

# 2012 SV/VV Boys' Track and Field Team Expectations, Policies, and Guidelines

**Welcome to the 7<sup>th</sup> and 8<sup>th</sup> GRADE TRACK AND FIELD SEASON!**

Coach Bettes, Coach Nelson, Coach Dunn, and Coach Voeller are committed to giving you their best coaching daily, and are always available for help or questions. We want this experience to provide you with FUN, fitness, and the opportunities to learn about track and field events as well as improve as an athlete.

**Daily practices sessions will start Monday, April 9th & be held Monday through Friday after school with most meets taking place once a week (see meet schedule below). All regular practices will begin at 3:00 p.m. and finish by 4:15 p.m.** In order to maximize our practice ***time*** on these days, it is important that you report to field, dressed and ready to begin at our designated start time. **Practice will be held everyday, regardless of the weather so come prepared for all elements.**

Participation in track meets is based on attendance, commitment, and performance. You may be excused from practice if you need to be absent because of illness, family, religious or academic commitment. Absences that are not related to illness, family, religion or academics will be considered unexcused. If you are going home because you are ill or you will need to miss practice, please let Coach Bettes know in a written note. If you are unable to give Coach Bettes a note leave a written note in Coach Dunn's box at South View at the front office. This will assist us with our practice and meet planning to know in advance that you will be absent. If an athlete misses a practice the day before a meet, the athlete will not be allowed to compete in the meet. The selection of athletes/event and relay teams will be determined by performance, attitude, attendance, and team participation at meets.

**Communication is crucial!** All absences, injuries, and event results should be directly reported to the coaches. You will demonstrate your commitment to your team by giving 100% at practices and meets, and by supporting the team with a positive attitude, a willingness to learn, experiment with new events and cheer on your teammates. Everyone will participate in the meets! The only exception to this policy is the final conference meet, where we are only allowed 3 athletes per event.

### **Clothing**

Spring weather requires that we prepare for both warm and cool temperatures. Plan to wear layers on days that are cool, wet, snowing or all three. Long sleeve t-shirts, turtle necks, sweatshirts, windbreakers, sweat pants, mittens and hats should be kept in your school locker so you are **prepared for cold weather practices and meets.** Always have a water bottle with you at practices and meet. Proper hydration is a key to a successful competition and will assist you in all weather conditions. We will provide a water cooler at the meets but it is your responsibility to provide a container to fill from the cooler. Direct drinking from the cooler will not be tolerated for sanitation purposes.

**The most important piece of track equipment is running shoes.** You do not need to necessarily spend a lot of money to get a good pair of running shoes, but you must get a pair that fit you properly. Take time to have a knowledgeable sales person at a running store assist you with your shoe purchase.

**\*Tell the following stores that you are on the Edina Track Team and they will give you a discount.\***

### **Running Stores**

Run-N-Fun	868 Randolph Ave., St. Paul	(651) 290-2747
Marathon Sports	2312 West 50 <sup>th</sup> Street, Minneapolis	(612) 920-2606
Gear Sports	4510 Excelsior Blvd., St. Louis Park	(952) 926-2645

### Running Events

100 M Hurdles  
100 M Dash  
800 M Relay (4 x 200 meters)  
1600 M Run (1 mile 4 laps)  
400 M Relay (4 x 100 meters)  
400 M Dash (1 lap)  
800 M run (1/2 mile, 2 laps)  
200 M Dash (1/2 lap)  
1600 M Sprint Medley Relay (200-200-400-800)

### Field Events

Shot put  
Discus  
High Jump  
Long Jump

### **\*The Spectators Guide to Track and Field Meets**

The field events typically start at the beginning of the meet (3:45 p.m.) and continue until they are complete.

Most of the meets we compete at have aluminum bleachers. If it is cold, they are very cold. If it is hot and sunny, they are hot. Therefore, to make spectating more enjoyable, we recommend coming prepared with blankets, hats, mittens, sunscreen, water, etc...

Also, the meets occur in all but the absolute worst weather. Lightening is the only reason a meet has been canceled in past years. Please come prepared in case of rain, sleet, or snow.

## **2012 BOYS' MIDDLE SCHOOL TRACK SCHEDULE**

<b>DAY</b>	<b>DATE</b>	<b>SITE</b>	<b>LOCATION</b>	<b>TIME</b>
Thursday	April 19 <sup>th</sup>	MHS	Minnetonka High School	3:45 pm
Monday	April 23 <sup>rd</sup>	ECC	Edina Community Center	3:45 pm
Wednesday	May 2 <sup>nd</sup>	HHS	Hopkins High School	3:45 pm
Wednesday	May 9 <sup>th</sup>	ECC	Edina Community Center	3:45 pm

### **\*Conference Meet**

Monday	May 21 <sup>st</sup>	ECC	Edina Community Center	3:45 pm
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Bus transportation will be provided to and from away meets. If students wish to leave with a parent they need to complete a waiver form. In addition students may leave with another teammate if they submit a note in writing to a coach. These forms and notes should be turned in prior to the actual day of a meet.

Contact information:

Coach Josh Bettes

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952 848-4324

Edina Community Education Main Office  
952-848-3952