

MVHS Track & Field



2014-2015

Program Information

Mountain Vista High School Track & Field 2015 Program Information

Coaching Staff

Jonathan Dalby	Head Boys Coach/Distance	jhdalby@dcsdk12.org
Kelli Kunz	Head Girls Coach/Jumps, Sprints, Relays	kellikunz115@gmail.com
Steve Ochsner	Sprints/Hurdles/Relays	
Tim Padjen	Jumps Coach	
Steve Broll	Throws	
Jess Palmer	Middle and Long Distance	
Brett Whitlow	Pole Vault	
Alvin Barnett	Sprints Coach	

Team Website

www.vistanationxc.com

- 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

Communication

Coach Dalby will be in frequent communication with everyone through the following means.

- The Team Website, www.vistanationxc.com
- Team Blog (on website)
- Email
- Text Messages

If you would like to be removed from our email or text list you will need to remove your contact information from the registration site. The coaches cannot do this for you.

Practice and Meet Schedules

- Practices will be held Monday – Friday from 3:10 to approximately 5:00 to 5:30 p.m.
- Saturday practices will be decided upon by the individual event coach when necessary
- A season long meet and practice schedule can be found on our web site.

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 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. In order to letter an athlete must meet the following criteria.

1. Be a consistent member of the varsity team at meets.
2. Meet The Varsity Performance Standards (See Below)
3. Follow all team policies.
4. Be in good standing with the coaching staff and teammates.
5. Coach's discretion will be used.

Varsity Standards

You must meet or exceed these standards in your event to be considered for the Varsity track meets. However, meeting the standard does not guarantee a spot on the varsity roster, or a varsity letter. Varsity entries each week will be determined by the number of entries allowed at each meet.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100	11.9	13.7
200	23.9	28.5
400	54.9	63.5
800	2:09	2:35
1600	4:59	5:59
3200	10:59	12:59
110/100 H	17.5	18.5
300 H	45.5	49.5
Pole Vault	10'0	6'6
Long Jump	19'0	14'0
Triple Jump	39'6	30'0
High Jump	5'8	4'8
Discus	110'0	85'0
Shot Put	38'0	28'0

Uniforms

- A. Uniforms will be issued to all athletes
- B. Athletes are responsible for the cost of damaged or lost uniforms. **\$40 for a new uniform top and \$35 for uniform shorts**
- C. When we travel to meets, athletes are expected to be wearing MVHS Track/XC Gear.

Gear to Purchase

Gear to purchase is available through Denver Athletic.

- A. Athletes should have at least a team T-Shirt
- B. We suggest that all athletes have at least Neon Green Vista Nation Track shirt and a ½ zip warm-up
- C. Warm-ups will not be issued this season, they are for purchase only
- D. Orders are due by Sunday March 1st before midnight at the following site.
- E. **Website:** <https://denver.itemorder.com>
Sale Code: MVTF15

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 attire at meets
- B. The time athletes are to show up at meets will be decided on each week by the coaching staff.
- C. Athletes will be asked to stay until the conclusion of each meet, both JV and Varsity, unless special arrangements have been made with Coach Dalby or Coach Kunz

Transportation

- A. When a bus is being provided, athletes are expected to be on the bus to all meets unless they have prior approval from Coach Dalby or Coach Kunz.
- B. There will always be a bus to JV meets.
- C. Athletes will need to arrange their own rides when there is no bus, or when there is an off site practice.
- D. There will not always be a bus home after meets. Athletes may need to arrange rides home.
- E. Bussing info will be posted on the website each week.

Shoes at Run Colorado

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 Run Colorado who specializes in running shoes, throwing slicks 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. Run Colorado 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.

- Run Colorado (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. Run Colorado can provide these for you.

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!!!!**

Mountain Vista Cross Country/Track & Field Team Policies

I. Attendance at all Practices and Meets

- a.** Athletes must be at all scheduled practices and meets when competing
- b.** 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.
- d.** Showing up late for practice, or missing the bus to a meet is the same as an unexcused practice.
- e.** Missing practice for work is an unexcused absence.

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 temporary removal from the team until the grade is passing.
- b.** 2 or more D's may result in holding the athlete out of competition until the athletes grades have improved.

IV. Sportsmanship

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