

**BISHOP LEBLOND
EAGLE TRACK & FIELD
TEAM GUIDELINES AND EXPECTATIONS**

1. ACADEMICS are a priority. You are a student-athlete. The student part comes first. All members will meet all Bishop LeBlond academic guidelines.
2. Be on time—always! Students-athletes need to meet all obligations. Your first obligation is to be in school...on time. All athletes must be on time for school every day, but especially the days after track meets. Any athlete who is tardy to school following the night of a meet will face consequences. Consequences will be determined by the coaches. We all will be out equally late for track meets, and we will all be on time for school.
3. Give 100% all the time—in school, at home, in practice, and at meets. Do your very best with every opportunity.
4. Be respectful. Each individual who is a part of this program is expected to give their undivided attention and demonstrate respect to every coach, faculty member, administrator, track & field official, and student at Bishop LeBlond or any other high school we compete against.
5. Athletes are expected to be present at **every practice and meet** with the following equipment: gear bag, sweat top, sweat bottom, water bottle, running shoes, and special shoes (throwers or sprinters). If you have asthma, you are also expected to have your inhaler with you at all times. It is vital that each athlete wear the appropriate sweats while not competing. Keeping your muscles warm is important even when the outside temperature is above 70 degrees. **All distance runners (800m and higher) are expected to have a simple wristwatch to wear to practice and meets. Cross country runners are expected to wear their team-issued Garmin every day.**
6. Athletes are expected to attend all practices and meetings. If an athlete is unable to attend or is going to be late for a practice or meeting due to an unexpected family emergency or the need to meet with teacher for academic assistance, they must contact Coach Gregg as soon as possible BEFORE PRACTICE. The athlete should inform the coaches of their situation and whereabouts. Athletes should never use athletics as an excuse for not completing their academic work. However, they should practice good time management skills so there is no worry about completing the academic tasks on the same day as practice or meets.
7. If you receive a detention, you will be considered late for practice and you will stay at practice later in order to complete the entire workout. You will also face a consequence to be determined by your coaches. You will be responsible for contacting your parents to explain why you will be practicing late that day.
8. If you have two unexcused absences from a practice, meeting, or meet you will have forfeited your privilege to participate in any more Track & Field during the rest of the 2021 season.
9. In addition to the rule for unexcused absences, we will also keep track of excused absences. Excessive absences for work, appointments, picking up your tux for prom, etc. may also result in forfeiting your right to participate in meets. This will be at the discretion of the coaches. In order to be considered an excused absence, a parentally signed note must be presented to the coaches before the planned absence.
10. You have chosen to participate in track. For this reason, we do not expect you to miss track meets. If you choose to skip meets, you're future participation in track meets may be forfeited. Coaches will use discretion in matters of missed meets.
11. No swearing or foul language will be tolerated.

12. Each player is financially responsible for their uniform and each piece of equipment issued to them by Bishop LeBlond High School. Cost for each piece of equipment that is not returned is determined by the Athletic Director.
13. Always pick up after yourself. Our locker room at LB will be kept neat and clean. We will also take special care of our stadium and track facilities. This includes our team areas at away track meets. No athlete will board the bus before our team area is free from trash, etc.
14. All athletes will help carry the tent, water coolers, first aid, and other equipment to and from the bus. This task will not be given to a particular class or group of athletes.
15. Every athlete in this program is expected to abide by all policies of Bishop LeBlond High School. This includes the Participation Agreement policy they and their parents signed to allow them to compete in athletics at Bishop LeBlond.
16. Drinking, smoking, vaping, or drug use will not be tolerated. Remember, your actions affect everyone on the team and the reputation of this program.
17. Communicate with coaches if you are having difficulty with drills, practices, academics, or injuries.
18. Conduct yourself as a representative of this team and Bishop LeBlond High School. Show that you have class in everything you do. Someone is always watching.
19. Uniforms will be kept neat and clean. Team issued uniforms must be worn. Singlet and shorts. You may not wear your own favorite shorts instead. All athletes will wear black spandex shorts under their uniform shorts. No exceptions! Black boxer shorts for men will not be acceptable. All women will wear black racerback style sports bras. All athletes will receive a team t shirt to wear over their uniform. These will be paid for using money raised through fundraising. You are required to wear them as part of your uniform at meets. These t shirts will be yours to keep after the season.
20. Every day before leaving practice, all equipment will be properly put away. Everyone is responsible.
21. Each athlete or manager who is a part of this program is expected to ride the team bus or designated van both to the event and back to school from the event site. Athletes may obtain permission to ride home with their own PARENT. Parental written authorization is to be given to Coach Gregg **no less than 24 hours before the meet**. No last minute permission will be granted. If the athlete has obtained permission to leave with their parent, the parent must sign them out before leaving the track meet. Coach Gregg will have the sign out sheet at each meet. Athletes who ride home with parents are still expected to stay at the meet until the last LeBlond athlete has competed and the tent/equipment is loaded.
22. Athletes should discuss any problems related to the team (playing time, team selection, frustrations with teammates) with the coaches first. A player-coach meeting will precede any parent-coach meeting.
23. Lettering in track will be based on a point system. (Please see additional page)
24. Please refer to the MSHSAA eligibility guidelines for non-school competition and practices involving same sport during the same season. Track & Field athletes are not allowed to participate in Road Races during the season. They are also not allowed to practice with other teams, clubs, or private coaches during our season.
25. Be positive. Your attitude is displayed in everything you do. Make sure it is reflecting what you want your teammates and coaches to see.

26. Each athlete and at least one parent or guardian are required to have a Blast Athletics account for team communications. All athletes are expected to participate in the team fundraiser through Blast.

If you have any concerns or questions about these guidelines or need to contact a coach during the season, please contact Coach Gregg Mrkvicka. gmrkvicka@bishopleblondhs.com; 816-294-8342 (cell)

*Students should not be texting Coach Gregg, Coach Lorang or Coach Suzi unless a parent or another coach is added to the group message.

Parent Signature

Athlete Signature

Date

**Bishop LeBlond Track & Field
Varsity Letter Point System**

1. Each point scored in a meet counts as one point toward a letter. Varsity points will be doubled. Each member of the relay team will receive the points earned by that team.
2. Every regular practice attended counts one point towards a letter.
3. Major meets hosted by our team count 10 points for all participants and 10 points for team members who serve as hurdle crewmembers, field event workers, etc.
4. Working for at least 5 hours at the Parochial Track Meet on April 4, 2020 will count 15 points towards a letter.
5. Five points will be granted for every other sport participated in this year (examples—football, softball, cross country).
6. Points are deducted for unexcused absences or other violations of team rules. 10 points will be deducted for missed practices and 20 for unexcused absence from a meet.
7. To letter you must finish out the year in good standing.
8. YOU MUST COMPETE AT THE VARSITY LEVEL IN AT LEAST ONE MEET.

To earn a varsity letter you must earn 95 points.

Athletes are expected to work at the Parochial track meet and the other track meets hosted by LeBlond throughout the season. Athletes are asked to volunteer if they are not competing in the meet. However, athletes who are competing are asked to assist with hurdles and blocks throughout the meets.

A PARENT’S GUIDE TO BISHOP LEBLOND TRACK AND FIELD

Welcome! Your Son or Daughter has joined the Track team! What does that mean?

What is Track and Field?

The sport of Track and Field is a competitive TEAM SPORT open to all High School students grades 9-12. A meet consists of running events of distances from 100 meters to 3200 meters, relays and hurdles, and field events such as high jump, long jump, triple jump and throwing events (discus, javelin and shot put). Points are awarded to competitors according to order of finish and the team with the highest score wins the meet.

Varsity or JV?

The Bishop LeBlond Track and Field team will determine Varsity or JV status by performance. The fastest runners, highest jumpers, and farthest throwers will compete in Varsity meets. There are a limited number of meets that allow JV competitors but JV athletes who outperform a Varsity athlete in practice or competition may take their place in upcoming meets.

What do YOU do at a meet?

Find a spot in the stands to watch the meet. The meet may last more than 3 hours! Do not expect the attention of your son or daughter while at the meet. They will be focused on warming up, getting instructions from their Coaches and preparing to race with their teammates.

Please do NOT shout instructions regarding racing strategy or pacing to the runners. The Coaches and runners have a specific plan in place for each race regarding place, pace and racing strategy.

After your son or daughter finishes feel free to greet them but remember, in many cases they may have responsibilities after their race including cooling down, preparing for their next event and cheering teammates on in other races. Many of our athletes will compete in more than one event in a meet.

Remember, the BEST thing you can ever say to your athlete following a meet: “I love to watch you compete.”

Track Vocabulary

- False Start Starting the race before the gun. The runner is disqualified.
- Invitational A meet between a multiple number of teams
- Pace Running speed over a designated distance
- PR “Personal Record” Best performance in time, height or distance in an event.
- Spikes Running shoes with metal spikes
- Scratch An athlete is removed from an event
- Splits Time it takes for a runner to finish a pre-determined portion of an event

Thank you for encouraging your son or daughter to compete in Track and Field. Please refer to the Team Guidelines for specific rules and expectations of Bishop Track and Field team.

BISHOP LEBLOND TRACK AND FIELD SHOE RECOMMENDATIONS

All runners need to be in the proper running shoes to:

- a. Prevent injury
- b. Enhance athletic performance

All runners (especially distance runners) need to be fitted and analyzed by an expert at a specialty running store. There are different KINDS of running shoes:

- a. Stability
- b. Motion Control
- c. Neutral cushioned, etc

A specialty running store expert can determine exactly what KIND of shoe the athlete needs. They will then offer different brands and models of that KIND of shoe for the runner to choose from. You cannot get this same expert help at a box store or sporting goods store. Expect to spend anywhere from \$85-\$110 for a pair of proper running shoes. Running shoes need to be replaced approximately every 350 miles. Please do not purchase “minimalist” shoes without speaking to your coach first.

Specialty running stores in our area include Ad Astra in Lawrence, The Running Well Store in North Kansas City, Run 816 in Westport and Garry Gribbles Running in Kansas City, Olathe and Lawrence.

Ad Astra offers 20% off shoes and spikes through Memorial Day and 10% off year round.

Run 816 offers 20% off everything in the store except Garmins.

The Running Well Store offers a discount with student ID.

LeBlond Track & Field

“Be Prepared for Changing Weather Conditions”

All eagle track athletes should be prepared for all types of weather conditions both on practice days and on meet days. This includes having necessary equipment and gear for the occasion. We will experience all types of weather—snow, rain, mud, wind, and hopefully some sunshine. Each athlete should have necessary clothing and gear to meet any of the above listed conditions.

Here are a few items that are recommended. The last thing we want is for our athletes to be consumed by the weather instead of competition. Items should be kept in the locker at all times.

- ★ Gloves
- ★ stocking hats
- ★ jackets

- ★ sweatshirts
- ★ sweat pants
- ★ headbands or ear muffs
- ★ a good pair of running shoes
- ★ running shoes that may get muddy or wet
- ★ extra socks
- ★ *Under Armour* or similar type gear (**black for meets**)
- ★ sunscreen
- ★ water bottle
- ★ towels

The most important thing is that each athlete is properly equipped for the given conditions. Each athlete will be assigned a locker in the Grace Gym locker rooms.

Be sure to check weather conditions before a track meet. It is important that you have with you appropriate attire the day of the meet.

An example of why this is important: Our first meet of the 2010 season included sunny skies with temperatures in the 40s. Approximately an hour after our arrival, the wind was blowing hard and it was hailing and raining. We stood in the rain and wind for several hours! The temperature dropped about 10-15 degrees from the time we arrived to the time we left. It is important to bring extra dry clothes to change into.

Athletes are expected to be present at every practice and meet with the following equipment: gear bag, sweat top, sweat bottom, water bottle, running shoes, and special shoes (throwers or sprinters). If you have asthma, you are also expected to have your inhaler with you at all times. It is vital that each athlete wear the appropriate sweats while not competing. Keeping your muscles warm is important even when the outside temperature is above 70 degrees.