



Track & Field 2019

Parent Handbook

Bartram Trail HS

VISION

Bartram Trail Track & Field will be the preeminent high school program in North Florida and serve as a model of athletics complementing academics to create an ideal overall high school experience.

MISSION

Bartram Trail Track & Field will create an athlete centered environment that serves as a center for track & field excellence through physiologically sound training and fosters the foundation of life-long character development.

VALUES

Bartram Trail Track and Field values:

1. Academics. Refining intelligence and critical thinking skills are the reason we're all here.
2. The will to win and the passion to work.
3. Respect and integrity. Do the right thing every time.
4. The human spirit. It's the most powerful force on the planet.
5. Humility. Feel the joy of our teammates' successes; be cognizant of the space we all share.
6. Transformational experiences. Have fun; take more from this than just being an athlete; leave the same for others.

PRACTICE SCHEDULE:

Each event coach ultimately has the discretion to create their practice schedule, but in general it is each day after school. Practice will typically run for 90-120mins.

Coaches may choose to hold a practice on Saturdays. We will never practice on Sundays.

** We expect runners not to miss practice and to inform coaches in advance in the event that they have to miss. Excused reasons to miss practice must: 1. be cleared with your event coach before and 2. Must match the threshold of an excused reason to miss school. Clearing those missed practices must be done face to face by the athlete. Never text bad news.

VARSITY LETTER CRITERIA (satisfy any one of the following):

- Senior runners who have competed for three years.
- Event Specific Standards can be found on the BTTW website. The performance must occur in a varsity level event with legal measurements.
- Score a point at any championship meet.

INJURY PREVENTION, NUTRITION, AND HYDRATION

The best injury prevention involves stretching well, eating properly, getting plenty of sleep, staying well-hydrated, and resting when necessary. Having some muscle soreness after a hard workout is normal.

- Injuries or potential injuries should be reported to the coaches as soon as possible.
- Athletes should be eating a diet rich in protein and calcium. Carbohydrates are important, but should be from unrefined sources (brown rice and whole grains) and should be eaten in moderation.

**we stress to all of our runners that sleep, nutrition, and hydration are very important – we also try to have each student eat a healthy snack (and drink Gatorade/chocolate milk) after hard practice sessions. Many thanks, in advance, to the parents who help out with this.

Required to have at practice:

1. Warm-ups
2. Water bottle
3. Snack to eat immediately after practice (ideally in a 4:1 carbohydrate grams to protein grams) . . . Example: Cliff Bars.

EQUIPMENT AND UNIFORMS

- **Competition Singlets** - Competition singlets are loaned to athletes at the beginning of the season. These must be returned immediately after the season. There is not an option to buy your competition top.
- **Competition Shorts** - Competition shorts can be purchased from the team shop at the beginning of the year. This is mandatory for varsity athletes. JV athletes are not required to purchase them, however, they must wear black shorts during competition. All shorts must be completely black with no other trim colors.
- **Competition Warm-ups** - Athletes are expected to wear Bartram Trail Track & Field gear at meets. To some extent, they will accumulate this over the years. However, they are required to wear the team warm-up sweatshirt or jacket at the minimum. These do not have to be purchased each year. Sweatpants or jogging pants to accompany the tops must be black with no additional trim color. These can also be ordered from the team shop.
- **Ancillary Gear** – Sometimes it's nice to have a little extra gear to show off your pride. Additional items may be made available on the yearly team shop for athletes and parents alike. These are all optional.
- **Shoes** – All athletes should have a pair of good quality running shoes in order to avoid risking injury. Athletes will never warm-up in spikes. We recommend **1st Place Sports** – they have stores on Baymeadows Rd (just off San Jose Blvd.), in San Marco, at Jacksonville Beach, at St. Johns Town Center, in Orange Park, and in St. Augustine. The staff at these running stores are very knowledgeable (they are almost all runners) and they will also give Bartram Trail runners a discount.
- **Competition shoes** - Event specific competition shoes should be purchased. There are large differences between sprint, mid-distance, long distance, HJ, LJ, TJ and PV spikes. Additionally, throwers have yet another type of shoe. New athletes should check with their coaches or with some of the experienced runners for more information. JV parents should NOT feel the pressure to purchase extremely specific event shoes until their athlete settles into a focus over the next few years. The more specific the competition shoe the more likely it needs to be purchased on-line.
- **Wrist Watch** - Especially for distance runners, an inexpensive digital wristwatch would be very beneficial. We utilize them on training runs and when doing intervals.

TEAM PHOTO: Feb. 13th 3:00pm – courtyard after school

TEAM BANQUETS

The JV team banquet will be held prior to the championship season, sometime in April. The varsity award show will be held after the state championships, sometime in May. Awards, letters, and pins will be presented at those events.

MEET SCHEDULE: The meet schedule is posted on the BTTF website.

<http://www-bths.stjohns.k12.fl.us/track/scheduleresults/>

Additionally, you can download the iCalendar to your smart phone.

<https://calendar.google.com/calendar/ical/btxctrack%40gmail.com/private-847d2d4fe96925f7f0235d5f0618363c/basic.ics>

Both will be updated with any potential changes ASAP.

TRANSPORTATION: We will have transportation to the meets that are held during the week and for all out of town meets. With neighboring schools being the sole exception, athletes may not drive themselves to meets directly from school on school days. There will be no buses on days we do not have school. Families may make all transportation decisions on their own.

Athletes may be dismissed from an away meet under three conditions, 1. The athlete has finished their cool down regimen. 2. The parent/guardian and athlete have checked out with their event coach and 3. The athlete is riding home with a parent/guardian.

BARTRAM BOOSTER CLUB

Families are expected to join the Bartram Trail Athletic Booster Club. You can join on-line here:

<https://www.bartramathleticboosters.com/shop-membership>

Our booster club is one of the best around. They treat all sports with the same amount of support and represent a group of parents and community members that care deeply about the experience our athletes have here at Bartram Trail. Meetings are held the first Monday of every month at 6:30pm in the BTHS Media Center.

WHAT YOU CAN DO AS A PARENT

Please encourage your child to follow the advice and the instructions of the coaching staff. Please help us to ensure that they eat right, get plenty of sleep, and hydrate before practice and re-hydrate afterwards; those three things can make a big difference for any athlete. Keep an eye on their shoes; worn out running shoes can lead to injury.

The coach knows that you want your child to grow up to be a responsible and respectful young man or woman; high school sports teach and instill discipline. We want our runners to be on time for practice and for races, to stay to cheer on their teammates and to help clean up after meets, to show good sportsmanship, and to be respectful of teammates and opponents. Please support the coaching staff as we endeavor to instill these values on the team. Last year we (the coaches) were complimented by bus drivers and hotel staff regarding the behavior of our team. We know that this is no accident; our athletes have been raised well and that, combined with extra "encouragement & reinforcement" from the coaching staff, goes a long way to shaping a team of which we can all be proud.

WHAT YOU SHOULD NOT TO DO AS A PARENT

The coaching staff understands that parents want what they think is the best for their child. However, we respectfully ask that you do not overdo your support of your child's experience in track & field. This includes just prior to and after races (please don't hover around the team area at meets – so, no "helicopter" parenting!).

Please feel free to discuss any questions or concerns about your child's training with the coaches. We will work with you and your child with issues such as academics, transportation, family, health, and conflicts with other sports or activities. Ultimately, we want track & field to be a very positive and enriching experience for your child.

TEAM SUCCESS AND PHILOSOPHY

As coaches, we were all competitive athletes, (some of us still are!) and we're also competitive coaches. We want your athletes to perform to the best of their ability. However, the coaches are not motivated solely by the trappings of success. Winning is not everything and winning at any cost lacks a greater perspective. Giving 100% is far more important. Competing in track & field is a great preparation for competing in life. It teaches one how to deal with success and failure, endure the agony of defeat, and experience the joy of victory. It gives one the opportunity to experience so many special memories that will last a lifetime – and I know from my own experience that these memories and lessons are way more important than the ribbons that will eventually get lost and the medals that will gather dust in a drawer.

Our values and mission are stated above. We cherish most the opportunity to create an experience for our student-athletes that complements what is going on in the classroom, earns them a sense of self-esteem, and the gives them confidence to achieve any goal on which they set their sights. Fast times, far distances, high marks, and state medals are just an added bonus. The journey along this adventure requires desire, dedication, perseverance, and discipline. At times it will be tough, at times it will be fun, but, above all else, it will be rewarding. The memories are the ultimate prize.

On behalf of the coaches, I thank you for entrusting your children into our hands and we are looking forward to a memorable track & field season.

COACHES CONTACT INFORMATION

Sprints and Girls Varsity Head Coach:	Joe Richardson	jarichardson13@gmail.com
Hurdles and Varsity Boys Head Coach:	David Frank	david.frank@stjohns.k12.fl.us
JV Sprints and JV Head Coach:	Paul Belcik	Paul.Belcik@stjohns.k12.fl.us
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Girls Distance:	Melissa Roughan	Melissa.Roughan@stjohns.k12.fl.us
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Jumps:	Lainey Kekic:	Lainey.Kekic@stjohns.k12.fl.us
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Boys Distance Asst:	David Popik	D.popik@icloud.com
Short Sprints:	Latisha Moulds	dstlady4eva@yahoo.com