

2019-2020 Indoor Track Information

Handbook

➤ Who are the coaches?

Randy Stephens
Amelia Breeze
Will Baxter
Helen Pruet

Jay Gilliland
Reed Bowers
Besty Owenby

➤ What is the philosophy of track and field?

- our expectation of the kids are based on ability
- we coach each kid based on his own ability not that of a parent or siblings

➤ How do the athletes decide if they are Sprinters or Distance runners?

- Each athlete will pick either to be a sprinter or a distance runner
- Sprinters will run 60, 60H, 400
- Distance will run 400, 800 and 1600
- Both Sprinters and Distance kids can participate in Field events which include Long jump, high jump, shot put, pole vault
- Sprinters will go to the HIGH SCHOOL every day. Three days a week they will have a work out and 2 days a week will work on a field event
- Distance runners will be at the JR HIGH on Mondays, Wednesdays, and Friday. On Tuesdays and Thursdays – Distance runners will go to the HIGH SCHOOL. * Any distance runner that wants to practice a field event will also go to the high school on Fridays.

2019-2020 Indoor Track Practice Schedule

DISTANCE RUNNERS				
Monday	Tuesday	Wednesday	Thursday	Friday
Junior High	High School	Junior High	High School	Junior High (Field Events - High School Bus)

SPRINTERS & FIELD EVENTS				
Monday	Tuesday	Wednesday	Thursday	Friday
High School	High School	High School	High School	High School

PRACTICE WILL START ON November 12th

➤ What is a typical day of practice like?

- The 3:06 bell rings- all kids should get changed in the locker room.
- They will need some sweats, hat and gloves for cold weather.
- Kids going to the HIGH SCHOOL will get on a bus parked in front of the school. The bus leaves at 3:20. It will not wait on you.
- Distance days at the JH will meet in Coach Breeze's Classroom- 335.
- Practices at the HIGH SCHOOL are usually over between 4:45 and 5:00pm. Pick up by the ticket gate at the High School.
- Practices for distance at the Jr. HIGH are usually over between 4:30 and 4:45pm. Pick up near the flag plaza at the JH
- There is a schedule in your information packet.

➤ Where the kids should put their track bags?

- Lockers are provided for all athletes. IT IS THE ATHLETES RESPONSIBILITY TO LOCK UP THEIR STUFF.
- If you do not have a PE locker see Coach Stephens to get a locker.

➤ Are ALL practices required?

- **YES!!**
- We take roll at the beginning of practice EVERY DAY. We expect your athlete to stay for the entire practice. Coming late and leaving early is not allowed and counts as a missed practice.
- **If you miss practice for any reason it requires a Tuesday morning make up.**
- Make up practice on Tuesday mornings are at the JR HIGH from 6:30-7:15am. DO NOT SHOW UP LATE.
- If you are absent you will have two Tuesdays to make up an absence. Days that you are consecutively absent will only require 1 make up practice.
- We DO NOT EXCUSE any absence for any reason expect for 7th graders meeting with a rabbi in order to train for bar mitzvah.
- School sponsored events are **NOT** excused. Including but not limited to: the Biology trip, choir performance, scholars bowl, makeup test, band performance, cheerleader tryouts, detentions
- Team members missing practice to participate in another school sponsored extracurricular activity will be required to attend one Tuesday morning session per week of missed practices.(i.e. football spring training, cheerleader tryouts, dance team tryouts, scholars bowl, etc.)
- Failure to attend a second session will result in dismissal from the Mountain Brook Junior High Track Team. No refund of paid fees or monies will be available upon breach of team rules.

PRACTICE WILL START ON November 12th

➤ Do we need a GPS Watch?

- We are not requiring GPS watches for Indoor but we strongly encourage them, especially for distance runners.
- We have been using them the past few years and have seen a tremendous improvement in the ability for kids and parents to monitor individual progress.

➤ What equipment does my athlete need?

- Shoes are the most important
- Shoes are your only defense from injury.
- You would not let a kid go to football practice with an old helmet you got at a garage sale.
- You will need a good all-purpose spike to compete in. You can go to the Trak Shak and tell them you run at the Jr. High and they will sell you a good shoe. Spikes from Cross Country are perfect for indoor and outdoor track.
- You can also go to Academy or Dick's or order online if you know what an all-purpose spike is.
- **Cold weather gear- hat and gloves are important**

➤ How can I tell if my athlete is injured or just sore?

- Kids are going to be sore if they practice hard enough.
- Sore is when it hurts before or after practice but is fine during the practice once the muscles get warmed up.
- Injured or HURT is when the pain get worse throughout the workout.
- If you are sore- Toughen up
- If you are injured- Go to the doctor. We have trainers at the school who can look at the injury if you want them to.
- Connections with area PT people that will work you in. Call or email us.
- **NO REHAB- if you cannot run then do not come to practice- YOU ARE ABSENT- we do not have a large enough coaching staff to provide supervision for injured athletes.**

➤ What is the approach to balancing academics and athletics?

- It is crucial to balance school work with athletics, especially during 9 weeks testing and semester exams.
- We will have track practice and possible a track meet during 9 weeks tests and semester exams. PLAN AHEAD!! STUDY AHEAD!
- Missing practice will require a makeup practice.
- Do not schedule tutors or help sessions during practice or meets unless you are willing to come to a Tuesday morning make up.

➤ What is the best ways to communicate with the staff if I have a question?

- EMAIL: jhtrack@mtnbrook.k12.al.us
- Coach Breeze checks that regularly and will get back to you as quickly as possible.
- We make decisions as a group. So sometimes your answer might be delayed if we have to meet and talk about it.
- You can call Coach Stephens if it is an emergency- 205-908-6061

PRACTICE WILL START ON November 12th

- **How does the team travel to and from meets...times to arrive?**
 - We will provide a bus to all the meets during the week.
 - You will be on your own to provide transportation home from the meets.
 - Weekend meets you will have to provide your own transportation to and from the meets.
 - More specific information about each meet will be emailed out before each meet.
- **What if the team gets dismissed early from school for a meet?**
 - We have the ability to check the kids out of school on meet days. You do not have to come to the school to check them out.

- **When are the meets?**

7th and 8th Grade Indoor Track Schedule 2019-2020

Date	Meet	Place
December 12 th - Thursday	Middle School Meet	Bham Crossplex
January 9 th - Thursday	Middle School Meet	Bham Crossplex
January 16 th - Thursday	Middle School Meet	Bham Crossplex
January 23 th - Thursday	Middle School Championship	Bham Crossplex

*You must qualify for the Championship meet. More information to come on this.

*Athletes will be allowed to miss one meet without penalty. If an athlete misses two meets he/ she will be removed from the team.

Freshman/ JV Indoor Track Schedule 2019-2020

December 19 th - Thursday	JV Meet OPTIONAL	Bham Crossplex
January 7 th - Tuesday	JV Meet	Bham Crossplex
January 14 th - Tuesday	JV Meet	Bham Crossplex
January 31 - Feb 1	Last Chance Meet OPTIONAL	Bham Crossplex

*Athletes will be allowed to miss one meet without penalty. If an athlete misses two meets he/ she will be removed from the team.

PRACTICE WILL START ON November 12th

➤ What should athletes wear to the meet?

- Uniform
- black socks and black undergarments- boys: compression shorts if desired/ girls: black sports bras
- Spartan Track or Spartan warm-up shorts/shirts (no Duke shorts and Alabama T-shirt)

➤ What if I miss a meet?

- Everyone is allowed to miss one meet with no questions asked.
- If you miss more than one meet you will be removed from the team. Other school sponsored events do not count as excused absences. This includes but is not limited to choir/ band tryouts or performances; biology trip; rec baseball games; cheerleading tryouts; scholars bowl; tutoring; studying for nine weeks tests; family trips.(Unless the reason for missing the meet is a documented injury. Documented from a trainer or doctor.)

➤ PRACTICE WILL START ON **November 12th**

- EVERYONE will stay at the Jr. High on this day to take care of housekeeping items and do a workout.

➤ How does an athlete sign up for Indoor Track?

- You must complete the following information:

1. **ONLINE REGISTRATATION:**

- Please be careful when you enter your email addresses. We will copy and paste these into our email list. Put all the email addresses you want listed.
- Click this link to complete the online registration.
- <https://forms.gle/WGdLdN3rrHpcgh6X7>

2. **Spirit Packs:** Click the link below to access the online payment for the spirit pack. For best results use internet explorer. Make checks payable to MBJH.

- Uniform should have "Mountain Brook" on the front. If not you need to purchase a new one.
- You can purchase the new uniform this year if you want to. The cost is \$75 and will match for grades 7-12 in the upcoming seasons.
- Click here for a copy of the spirit pack form. Please print and complete this form. Please return the form with payment to the front desk.
- https://docs.google.com/document/d/1MyUBoDdYj9G1xGQAcJKHCgNdLg_yf6FtUblY9GO782g/edit?usp=sharing
- Athletic spirit packs are designed to provide equipment and other essentials for students associated with a particular athletic program. Any minimal funds that are generated through the purchase of the student/athlete spirit pack will be used to support the (sport) program by means of equipment maintenance, entry fees, etc.

3. Dragonfly account. <https://www.mtnbrook.k12.al.us/Page/6561>

- All athletes must have a Dragonfly account and that account must be up to date.

PRACTICE WILL START ON **November 12th**

HOW TO TURN IN YOUR FORMS:

*Online registration should be submitted online.

*Spirit pack form should be printed out and completed. Form and check should be turned into the front desk.

*All other forms MUST uploaded to your Dragonfly account.

What to do if you still have questions about Indoor Track?

- Email jhtrack@mtnbrook.k12.al.us or
- Call Coach Stephens 205-908-6061
- Call Coach Breeze 205-410-8034

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