MVHS Track & Field

2017
Program Information

Mountain Vista High School Track & Field 2017
Program Information

Coaching Staff

Jonathan Dalby	Head Boys Coach, middle/long distance	jhdalby@dcsdk12.org
Kelli Kunz	Head Girls Coach, sprints, hurdles, relays, high jump	**kellikunz115@gmail.com**
Jess Palmer	Middle Distance	
Brett Whitlow	Pole vault and throws	
Al Burrell	Short sprints and relays	
Michael Finger	Long Sprints, long distance, strength, PT, injury prevention	
John Hettich	Long/Triple Jump and sprints	

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.

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
- Remind Messages

If you would like to be removed form our email or remind 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 4:30 to 5:00 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.
- Varsity line-ups are on a week-to-week basis, and will change as the season progresses.

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 varsity performance standards (See Below)
3. Follow all team policies, including practice attendance
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 varsity track meets. However, meeting these standard does not guarantee a spot on the varsity roster, or a varsity letter.

Event	Boys	Girls
100	11.8	13.8
200	24.5	28.5
400	54.9	63.5
800	2:09	2:35
1600	4:59	5:59
3200	10:59	12:29
110/100 H	17.5	18.5
300 H	45.5	49.5
Pole Vault	10'0	8'0
Long Jump	19'0	14'0
Triple Jump	38'0	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.

Injuries

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**

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 are 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. A one-way bus will be provided for most JV meets outside of the Highland's Ranch area.
C. Athletes will need to provide their own transportation for JV meets in Highland's Ranch
D. Athletes will need to arrange their own rides home after meets.
E. There are no busses to varsity meets.
F. Bussing info will be posted on the website each week.

Shoes

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, or Runner's Roost who specializes in running shoes, spikes, 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. Specialized running stores are able to suggest the correct shoe for your type of foot, foot motion, and event. The correct shoe will assist your efforts and help prevent injuries.

- Boulder Running Company (Arapahoe and I-25)
- Runner's Roost (Lincoln and I-25)
- When to buy new shoes????
    1. Every 3 months
    2. Or Every 400 to 500 Miles

Spikes and Throwing Shoes

For the more serious track athletes a pair of competition spikes or throwing shoes is recommended. Specialized running stores 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 Track & Field/Cross Country
Team Policies

I. Attendance at Practices and Meets

- **a.** Athletes must be at all scheduled practices and meets when competing
- **b.** Athletes with an unexcused absence during the week will not be eligible to compete at the varsity level
- **c.** Consistent unexcused absences from practice/meets will result in removal from the team.
- **d.** Excused absences include Dr. appointments, sick from school, family emergency, ACT/SAT.
- **e.** Showing up late for practice, or missing the bus to a meet is the same as an unexcused practice.
- **f.** 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.** Athletes with 2 or more D's are not eligible for varsity competition that week.

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.