student-athletes must complete the coach's prescribed workout unless an injury occurs (then he should inform the coach).

Conflicts: If/when conflicts arise; it is your responsibility to ask your coach what you should do as early as possible. General rule of thumb is that the earlier the advance notice the more we can work with the student-athlete.

Form & Flexibility: While these might seem like secondary points – they are the opposite. Form in drills, events, etc. will lead to greater improvement and reduce chance for injury. We also will be incorporating more ways to stretch and strengthen. The program has invested in rollers, bands and will be doing preventive exercises as well.

Attendance: If an athlete has 3 unexcused absences then he will have a meeting with Coach Day and his event coach to decide whether or not being a member of the track and field program is the best thing for his development.

Hawklet Center/facility rules

Lockers/Locks/Chairs: Each student-athlete is assigned a locker (freshman must share due to numbers). He must keep his locker locked (even during practice). Unlocked lockers (at the end of practice) will result in \$1 fines each day.

Trainer's room/Ice: This is for people who are injured and not a hangout place. Don't place your hand in the ice machine – use scoop.

Coaches' office: Ask permission to enter. Another place not for hanging out, you have your locker room!

Showers: While it is not popular current research shows that those who shower shortly after hard workouts have less chance of injury as their body regulates itself. These are at your disposal.

Competition expectations

Transportation: On days where we have school, a bus is provided and required to transport athletes to the meet (per school policy). Student-athletes may leave with their own parents when the coach releases him. Parents and student-athlete must sign out with their coach (and make sure they won't be needed for another event).

Missing class times: When a student-athlete does miss a class it is his responsibility to inform the teacher in advance and attempt to get his homework then. He is required to meet school policy on make-up work.

Seniors: We expect our seniors to contribute at the varsity level. We do NOT have cuts, but the expectation is that each senior will be competitive in the top 4-6 of his event. If he cannot meet this requirement he can still stay on with the program but will be required to help with splits, video, and other work to help provide leadership and show his commitment/investment to the program.

Level of competition: No one is promised the right to compete. This must be earned. Most meets are divided into varsity, junior varsity, freshman and a few sophomore ones. There are large invitational meets,

smaller medal meets, and quads/tris/duals where competition is provided but no scoring or awards. The state series is the District, Sectional and State Championships meets and these are for the varsity. We ask for as much teammate and parent/family support at all meets as possible!

Entries: Each meet requires entries to be submitted to run off the competition. This means a lot of advance decisions by the coaches, sending that in to the meet manager. Inevitably this often requires us coaches managing changes due to conflicts, injuries, changes. Entries will be posted online and updated the day of the meet. It is your responsibility to check this.

Relays: In addition to the individual events there are 4 person relays (and even field event relays or add-ups). All members of a relay team must be in the same uniform. They can have white tights or undershirts that have no markers beyond the manufacturers logo measured to 2.25inX2.25. Not all relay team members must wear something under his uniform but it must all match so to make things easy, we are going with white as the under color for ALL.

Uniform: Each athlete is expected to compete in his school issued uniform (or Rockhurst track & field approved speed singlet). We will be distributing uniforms to varsity runners for the entire season and then determining whether the other athlete(s) will check out/in a uniform for each competition or get one for the whole season. A large aspect of the determination will be how often we see that athlete competing. The coaching staff will wash all uniforms checked in/out. Each day a uniform is checked in late owes a \$1 late fee. If you want to wear anything under, it must be solid white top or a royal blue tight bottom. Finally, a \$75 deposit will need to be submitted before an athlete's first competition.

Spikes: We will talk about spikes. These can be purchased at many shoes stores. Garry Gribbles in Ward Parkway is offering discounts –during the month of March (check with them personally on details). You should buy spikes (if you are running, jumping or hurdling) that fit your event. Also, the inserts must fit the regulation of each track. Rockhurst's facility requires inserts be pyramid spikes no bigger than 3/16" (or Christmas trees). NO NEEDLES. The program will not provide student-athletes with a year's worth of spikes. We will have an emergency supply at most meets.

Equipment: If you bring something to a meet (baton, uniform, shot, disc, tape measure, pole...) it is your responsibility that it gets back to Rockhurst the next practice (or whenever required)

Stats: Track is about numbers. We will keep track of as much as we can. This will allow for comparisons of effort, improvement and between student-athletes in the same event. The stopwatch doesn't lie. At meets, coaches or managers will keep track of times and splits – these are what we use and then get official times from the meet director at the end (these are what is used to determine state series seeds, varsity lettering, and school records). Field event athletes are expected to keep track of each throw and/or jump and report to the statistician/coach before leaving the meet. We will post results when possible (and grade out individuals when possible).

Soreness/Injuries/Trainer/Doctor

All of this is a part of being involved in athletics. The first challenge is for a student-athlete to learn about his personal limits. A coach is challenged to try and get a student-athlete to push through that limit without resulting in an injury. This is a delicate balance and trust and communication between coach and student-athlete are crucial.

Soreness results when muscle groups or effort are hard. Typically this is different than an injury that is mostly localized and sharp or remains for several days. We have a trainer (at most practices) who can help manage injuries. Treatment might be required. Rest might be required. We defer in most cases to our trainer. In the event where these remedies don't provide relief, we might request a student-athlete get the opinion and treatment from a doctor.

See Concussion Protol attached

Parent/Family support

Rockhurst is very lucky to have such supportive families and the track & field program needs your help too. It is our goal as coaches to be able to focus on coaching your sons, but there are all types of other important “details” that we could use help with. This will be evolving.

We have great help with the Spirit Wear and appreciate families purchasing to show their support. The sport of track & field doesn't really have designated areas so wearing your Rockhurst helps people know you are one of us. Equally we are coaching in the stands and along the fence, please allow us the space and focus to do this. There are times to approach your son before he competes and time for him to go through his pre-race. You will learn the rhythms but we appreciate your cooperation in respecting these times.

We will be running off three home meets this year (Freshman, Tri, Varsity) and will definitely need help with that. Please consider helping us with something.

We will be using the website www.hawkletstf.org to communicate with parents and families.

Lettering criteria

The criteria for lettering will be posted both in the field house and online. Briefly stated there are several ways to earn a letter (by point accumulation, earning an official competition mark, years of service to the program and qualification through certain levels in the state series.

Drugs, alcohol, tobacco...

Drugs, alcohol, and tobacco are not permitted by our school and for the most they are illegal (if underage) and are not to be used during the season. So clearly we do not allow them. The sport continues to struggle with sport enhancements, we believe in being a “clean athlete.” Any violations of these policies will result in following school and state policies.

On a personal note, as coaches we are working so hard to bring out the best and these habits, these vices, only defeat our efforts. They are signs of selfishness, immaturity, lack of team, fear. We are equating this behavior with losing.

Additionally, the track and field program falls under the guidelines of the state association's conduct policy. The MSHSAA By-Law 2.2.2 states that “a student who has been found guilty (not by a court of law) of violation of the law shall not be permitted to represent his school until he has satisfied the court imposed fine or penalty; provided, however, if a student is on probation as a result of said violation, his eligibility shall be determined by local school authorities.”

Rockhurst athletic department wants all student-athletes to understand that you are expected to be a good citizen. This by-law will be enforced and anyone who has been violated the law (beyond a simple parking or minor speeding ticket) needs to inform the coach who will then check with the Athletic Director (and MSHSAA if necessary). The state association judges the violation.

If deemed ineligible, he may practice, travel and dress for games at the discretion of the school authorities. If he or his parents fail to inform Rockhurst High School about his violation of the law and plays in a game(s), Rockhurst will have to forfeit those competitions.

If a student-athlete is caught violating a law, but NOT given a ticket or arrested by law enforcements, he will be subject to suspension from his team for a minimum of 20% of the season's games.

If a student-athlete is caught violating a law on a school-sponsored trip, he could be removed from the team he is on and possibly all future teams at Rockhurst High School.

We expect support from both the student-athlete and families in this regard.

Procedures for emergency injuries to student-athletes

If a student-athlete suffers injury during practice or a contest, the Head Coach, Assistant Coach, Athletic Trainer or Student Trainer will administer necessary first aid.

If the injury appears to be serious, the Head Coach or Assistant Coach will follow these guidelines:

1. Telephone an ambulance and contact the student-athlete's parent(s)/guardian with details.
2. The Head Coach or Assistant Coach will accompany the injured student-athlete in the ambulance.
3. The Athletic Director and Principal or Dean of Students will also be notified immediately.
4. The Head Coach will complete an injury report with the Athletic Director and Principal.

An enthusiastic thank you

As a coaching staff we are excited and passionate to steward this program. We obviously have our styles and philosophies but unequivocally we are working together to provide for a rich, educational, and successful experience. We will try to explain details to the student-athlete at practice and equally educate to families via the web. If you have additional questions, contact a coach.

Finally, some people view this sport as hard, or not entertaining enough, and it falls at the end of the school year, as a coaching staff we don't see those as challenges but instead focus on the opportunities. Without a doubt track & field can bring together people under a common ground to better each other and glorify the talents bestowed by God. It can humble yet encourage in the same experience. We look forward to the journey.

Coach Michael Day, head coach(all divisions - all levels)

mday@rockhursts.edu

cell:816-210-3540

Coach Brandon Severino, assistant coach (throws – shot, discus – all levels)

bseverino@rockhursts.edu

Coach Stephen Kuehner, assistant coach (1600-3200 – varsity)

skuehner@rockhursts.edu

Coach Scott Linz, assistant coach (sprints/horizontal jumps – all levels)

Sclinz85@gmail.com

Coach Jim Montiell, assistant coach (horizontal/vertical jumps-all levels)

jmontiell@rockhursts.edu

Coach Martin Radosevic, assistant coach (all jumps-all levels)

mradosevic@rockhursts.edu

Coach Ryan McAnany, assistant coach (middle/distance assistant)

rmcanany@rockhursts.edu

Coach Turner Haden, assistant coach (400/800- all levels)

rhaden@rockhursts.edu

Rockhurst *Track & Field*

Team Syllabus

DEAR PARENT(S) AND STUDENT-ATHLETE

Please detach this page and include your signatures. This form indicates that you all have read the Rockhurst Track & Field Syllabus and understand the procedures and expectations for the upcoming season.

Please have your son return ONLY this page by Friday, March 10.

Parents' Signature(s):

Signature of Father

Date of Signature

Signature of Mother

Date of Signature

Student-Athlete's Signature (after reading below):

Acceptance of Role and Agreement to Adhere to School and Team Rules

I (print student-athlete's name) _____, a member of the Rockhurst High School Track & Field Program, agree to adhere to school and team policies and understand that should I violate any rule(s), I may be subject to suspension or removal from the program. Should at any time during the season my behavior and/or attitude reflect that of a player unbecoming of the Rockhurst High School Track & Field Program, I am aware that in the best interest of the program I may be disciplined or expelled; depending on the seriousness of the action. I recognize the mission of Rockhurst and am aware that at any time during the season academic requirements are not being met I may be suspended or expelled so that ample time may be given to the academic priority. I have been informed of the rules set forth by the program and my respective coach(es) and I accept my role in the proudest manner possible and will fulfill my role to the best of my capabilities. My behavior and modeling will set an example for others. Finally, I recognize that I must respect and support the TEAM INTERESTS of the Rockhurst High School Track & Field Program at all times.

Signature of Student-Athlete

Date of Signature