

MVHS Track & Field



2013

Program Information

Mountain Vista High School Track & Field 2013 Program Information

Coaching Staff

Jonathan Dalby	Head Coach/Distance	jhdalby@dcsdk12.org	816-529-8987(cell)
Arthur Cooke	Middle Distance		
Doug Butte	Sprints/Hurdles/Relays and High Jump		
Tim Padjen	Jumps Coach/Asst. Sprints		
Shawn Larkin	Throws		
Steve Broll	Asst. Throws		
Chris Woolley	Asst. Distance		
Gary Klatt	Asst. Sprints/Middle Distance		
Steve Ochsner	Asst. Sprints/Hurdles Coach		

MVHS Track & Field and Cross Country Philosophy:

We believe that athletics leads to improved academic performance, physical fitness, and social development in all high school athletes. We also believe that adolescent children will make better choices when being part of a team that positively impacts their passion for sport.

Team Website

track.mountainvistaonline.org

- Team News and Updates (check coach Dalby's blog)
- Practice and Meet Calendars
- Team Documents
- Results
- Meet Line-ups and Information
- Gear to Purchase
- Photos

Please check the website regularly. When info is updated on the website you may receive an email or text to let you know.

Shutterfly:

Subscribe to our MVHS Track & Field and Cross Country photo sharing site to share and view photos of our team:

vistanation.shutterfly.com

Colorado Track/XC (a Milesplit Affiliate)

The internet home of all things Colorado cross country/track & field

CO.milesplit.com

CO.milesplit.com/teams/MTVS

MVHS Track & Field Gear to Purchase

Orders will be placed online through Denver Athletic:
(website when available)

Every member of the team needs to have the appropriate gear for practice and meets, This includes team sweats (tops and bottoms) and team T-Shirt.

All orders must be completed by Sunday, March 3rd at midnight.

Practice and Meet Schedules

- Practices will be held Monday – Friday from 3:15 to approximately 5:00 to 5:30 p.m.
- Saturday practices will be scheduled by event coaches on Saturday's when there is not a meet.
- A season long meet and practice schedule can be found on our web site.

Registration

Registration can be done from our team website.

<http://track.mountainvistaonline.org/reg/info.php?sid=900>

Feb 25th: Registration, physicals and medical forms are due before this time

Athletes also need to visit the athletic office before this time to make sure they are registered. Please make sure physicals do not expire prior to the end of the season.

March 8th-15th: Fees for spring track must be made.

Team Selection Process

Track & Field welcomes athletes of all levels and abilities and is a no cut sport. Typically, we are allowed 3 individual entries and 1 relay entry into most varsity meets. At JV meets we are typically allowed unlimited entries.

- Coaches will be responsible for deciding the teams for each meet and will take into consideration meet and practice performances, attendance, injuries, consistency, etc.

Lettering

All athletes are eligible for a varsity letter, not just those that participate in the varsity meets. In order to letter an athlete must meet the following criteria.

1. Be a consistent member of the varsity team at meets.
2. Follow all team policies.
3. Be in good standing with the coaching staff and teammates.
4. Coach's discretion will be used.

Uniform, Clothing, & Lockers

- A. Uniforms will be issued to all runners
- B. Athletes are responsible for the cost of damaged or lost uniforms. **\$65 for a new uniform, \$100 for a new varsity warm-up.**
- C. When we travel to meets, athletes are expected to be wearing MVHS Track/XC Gear.

D. Lockers will be issued to athletes that would like to have them.

Injuries and Use of the Training Room

Although we do all that we can to prevent injuries with our athletes, injuries can still happen.

- A. **If you are injured, you are still required to come to practice and meets.** We will provide appropriate cross training and drills to assist you in your efforts in getting better.
- B. **Report all injuries as soon as they happen**
- C. The Training room and ice bath are available for student use. Training room rules must be followed.

Meet Day Information/Expectations

- A. Athletes are expected to wear team issued attire and warm-ups.
- B. Athletes are required to ride the bus to and from meets.
- B. The following items are not allowed at meets.
 - Frisbees, stereos, footballs, etc
- C. Sportsmanship is required at all times

Shoes at Boulder Running Company

Please ensure that you have appropriate running shoes at all times. If you need to purchase a pair of shoes and have no idea what may be best for you, it is a good idea to visit Boulder Running Company who specializes in running shoes and apparel. Not everyone has the same type of foot. Some people have high arches, some flat feet, some pronate, and the list goes on. BRC specializing in running shoes is able to suggest the correct shoes for your type of foot, foot motion, and event. The correct shoe will assist your efforts and help prevent injuries.

- Boulder Running Company (on Arapahoe and I-25) 20% Off for all Vista Athletes.
- When to buy new shoes????
 1. Every 3 months
 2. Or Every 400 to 500 Miles
 3. Stay away from minimal running shoes to train in (Nike Free, 5-Fingers, Kinvara, etc..).
These shoes will break down much faster than a normal running training shoe.

Spikes and Throwing Shoes

For the more serious track athletes a pair of competition spikes or throwing shoes is recommended.

Hydration, Nutrition, and Sleep

Information will be provided throughout the season on this important aspect of training. Athletes are expected to come to practice having eaten a healthy breakfast and lunch, as well as taking the proper care to hydrate throughout the day. It is imperative that you come to meets with the proper food and drink to support your efforts. Water bottles should be with the athletes at all time.

Sleep is also an important aspect of training. In order to receive the full benefits of training athletes should be getting 8 to 10 hours of sleep a night.

Weather/Snow/Lightning

During the spring, we are subject to inclement weather. If there is snow or lightning in the area, the athletic trainer and coaches will determine if it is safe to be out. We will provide alternative activities if we are unable to practice outside. However, unless school is canceled **WE WILL ALWAYS HAVE PRACTICE!!!!**

Fundraising

By the end of the school year most of us are fundraised out. We will not be fundraising this year. Instead, we are asking each family to contribute \$50 to the program on top of registration. Unfortunately, registration alone does not cover the cost of transportation, uniforms and equipment. The extra \$50 will help to support the team in our efforts this season.

Elementary School Pre-Hex

On Tuesday, March 19th we will be hosting the elementary school pre-hexathlon meet from 5:00-7:00. All Vista athletes are expected to be in attendance and will be given community service for helping run the meet.

Mountain Vista Track & Field Team Policies

I. Attendance at all Practices and Meets

- a. Athletes must be at all practices; including weekends and days we do not have school when scheduled.
- b. 2 unexcused absences from practice/meets will result in removal from the team.
- c. Excused absences include Dr. appointments, sick from school, family emergency, ACT/SAT. These should be communicated with to your event coach.
- d. Extra academic help should be taken care of before school, not during practice times. Work does not equate to an excused absence.
- e. Showing up late for practice, or missing the bus to a meet is the same as an unexcused practice.

II. Drugs Tobacco, Alcohol

- a. Use of these substances by any member of the team will result in the end of the athlete's season.

III. Academic Achievement

- a. A failing grade will result in removal from the team until the grade is passing.
- b. 2 or more D's will result in removal from the team until the grade is passing.
- c. Athletes have 1 week from the time the grade is reported to improve, before being removed from meets and practices.

IV. Sportsmanship

- a. Athletes are expected to show proper sportsmanship towards teammates, competitors, and coaches at all times.
- b. Failure to do so will result in removal from the team.