

**Christ Preparatory Academy
Track and Field Information 2010 Season**

- I. Coaching Staff:
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| Distance Coach: | Marshall Barney |
| Hurdlers' Coach: | Myrna Meinke |
| Jumpers' Coach: | Steve Dallimore |
| Sprint Coach: | Tim Hammack |
| Throwers' Coaches: | Randy Russell, Norm Wilcox, & Jim Hutchison |
| Assistant Coach: | Bridget Barney |
| Aids to Coaches: | Liz Fowler & Josh Raya |
- II. General Philosophy: To develop in our track and field participants a determination to persevere by relying on God for their strength and a desire to serve God by encouraging others.
- Hebrews 10: 23-24: Let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more, as you see the day drawing near. (New American Standard Version)
- A. A variety of the techniques below may be used to follow the general philosophy:
- * Event groups' time
 - * Practices geared to teach the athletes to work together
 - * Team captain lead activities
- B. Code of Conduct established by CPA.
- III. Academic Requirement: All participants in Christ Preparatory athletic activities shall be required to maintain academic excellence as defined by:
- Passing all academic courses, including all scholastic institutions such as Christ Preparatory, homeschool, co-ops, Junior College courses or course work from other schools, with a letter grade of "C", 70%, or better.
- IV. Team Practices
- A. General Information:
1. Location: Olathe South High School: 151st and Ridgeview ~ approximately 1 mile east of the I-35 & 151st Street intersection (In the event that the high school track is being used for a meet by public schools, we will meet at the Indian Trail JHS track which is across the parking lot from the Olathe South HS track)
 2. Times: Starting March 1st – Mondays, Tuesdays & Thursdays: 5:00 pm - 7:00 pm (once daylight savings goes into effect, practices will be 5:30 to 7:30 pm – starts March 15th)
Saturdays: 10:00 am - 12:00 pm
 3. All athletes are expected to attend and be on time to all practices.
 - a. The only acceptable absences are due to injury, illness, or a family emergency. Such circumstances need to be communicated to a coach as soon as possible prior to the practice or meet.

- b. An absence that is considered necessary by a parent(s) due to a scheduling conflict will need to be brought to the coach's attention at least one week in advance (or as soon as the conflict is known to exist). The coaching staff will then review each request on a case-by-case basis to determine if the absence will be considered excused.
 - c. All other absences are considered unexcused and will result in not being allowed to participate in that week's meet.
 - d. Unexcused tardiness will result with consequences deemed appropriate by the event coach. Three or more unexcused occurrences will result in not being allowed to participate in the next meet.
4. Be prepared to practice as soon as you get to practice with the proper layered clothing and shoes on. Modest clothing will be expected so as not to be a distraction to your fellow team mates.
 5. The practice format is set up in the same way an athlete should prepare for his/her event.
 6. Not all practices will be on the track. The distance runners will often run on the nearby roads and trails. If the team meets at a different area for practice (e.g., Shawnee Mission Park to run hills), the athletes and parents will be notified in advance.
 7. All school equipment checked out to you becomes your responsibility. Theft, loss, or damage to the equipment will result in your paying for those lost, stolen, or damaged items in full.

B. Practice Format:

1. Prayer - Coaches and captains lead
2. Warm-up – Coaches and captains lead
3. Break into event specific training ending in stretching
4. Event group huddle - words of encouragement and prayer - Captains lead
5. Facility clean-up - Captains lead

C. Weekly Work-Out Assignments:

Each athlete will receive a weekly work-out assignment by their event coach and will be expected to complete each work-out on the days we do not meet as a team. This is vital for the athlete to do in order to avoid injury and to be competitive.

V. Meet Information

A. Pre-Meet Information

1. Get plenty of rest starting 2 days before the track meet. (e.g.: Get an eight hour night's rest on Wednesday night for a Friday meet.)
2. Stay away from greasy foods, they slow runners. Pastas and breads, carbohydrates, are good energy foods for running on a night before a meet. There is no need to overload on carbohydrates though.
3. Make sure you are well hydrated: water or a non-carbonated sports drink diluted to 50%. (Sports drinks are intended for after work-out replenishment of electrolytes with the exception of marathons. Sugar is added to an otherwise salty solution to make it taste good. The sugar at this strength can actually slow the athlete drinking it.) Dehydration can cause the body to be lethargic and cramp. Please excuse the crudeness, but you can tell if you are well hydrated by the color of your urine, the clearer the better.

B. Meet Days

1. It is the responsibility of each athlete and his/her family to make arrangements to get to and from each meet. Carpooling is recommended. Please contact the "Transportation Parent" if you are unable to make such arrangements and we will try to arrange a ride for you.
2. All athletes are to arrive at each meet at least 45 minutes before the meet's scheduled start time. (One hour is better for those warming-up in early events.) A team huddle will be held 30 minutes prior to the scheduled start for a time of group prayer, encouragement, and last minute updates.
3. You will want to bring a backpack or duffle bag with clothing to layer, as it will get cold as the evening wears on. You will also want to bring food and drink or bring money for the concession stand. Please be sure not to eat anything heavy before you compete in your events. We will sit together as a team when not warming up or competing in an event.
4. Event Preparation - Use the same format we do as practice.
 - a. Dynamic Warm-up for sprinters. Distance runners should run at least 1 mile easy followed by a progressive half mile and 4x100 accelerations.
 - b. Stretching
(When waiting for your event in heats remember to keep moving and/or stretching, especially in cold weather.)

5. General Meet Information

A particular event is generally called out over the stadium loud speaker with three calls. The first call according to KSHSAA track recommendation occurs 15 minutes before the event. The second call is 10 minutes before the event and the final call is five minutes before the event. Please report to the event at the first call to check-in.

You may then continue to warm-up, stretch, work on exchanges and so-on. Please be aware of the specific meet dynamics as each may run a little differently. You may get one call and then you are put on the track. This is especially true if the meet is running behind or the announcer and clerk are not communicating well.

There should be a clerk of the course to give you your exchange zone information if you do not know. Also because there are various ways to start distance events, please pay close attention to the clerk of the course and the starter's instructions. They may start you in alleys that require you to stay in lanes to a certain break point or they may use a waterfall start that allows you to move in with one full stride length. Whatever the method, please, pay close attention. Feel free to ask if you have questions.

It is a good practice to stay in your lanes after finishing any sprinting events and returning to the finish line in that lane. This gives the timers a chance to get your name and tell you your time.

Please be courteous to fellow runners when you are finished with your race or leg by leaving the track in such a manner as not to impede their progress. In the relay events run in lanes, stay in your lane when you finish until it is clear to get off the track. If you impede another athlete you may be disqualified if you have not remained in your lane until it was clear to leave.

6. We ask that all participants stay through the duration of the meet even if your event(s) end early. This way you can encourage your other teammates in their events and gain valuable experience in watching the meet. We will come together as a team at the meets conclusion to discuss our performance, offer encouragement to each other, and dismiss after a group prayer. If it is absolutely necessary for you to leave before the meet is over, it needs to be arranged with a coach by a parent prior to the meet. If this has been arranged, you must still check out with a coach before leaving the meet.

VI. Parent Assistance - We need a team parent to volunteer in each of these areas:

1. "Transportation Coordinators": 1 for the Junior High Athletes
1 for the Senior High Athletes

This position would involve setting-up carpooling and communicating directions to the meets. Parents/athletes would contact this person if they have seats available to take on extra passengers or need a ride for an athlete.

2. "Uniform & Sweats Coordinator" and Check-Out / Check-In Helpers

Coordinator position would involve supervising the check-out and check-in of uniforms. This person would need 3 to 4 parents to help on the day we distribute uniforms and sweats and on the day they are to be checked back in.

3. End-of-the-Season Banquet Planning Committee (Coordinator to oversee)

This group of parents would coordinate a banquet to be held after our last meet (late May or early June).

4. "Meet Volunteer Coordinator": 1 for the Junior High Athletes
1 for the Senior High Athletes

This position would involve lining up, in advance, parent-volunteers to work the event(s) that CPA has been assigned for each meet. We would also like the coordinator to line up a "bleacher" parent-volunteer for each meet to help supervise athletes who are not competing.

**Please sign up for one of these positions on the "Parent Volunteers" sheet or by contacting Coach Barney by e-mail (cckid82@hotmail.com) or by phone (913-393-4515 home, 913-485-7772 cell, 913-747-0092 direct work line).