

SPRING TRACK TEAM BIBLE 2018

Thank you for your interest in becoming a member of the Chantilly Track & Field team, one of the region's best combined boys and girls teams. We have historically been the District Champions and constant winners at all levels of competition. We intend to maintain our reputation. The coaches expect you to perform on and off the field as champions, even in the classroom. Do not lose this booklet as it contains important information about both Indoor and Outdoor seasons.

CHARGER PARENTS AND ATHLETES: PLEASE TAKE THE TIME TO READ THIS INFORMATION PACKET. Included are rules, regulations, lettering requirements, the schedule, information about volunteering, coach's phone numbers/email addresses, etc.

COACHES' INFORMATION:

- Dr. Matt Gilchrist- Co-Head Coach, Distance - MTGilchrst@aol.com (703) 861-9642
- Jason Franks- Co-Head Coach- Sprints/Hurdles - Jgfranks1@fcps.edu
- Danielle Hicks-Associate Head Coach- Sprints/Jumps - dmhicks@fcps.edu
- Anver Ansari- Asst. Coach- Throws - aansari@fcps.edu
- Miles Ransom- Asst. Coach- Pole Vault - Ransom.miles@gmail.com
- Lauren Soljanyck- Asst. Coach- Distance/Weightroom - lssoljanyk@fcps.edu

OTHER NUMBERS:

- Corey Bowerman, Director of Student Activities - CJBowerman@fcps.edu ; (703) 222-8161
- Activities Office- (703) 222-8160
- Activities Hotline- (703) 448-4909 (Please check this in case of inclement weather)
- Certified Athletic Trainers- Kaitlyn Bishop (kabishop@fcps.edu) (703) 222-8170 and Kevin Boss (kaboss@fcps.edu)
- Parent Volunteer Co-ordinator- Jennifer Monson- jen.monson101@gmail.com

CHANTILLY CHARGERS ATHLETICS WEBSITE: www.chantillysports.org

CHANTILLY TRACK/CROSS COUNTRY WEBSITE: www.chargercctrack.com

CHANTILLY FACEBOOK PAGE- **Chantilly HS Cross Country/Track & Field**

Please check the website regularly for any announcements, other pertinent information.

Team Goals and General Expectations

TEAM GOALS

1. Improving your personal performance each time you compete.
2. Strong dual meet season.
3. Qualifying as many athletes as possible for the district, regional and state meets.
4. Placing as many athletes as possible on the All-District and All-Region teams.
5. Always maintain a high level of sportsmanship and have fun.
6. Do your best in practice, meets and the classroom.
7. Coming together as a team and believing in your coaches, parents, teachers and teammates. We are one and we win as one! Everybody on our team is important, no matter how fast or how slow he/she runs. Remember- to be a Charger is to be emblematic of the best.

ACADEMICS- You are here to learn! You must have passed the previous semester with at least 5 D's or better and be taking 5 subjects to be eligible. We certainly hope better! Academics take precedence over your social life. You can receive tutoring in all classes if you want or need it. Please do so! With stiffer rules for college entrance, the pressure has increased over the past few years. No college coach wants or will accept an athlete that does not exhibit the ability to succeed. Your job at this point in life is to be a good student. That is what the coaching staff, your parents and you should expect in terms of your classroom performance.

SPORTSMANSHIP

Act responsibly, behave yourself, and save all your energies for the track. At track meets, it is especially important to be a good sport! This includes exhibiting sportsmanship towards your teammates and opponents alike. Win or lose, you must conduct yourself with class!!! When opposing teams see us enter the stadium or field house they know that we have come to compete. When you put on your uniform, you represent all the work that you and a generation of Chantilly runners before you have put forth. We are no ordinary high school team. Everyone expects us to be successful. This year will be no different. We expect each and every one of you to work harder than you ever have before. We expect all of you to maintain academic excellence and to be proud of you are - WINNERS! C-H-A! N-T-!! L-L-Y! Who we be? CHANTILLY!!!!

SUBSTANCE ABUSE

The use of drugs, alcohol or tobacco (including vaping) may lead to your suspension and/or dismissal from the team. NO EXCEPTIONS!!! We will adhere to the FCPS Extra-Curricular Policy, and directions of administration. Make the right choice.

BEHAVIOR

No one is above the team. Fighting, mouthing off, refusing to do the workouts, leaving early, showing disrespect for any adults or your teammates may be grounds for dismissal. If you are involved in disciplinary actions with teachers or administrators you can expect that we will be called in promptly. This means trouble for everyone involved, and can result in serious consequences.

COMMUNICATION

We have a variety of ways that we communicate with parents and athletes. Our schedule (including bus departure times), meet lineups, results, performance lists, and workout information are all available on our team website, www.chargercctrack.com. We also use a Facebook page (Chantilly HS Cross Country/Track & Field), email and Remind to communicate with athletes and parents. This season, we will be regularly using Remind to communicate important reminders and we would like all athletes to join. If athletes will be late or unable to make practice for illness or some other reason, we expect communication in advance.

CONDITIONING FOR OTHER SPORTS

From time to time, other sports hold conditioning sessions. Please be advised that missing track practice to attend a conditioning session or practice for another sport is NOT an excused absence from track practice. Notify the coach of the other sport that you are participating in track and need to honor that commitment. All coaches would rather that you are upfront and responsible towards your obligations to your current sport. They will understand and not hold it against you. We will be happy to talk to them, if you like. Also, be advised that coaches talk to each other. The other coach will not be happy if you are less than honest with them and your track coaches. If you shortchange us, you will shortchange them.

Practice Participation and Expectations

We will begin our warm-up routine (½ mile jog, followed by agilities) at 3:20 pm each day in on the track. Be on time and dressed for practice (layer with sweat clothes and long pants). The team captains (TBA) are responsible for an orderly stretching routine (up to ½ hour) upon arrival of the coaching staff. Agilities will be followed by daily announcements and attendance.

ATTENDANCE

Missing practice tells us that you really do not want to be running track. Making up tests, getting help, and detention are not excuses for MISSING practice, just as practice is not an excuse for missing any of these responsibilities. When you are done, you are expected to come to practice, bringing a note when you are late. None of these activities will last throughout all of our practices. Only your event coach can excuse you from practice. Doctor and dental appointments should be made with our meet and practice schedule taken into consideration whenever possible. If you give us two hours of dedicated practice, you'll never have anything to worry about.

INCLEMENT WEATHER

Assume there is practice unless announced otherwise. We may stretch, lift weights, or do drills.

EQUIPMENT

Those issued or using equipment are responsible for its safe use, care, upkeep and return. Do not leave blocks, etc. out at the end of practice. Do not drag mats; carry them. Put hurdles off the track after practice. Do allow poles to hit the ground when vaulting. Only throw the discus when in the cage. Bring any faulty or dangerous items to the attention of the coaches.

INJURIES

All injuries must be reported to your coaches and they should be kept informed of your progress weekly for long term injuries. You will be expected to go to the trainer and follow the trainer's rehabilitation protocol. If you see a doctor, a report should be given to the coach or trainer.

Top 10 Injury warning signs: sharp stabbing pain; pain at rest; pain lasting longer than one week; point tenderness over bone, ligaments or muscles; swelling, increased warmth, redness; numbness or tingling; felt or heard a pop / tear; reduced joint motion or pain in the joint; comparatively weak to the unaffected side of your body; symptom returning from a previous season.

Meet Participation and Attendance

TYPES OF MEETS

There are four types of meets - dual meets, combined district meets, invitationals, and postseason meets.

- Dual/Tri Meets: For dual meets, we do not have limits on entries and can enter all athletes that are eligible (attendance, healthy, etc). Due to the smaller number of teams that participate in each meet, these marks do not count towards postseason qualifiers.
- Combined District Meets: For these meets, we will not have entry limitations. Times will be scored using FAT (electronic) timing, and marks will count for postseason qualifiers.
- Invitational Meets: Friday/Saturday invitationals only allow a limited number of participants. We will let you know ahead of time if you are or are not competing.
- Postseason he season automatically qualifies regardless of how they place at the district or regional meets.
- Meets: Postseason meets also require team limitations and/or automatic qualifying. We can send three athletes to districts in each event, regardless of their performances. We can send more than three if everyone has met the standard. To compete at regionals, the top six individuals/three relays in each district advance; to compete at the state meet, the top four in the region advance. Anyone who has met the automatic standard during t

MEET SCHEDULE/RESULTS & PERFORMANCE LIST

The entire meet schedule is available below and also on our team website, chargercctrack.com.

Additionally there on the website we will post the results of each meet, as well as a team performance list.

MISSING MEETS

Failure to show up for meets causes problems for everyone. Your relay teammates must run with someone who has not practiced handoffs, coaches have to redo lineups, and teammates see an attitude that the team is not as important as other activities. You have a schedule. Make sure to set your work schedule, SAT testing, appointments, etc., around it. Nothing will cause resentment and bad feelings more than letting down teammates. We point all season towards specific meets and when someone is lazy or does not care, our work can be for naught. Please set ALL of the dates aside right now. You are making a real commitment to this team: for yourself, your teammates, and your school. You are expected to make ALL functions at which you are expect to participate. Only illness or family emergencies constitute excused absences, which must be approved ahead of time by Coach Gilchrist (distance/throws) or Coach Franks (sprints/jumps), with written documentation. Failure to show up at team functions may lead to suspensions, loss of lettering, or dismissal.

EVENTS

Some of you haven't the slightest idea of what you want to do and that's okay! Talk with the coaches. There are 12-15 different running and field events plus the relays. Try different events to find one in which you will be successful. The presumption is that you will work out with dedication. Success does not come easily! Find your event and go after it!

MEET PROTOCOL

In advance of our first meet we will go over tips and expectations for meets. The Meet Commandments are available on the track team website (chargertrack.com)

BEHAVIOR/APPEARANCE

You are expected to dress and act appropriately in school, at track meets, and on the bus ride to and from track meets. We will and must stay focused on why we are at the meets in the first place- to compete! When you have completed all of your events for the day, then you are expected to cheer in a positive manner for your fellow teammates in a loud and orderly fashion.

UNIFORMS

Every member of the team will purchase a singlet and shorts/briefs. These will be the same throughout Cross Country, Indoor Track and Outdoor Track. In addition, each member will be expected to purchase a team shirt, which will be worn by all members to each competition we attend. Please make sure that you purchase running shoes that will last throughout the season. Spikes/racing flats are recommended but not mandatory, although they will enhance your performance on the track. Wearing clothing that is not part of the official uniform may violate VHSL uniform rules and may result in your disqualification from track events.

BUS TRANSPORTATION

You are expected to ride the bus to and from track meets. **Due to budget limitations, we MAY need to ask some parents to help for certain meets, or allow licensed seniors to drive THEMSELVES ONLY. Athletes will NOT be allowed to ride home with a friend or their parents.**

For regular season meets, athletes are expected to stay for the entire meet and ride the bus to and from the meet. For invitational meets, athletes are expected to either ride the bus to the meet and stay until the middle of the meet, or come midway and ride the bus home. Athletes must check in and out with the coaches. **Any travel arrangements that involve an athlete riding with a parent to or from a meet or a licensed senior driving themselves to or from a meet must be approved 24 hours in advance and via email to Coach Gilchrist (distance/throws) or Coach Franks (sprints/jumps).**

MASTER SCHEDULE

<u>Date</u>	<u>Day</u>	<u>Event Time</u>	<u>Scheduled Event</u>	<u>Bus Leaves</u>	<u>Bus Returns</u>	<u>Meet/Location</u>
9-Feb	Fri	3:30 PM	Forms Due to Dr. Gilchrist	n/a	n/a	Coach Gilchrist
13-Feb	Tues	7:00PM	Team Meeting (MANDATORY)	n/a	n/a	CHS Auditorium
16-Feb	Fri	3:30 PM	ABSOLUTE LAST CALL FOR PAPERWORK (FINAL Day to Join Team)	n/a	n/a	Coach Gilchrist
19-Feb	Mon	2:00 PM	First Day of Tryouts(200m, 1600m)	n/a	n/a	Chantilly Track
20-Feb	Tues	3:15 PM	Second Day of Tryouts (100m, 800m)	n/a	n/a	Chantilly Track
21-Feb	Wed	3:15 PM	Third Day of Tryouts (400m, Any Missed Events)	n/a	n/a	Chantilly Track
22-Feb	Thurs	3:15 PM	Fourth Day of Tryouts (Last Chance)	n/a	n/a	Chantilly Track
26-Feb	Mon	3:15 PM	Make-Up Tryouts (for athletes cut from other spring sports only!)- First Day of Practice	n/a	n/a	Chantilly Track
27-Feb	Tues	7:00 PM	Spring Sports Parents Meeting	n/a	n/a	Auditorium
5-Mar	Mon	4:00 PM	Track Team Pictures	n/a	n/a	Chantilly Track
12-Mar	Mon	3:15 PM	Fundraiser Begins	n/a	n/a	Coach Gilchrist
22-Mar	Thurs	3:15 PM	Purple & White Meet- Day One (Intersquad Scrimmage)	n/a	n/a	Chantilly Track
23-Mar	Fri	3:15 PM	Purple & White Meet- Day Two (Intersquad Scrimmage)	n/a	n/a	Chantilly Track
2-Apr	Mon	3:15 PM	Fundraiser Ends	n/a	n/a	Coach Gilchrist
4-Apr	Wed	5:00 PM	Concorde Meet #1	3:15 PM	9:00 PM	TBA
7-Apr	Sat	9:00 AM	Carolyn Legard Relays***	7:00 AM	4:00 PM	WT Woodson HS
11-Apr	Wed	5:00 PM	Concorde Meet #2	3:15 PM	9:00 PM	TBA
13-Apr	Fri	4:30 PM	=PR= NOVA Invitational***	3:15 PM	9:00 PM	Robinson SS
14-Apr	Sat	9:00 AM	=PR= NOVA Invitational***	7:00 AM	5:00 PM	Robinson SS
18-Apr	Wed	5:00 PM	Concorde Meet #3	3:15 PM	9:00 PM	Chantilly Track
20-Apr	Fri	4:00 PM	Lake Braddock Hall of Fame Invite***	3:15 PM	10:00 PM	Lake Braddock
21-Apr	Sat	9:00 AM	Lake Braddock Hall of Fame Invite***	7:00 AM	6:00 PM	Lake Braddock
26-Apr	Thurs	TBD	Penn Relays	n/a	n/a	Philadelphia, PA
27-Apr	Fri	TBD	Penn Relays	n/a	n/a	Philadelphia, PA
28-Apr	Sat	8:00 AM	Cassel's XBC Track Experience*** (everyone must be present to help)	n/a	n/a	Chantilly Track
2-May	Wed	5:00 PM	Concorde Meet #4	3:15 PM	9:00 PM	TBA
5-May	Sat	4:00 PM	NIKE Spring Invitational	2:30 PM	11:30 PM	South Lakes HS
11-May	Fri	5:00 PM	Last Chance Invitational	3:15 PM	9:00 PM	TBA (LB?)
15-May	Tues	5:30 PM	Track Team Dinner	n/a	n/a	Cafeteria
17-May	Thurs	5:00 PM	Concorde District Championships***	2:30 PM	9:00 PM	Oakton
18-May	Fri	5:00 PM	Concorde District Championships***	2:30 PM	10:00 PM	Oakton
24-May	Thurs	4:00 PM	Northern Regional Championships***	2:00 PM	9:00 PM	S Lakes/Robinson
25-May	Fri	4:00 PM	Northern Regional Championships***	2:00 PM	10:00 PM	S Lakes/Robinson
2-Jun	Sat	TBA	Virginia AAA State Championships***	n/a	n/a	Newport News, VA
6-Jun	Wed	7:00 PM	Spring Track Awards	n/a	n/a	CHS Cafeteria
15-Jun	Fri	TBA	New Balance Outdoor Nationals	n/a	n/a	Greensboro, NC
16-Jun	Sat	TBA	New Balance Outdoor Nationals	n/a	n/a	Greensboro, NC

***- Saturday invitationals only allow a limited number of participants. We will let you know ahead of time if you are or are not competing.

Postseason meets also require team limitations and/or automatic qualifying.

Please set ALL of these dates aside right now. You are making a real commitment to this team: for yourself, your teammates, and your school. You are expected to make ALL functions at which you are expected to participate. Only illness or family emergencies constitute excused absences, which must be approved ahead of time by Coach Gilchrist or Coach Franks, with written documentation. Failure to show up at team functions may lead to suspensions, loss of lettering, or dismissal from the team.

Team Recognition and Celebrations

LETTERING REQUIREMENTS

The below listed standards are used for qualifying to receive a letter. For lettering purposes, anyone who meets a standard may letter, even if they do not participate at districts. This is also contingent upon meeting all other requirements, including attendance, sportsmanship, and participating in any fundraiser and attending the team dinner. Lastly, for lettering purposes, you qualify based upon your splits, not your team performance.

Girls Events		Boys Events	
100m Hurdles	20.24	110m Hurdles	20.24
100m Dash	14.54	100m Dash	12.44
200m Dash	30.24	200m Dash	25.24
300m Hurdles	56.24	300m Hurdles	46.24
400m Dash	68.24	400m Dash	56.24
800m Run	2:45.24	800m Run	2:15.24
1600m Run	6:15.24	1600m Run	5:15.24
3200m Run	13:00.24	3200m Run	11:20.24
High Jump	4' 4"	High Jump	5' 4"
Pole Vault	6' 6"	Pole Vault	9' 0"
Long Jump	13' 0"	Long Jump	16' 6"
Triple Jump	27' 0"	Triple Jump	36' 6"
Shot Put	25' 0"	Shot Put	36' 0"
Discus	60' 0"	Discus	100' 0"
4x100m Relay	14.54	4x100m Relay	12.44 (split)
4x400m Relay	68.24 (split)	4x400m Relay	56.24 (split)
4x800m Relay	2:45.24 (split)	4x800m Relay	2:15.24(split)

TEAM DINNER - (Athletes Only)

All athletes are invited and expected to attend our team dinner. This is when we traditionally kick off our drive towards the district, regional, and state championships. This is important. This is also an opportunity for team bonding and fellowship. Clear your schedule and be there on time! You will be notified on what to bring to the dinner. The team dinner is considered a lettering requirement, though we hope you are primarily motivated to come and enjoy the company of your teammates!

AWARD NIGHT

All awards are distributed at this affair. We would like to have your parents or guardians attend to celebrate the accomplishments of our team during the season. This banquet is for you and your parents, not for the coaches. The sports award night is considered a lettering requirement. IT IS YOUR NIGHT; BE THERE!!! **This season's ceremony will be held Wednesday, June 6, 2018.**

Tryouts and Cuts

To qualify for participation, we have instituted a tryout system. It is our thought that we wish to limit participation of the track team only to those people who have taken the care to condition themselves, and who are capable of meeting a performance standard. It is important to us as coaches, and indeed, hopefully to you as athletes, that this team be acknowledged as a competitive group, and not simply as a running club that is open to anyone who feels like doing a sport, but not willing to prepare.

RUNNING TRYOUTS

The tryouts will be held over a four day period, Monday-Thursday, February 23rd -26th. You must tryout in three "consecutive" events from: 100m dash, 200m dash, 400m dash, 800m run & 1600m Run. The minimum standards are:

	100m Dash	200m Dash	400m Dash	800m Run	1600m Run
BOYS	14.0	28.5	63.0	2:45.0	6:05.0
GIRLS	16.5	35.0	80.0	3:23.0	7:05.0

You will run one event, for time, on Monday, Tuesday & Wednesday. For those who do not meet a performance standard on either of the first three days, they will get a last chance in any event on Thursday. You must meet a standard in at least TWO of the events, and will be placed in your group, depending upon which event you qualify in (100m, 200m, 400m= sprinters), (200, 400, 800 = mid distance) & (800m, 1600m= distance runners). **Freshman must meet at least ONE of the standards to qualify.**

THROWER TRYOUTS

For those athletes who are planning on being shot-putters, you will run the 100m Dash and spend the rest of the week learning how to throw shot put. After the week of practice, you will be required to meet the following throwing standards:

	Freshmen	Sophomores	Juniors	Seniors
Boys	22'6"	24' 6"	25' 0"	26' 0"
Girls	18' 6"	20' 0"	21' 0"	22' 6"

JUMP EVALUATIONS

This year we will be conducting jump evaluations during the week of tryouts. Due to the demands of jumping events and available practice space, it is necessary to limit the number of athletes that participate in these events. To this end, all identified and interested jumpers will be evaluated based on speed, agility, and technical evaluations. All jumpers are required to make the team according to the sprint criteria. At the end of tryout week, athletes will be notified as to whether they. Because of the technical nature of the jumping events, athletes that are not regularly able to make practice may lose their eligibility to continuing practicing jumps and competing in jumping events at meets.

- Tuesday: Long Jump Drills and Evaluations
- Thursday: High Jump Drills and Evaluations
- Friday: Triple Jump Drills and Evaluations

EMERGENCY CARE CARD/ PHYSICAL INFORMATION

You must have an emergency care card and a physical since May 1st in order to practice or compete. In addition, you must have an emergency care card completed in case you are injured and need immediate medical attention. Get these documents taken care of now!!!! **If you use an inhaler, epipen or any other medication that is essential in case of a bee sting, diabetes, etc., we must have the medication in the medical kit.**

TRACK TEAM CUT POLICY

Once Tryouts are completed, the track team does not make cuts based on talent, but we do have a cut policy which is based upon certain behaviors which are contrary to our expectations for all of our athletes. This policy is based upon the desire of the coaching staff to limit participation only from those members who display a certain lack of commitment to our team, such that we are less able to extend the appropriate level of attention to those athletes who express, through their actions, a strong commitment to our team and its success.

We are requiring that each athlete display commitment to our team in order to be part of this program. The coaches will be evaluating each athlete, on a continual basis, in the following areas:

- Attendance at practices and team functions
- Timeliness to practice, functions, and in completing responsibilities (ie: submitting of paperwork and fundraising materials)
- Effort in practice, from beginning to end
- Sportsmanship
- Teamsmanship

Should the coaches decide that an athlete is not meeting our expectations of commitment, he or she will be given a verbal warning, including an explanation of the expectation that is not being met, and placed on probation. The athlete will then have one week to demonstrate, through action, that he or she is capable of meeting this expectation in order to continue participation in the team. If no changes are observed during the probationary period, the athlete will be dismissed from the team.

Please notice that there are no performance standards that must be met in order to remain a member of the team. This means that an athlete must demonstrate through action that he or she is willing and active contributor to the success and improvement of our team.

Handbook Acknowledgement

As an athlete and a parent, I recognize that these expectations are valid throughout the entire 2017-18 school year, and are consistent through the cross country, winter track, and spring track seasons. By initialing each of the following, I accept that I have read and understood each of the following pages, and accept any penalties which may come about, through due process, for not adhering to them.

Parent Initials

Student Initials

_____ : I have submitted my VHSL Physical Form

_____ : I have submitted my Emergency Care Card

_____ : I have submitted my Athlete Info & Parent Info Surveys Online

_____ : I have completed my Athlete & Parent Concussion Ed (Online)

_____ : I acknowledge the Track Team Rules

_____ : I acknowledge the Cut Policy

Student Name Printed _____

Student Signature _____

STUDENT EMAIL ADDRESS: _____

Parent Name & Signature _____

PARENT EMAIL ADDRESS: _____