

SABERCAT

TRACK & FIELD

March 2,2020

2020 Sabercat Track

Welcome all athletes to Sabercat Track & Field. The coaching staff is excited to have all of you. To accomplish any goals we develop this season we need athletes that work hard each and every day in practice, are passionate, prepare themselves for competition, and are self-motivated to achieve.

Who are the coaches and how do I contact them?

Coach Baker- Head coach, Sprints

shanequa.baker@dcsdk12.org

Coach Munoz- Pole Vault

rmtitan04@gmail.com

Coach Marshall- Distance

bmarshall@dcsdk12.org

Coach Johnston- Throws

coachcloser@gmail.com

Coach Rogers- Jumps

triamo52@gmail.com

Coach Volland- Hurdles

dvoland@dcsdk12.org

Coach Krekler-Hurdles/Sprints

lynn@liberty-built.com

Coach Bolger-Throws

bolger9764@msn.com

Rules for attending practice and meets

- Athletes are expected to practice everyday
- Monday practices start at 3:15 in rm#3500, Tues-Fri practice begins at 3:30pm and ends at the event coaches discretion
- Unexcused absences result in meet ineligibility
- Excused absences have no consequence, but when possible should be pre-arranged
- Please communicate with your coaches **before and after** any absence
- Unexcused absence from a meet will result in the athlete being ineligible for the next meet
- Varsity athletes will help run home JV meets
- Spring Break March 18th-March 22nd- **we will have practice**. Event coaches will set the practice schedules for their athletes or designate a group to practice with
- Athletes can participate in another CV Spring sport, but must attend practices

deemed necessary by the coaches.

- Athletes may compete for an outside, non-track and field club team. A meeting will be arranged with coaches, the athlete, and the athlete's parents to discuss their particular circumstance.

Competition eligibility?

- All athletes must meet the weekly eligibility requirements to participate with the team
- Ineligibility = Two academic Fs
- Athlete will be ineligible for the following week's competition
- Athletes can and will be ineligible for reports of poor citizenship
- Three weeks of continued ineligibility may be cause to ask athlete to leave the team
- Grades and conduct reflect on the rest of your team and coaches. Behave in a manner that reflects well on your school, your family, and us.

What kind of uniform do I get?

- Athletes will be issued a uniform (top and bottom), warm-up pants, and warm-up jacket
- All athletes will turn in their uniforms at the end of the season
- Fines will be assessed for missing, damaged, or faded clothing
- Other meet and practice clothing is the athlete's responsibility. We recommend you always have sweats on you, but also having up to 3 layers accessible as needed.

How do coaches select Varsity and Junior Varsity?

- If you rank 1st, 2nd, or 3rd in any event you will run varsity
 - Age and experience do not matter
- Relays are at the coach's discretion

How do I letter?

Lettering athletes must meet all of the following...

- Complete the season
- Be eligible and present for league championships
- Earn 8 points (1 point per varsity meet, 2 points for league championships)
- Athletes will automatically letter if they qualify for state
- Athletes can also letter if the coaching staff determines that the athlete has endured a particular hardship (i.e., illness, injury)

Additional Important Information/Dates:

1. Illegal substances: Use or possession of tobacco, alcohol, and illegal drugs on or off campus will not be tolerated. Refer to the Douglas County School Policy Manual for guidelines that will be followed.

2. Dual sport Spring athletes: Athletes competing in other spring sports at CV or on a club team are welcome to participate in track and field. These athletes must meet the coaches expectations of attendance.

3. Non-school competition: Athletes may not compete in any other track and field meet or road race that is not on our schedule without permission from the school's athletic director, Derek Cordes.

4. Any issues you may have with your event coach should be addressed first with that coach. If the issue cannot be resolved between you and the event coach then a meeting will be scheduled with our head coach. And if it cannot be resolved with the head coach then a meeting will be scheduled with our AD-Derek Cordes.

5. Practices: Team warm-up/stretch 3:30-3:45. Individual event workout time 3:45-5:00/5:30

6. Meets : Every athlete is required to stay until the end of meets unless there are unusual circumstances. We want all of our athletes to fill supported.

7. Parental Involvement/Volunteers:Parent involvement is crucial to the success of this team. With that being said, please refrain from coaching your athlete from the fence, stands etc... We have a qualified staff and although you may not understand the workouts, I assure you that they are designed to help your athlete be the best they can be. Additional workouts outside of our designed workout plans may not correspond with our intended goals and can result in athlete injury or poor performance. If you feel that your athlete needs additional support, please consult with their respective event(s) coach(es). There is a CHSSA form that you will need to fill out if you're going to train with outside groups during the season. We need volunteers for meets, spirit nights, photos and uniforms. Please sign up to volunteer on our Track home page under the Volunteer tab.

8. Fundraising

a. King Soopers Rewards Program

b. Spike Night March 5th-Spike Night 5:00-7:30pm
Runner's Roost, 9994 Commons St., Ste. 230 Lone Tree, CO 80124

c. Team Store

9. Team Pictures March 9th

10. Track Banquet May 18, 2018 CVHS Commons @6pm

***All Athletes are encouraged to sign-up for Remind: [Remind](#)**

Where do I go for more info?

<http://www.sabercatsports.org/page/show/2443700-track>

<http://co.milesplit.com/>