



**2024**

**Brandon Valley  
Track & Field  
Handbook**



## Welcome to Lynx Track and Field 2024

- **For those athletes not in a Winter Sport....**
- The first day of the track season is **Feb 26th at 3:45 pm in the Auxiliary Gym**. We will have a short meeting followed practice. Bring workout clothes and running shoes!
- Practices are everyday after school and are done around 5:30pm.
- We have two teams: (Varsity) and (Junior Varsity). Most teams have one/two meets per week.
- See schedule on our Website and Calendar Handout for specific dates!

**You can get Information Packet – Handbook, Calendar & New Team Web Store (on the Track Website) at the Parents Meeting on Feb 5th @ 6:30pm or you can pick it up from Coach Trout at the HS.**

### **Stay in touch – We have many new Information updates available**

- You can sign up your cell phone number if you would like to receive text messages for cancellations, changes in the schedule and more by filling out our Parent's Remind form.
- Join our Twitter / (X) page and receive Twitter/ (X) updates of events during meets - **@bvtrackandfield**
- We also have Student Text updates that are available on the homepage.
- Links to all of these are on our Track Website Homepage - **www.bvtrackandfield.com**

**HS Track & Field Staff:** Troy Sturgeon (Sprints), Tony Thoreson (Distance), Matt Mueller (Pole Vault), Jeff Trout (Throws), Mike Putnam (Long / Triple / High Jump), Justin Mashlan (Hurdles), Joe Krivarchka (Throws/ Javelin), Jeff O'Connell (Sprints/ Relays/ Jumps), Charley Smook (Strength & Conditioning Coach), **Volunteer** - Krista Bickley and Anna Hyronimus/ Burkman - (Sprints & Relays) and Elaina Rice - (Sprints & Relays).

### **What you need to do before Feb 26th, 2024**

- Get a physical completed & turned in to the Activities Office! **NO PHYSICAL - NO PRACTICE!**
- Get other necessary paperwork completed and turned in to the Activities Office.
- Get work schedules and other sports schedules arranged around track practice and track meets.

### **Equipment you will need for the 2024 track season:**

- You will need to have shorts, t-shirt and running shoes and spikes for all practices.
- The weather will change quite a bit in the spring so always have warm clothes such as tights, sweats, hats and gloves with you at all times.

**Lynx Track & Field Team Apparel** – is available for purchase: TEAM T-Shirts, Long Sleeve Shirts, Sweats and Black Undergarments. We do have a secure online **TEAM STORE** where you can purchase TEAM T-shirts, Fan Club Tees, and sweats. **Orders are due on March 19th.**

### **FOR YOUR PLANNING – We only allow BLACK UNDERGARMENTS for boys and girls.**

- (Undergarments are what you wear under your uniform)
- **THEY MUST BE ONE SOLID COLOR WITH NO WORDS OR PICTURES.**



## Brandon Valley Track & Field Philosophy



- Athletics should be fun
- Everyone practices, everyone competes
- Each athlete should be a positive influence on the team and find their own means of contributing
- The harder you work, the more you will get out of the sport and the happier you will be
- To be competitive you must be willing to work hard
- You must be willing to make a significant commitment to our team
- You can not move to the next level (athletically or academically) without working hard in the classroom
- Every person has a gift, it is my job to help you find that gift
- Our team is like an extended family, together we may encounter failure, face adversity, strive for success and rely on each other for strength

The Brandon Valley Track & Field programs are built around key concepts. These concepts include commitment, honesty, determination, vision, communication, motivation, enjoyment/love of the sport, and valuing quality relationships.

Coaches in the Brandon Valley Track & Field program are committed to helping the athletes achieve all that they can in their athletic pursuits by providing excellent coaching in terms of training theory and technique, motivation generated by creating a vision of each athlete's potential, and nurturing the enjoyment and love of the sport(s) that the athlete is involved in. This is best accomplished by valuing people and relationships above performance and programs. The individual and team performances will be excellent if the relationships between athletes and coaches are excellent.

At Brandon Valley, we are committed to much more than your athletic success. Our coaches believe that your academic and personal growth is actually more important than your athletic growth. Our main goal is to help each athlete become a leader, prepared to meet the challenges of life outside of high school and the athletic realm. This is best accomplished when each athlete has a solid academic, and personal background developed through his or her athletic experiences and as an integral part of the Brandon Valley School District at large. The coaching staff is committed to encouraging and providing positive experiences for academic and personal growth.

The coaches in the Brandon Track & Field program believe this well-rounded and balanced approach will lead to excellence on and off the field of competition as well as produce an end result that is rewarding and fulfilling for the student athletes in our program.



# Lynx Track and Field



## General Guidelines

### Physicals

Each student athlete must have a current physical, medical consent, hippa, and pre-participation history form on file in the HS office before being allowed to participate.

### Practice

Practice begins at 3:45. Sometimes situations arise when you may need to be late or need to miss practice. It is your responsibility to let your position coach know before you are late / absent. Any unexcused absence from practice will ban you from the next competition and may jeopardize any year-end awards. It is also very important that you are on time and do not miss designated warm-up times; these exercises have been chosen specifically for improving your running technique and warming your muscles for the workout.

Also, we must be prepared to practice in all of types of conditions. South Dakota weather can change very quickly. Make sure that you bring clothes each day for all extremes (shorts, t- shirts, sweats, & shoes). You will also need to have your track spikes with you daily; to practice relay exchanges and block starts.

### School Issued Uniforms / Warm-up Sweats

School issued jerseys, shorts, warm-up sweats and Nike Backpacks are for meets only. These items are your responsibility. Each item that you check out is numbered. You are expected to wash/clean your uniform and turn in the same item with the same number that was checked out to you. Loss of any of the items will result in a replacement fine. Turning in items of the same style with a number different than that which was checked out to you will also result in a replacement fine. (Uniform replacement fees are list on the next page)

### Check-In / Return of School Issued Uniforms / Warm-up Sweats

With track season ending after the last day of school, it can be very difficult to get school-issued jerseys, shorts, warm-up sweats and Nike Backpacks checked in. It many times drags out over the summer months, making inventory and ordering for next season almost impossible. To help alleviate these difficulties, this policy has been implemented. **Each athlete will be responsible for turning in all school-issued clothing with the appropriate numbers, clean/washed, in their Nike Backpacks to their position coach on the designated Check-in Day.**

**Example – JV athletes competing for the final time at the SF JV Invite on May 7th @ SFR** will have 2 days to **clean/wash** all their school issued track apparel. Athletes will be expected to turn in all their school issued jerseys, shorts, warm-up sweats and Nike Backpack with their correct corresponding correct numbers on **Thursday May 9<sup>th</sup> @ 3:30 pm** in the Equipment Storage Area in the New Gym.

**Example - All Varsity athletes competing for the final time at the Last Chance Meet on May 16th @ Harrisburg** will have to **clean/wash** all their school issued track apparel.

Athletes will be expected to turn in all their school issued jerseys, shorts, warm-up sweats and Nike Backpack with their correct corresponding numbers on **Friday May 17th @ 3:30 pm** in the Equipment Storage Area in the New Gym.

**Example - All varsity athletes competing for the final time at the State Meet on May 23<sup>rd</sup>, May 24<sup>th</sup> and 25th @ HWF** will turn in all their school issued track apparel to their event coach at the conclusion of the meet before they go home. Athletes will be expected to turn in all their school issued jerseys, shorts, warm-up sweats and Nike Backpack with their correct corresponding numbers. Coaches will wash and inventory all track apparel from the athletes that compete at the State Meet.

**Failure to turn in all school issued apparel with the correct numbers or on the Designated Check-In day will result in a uniform replacement fee.** (Uniform replacement fees are list on the next page)

**Mr. Freking will issue a bill for missing or incorrect apparel. Also, Underclassman will not be allowed to compete in school summer camps or to start the next sports season until all items have been turned in or fines paid. Seniors also will not have a signed diploma until all items are returned or fines paid.**



# Lynx Track and Field



## Attendance, Lettering and Travel Policies

The only reasons an athlete may miss a practice, or a meet would be due to an injury, illness, some school related activities or a family emergency. All athletes need to be on time to all practices and they should not leave until dismissed by the coach. If an athlete is going to miss a practice, arrive late to a practice, or leave early from a practice, we expect to be notified before that practice. Injured athletes should still be at practice unless it is an injury that requires them to be home. Most importantly - communicate with your coach.

All members of this program are expected to make a commitment to track and field. If you wish to have a job during the track season it should not affect your school, practices and/or meets. If you wish to play another sport or participate in another non-school related activity during the season that is fine as long as track and field comes first. You should not miss any practices or meets due to work or other non-school related activity.

### Track & Field Letter Requirements

**Varsity Letter:** To earn a Varsity Letter, an athlete must meet four of the following requirements:

- A. Run at the State AA Meet
- B. Run at the ESD/ METRO Conference Meet
- C. Run on the Varsity Team in at least 75% of Varsity Meets
- D. Medal in at least 60% of the Varsity Meets
- E. Be in attendance for at least 93% of practices and no unexcused practices
- F. Coaches' discretion – this would be in case of serious injury or illness

- A Varsity Letter will be awarded to athletes who medal at the ESD/METRO Conference and State AA Meet.
- A Varsity Letter will be awarded to any senior involved in the high school track and field program for at least three years during high school.

**Junior Varsity Letter:** To earn a Junior Varsity Letter, an athlete must meet three of the following requirements:

- A. Run on the Varsity or Junior Varsity Team in at least 75% of the Junior Varsity Meets
- B. Medal in over one-half of the Junior Varsity Meets
- C. Be in attendance for at least 93% of practices and no unexcused practices
- D. Coaches' discretion – this would be in case of serious injury or illness

**Participation Certificate:** Will be awarded to athletes who complete the season. When we are at track meets, we expect the best behavior from our athletes, managers and coaches. We will not tolerate any poor behavior. Follow all team rules, school policies and South Dakota High School Activities Association rules while at competitions.

- **IF YOU ARE GOING TO BE LATE or ABSENT FOR THE BUS – CALL YOUR EVENT COACH**
- Athletes are required to ride the bus to and from all track meets.
- Parents need to check their child out with the coaches at the meet.
- If athletes get permission from a coach to not ride the bus, the athlete must ride with their parents unless given special permission from the athletic director to ride with another adult.
- In this situation, the athlete's parents are required to meet with the athletic director while turning in the travel release forms.
- Leaving a meet without permission will result in a one meet suspension.
- Competitors are not allowed to have or use cell phones on the infield or competition areas.

