

# Vineyard Track & Field

**Coach:** Head Coach Joe Schroeder, Asst. Joel Graves, David Araujo, +1

Registering for Track - **2/15/18 - 3/16** All of this is online!

- 1) Go to mvrhs.org : Click on “athletics”: Follow the link for Family ID: Click on programs: scroll to Outdoor track.
- 2) Check online via plus portal for the expiration date for your physical.
- 3) Check online via plus portal and make sure you have a data verification form on file.
- 4) IMPACT / baseline test for athletes NEW to sports, freshman and juniors. Dates will be given on Family ID.

## **Practice: Begins The Third Monday in March**

- Mon.-Fri. after school 2:45. Weekend practice at coaches’ discretion. This year, some event groups may have earlier or later start times.
- There s practice when it rains. Check the schedule posted in the AD’s office
- As per school rule, If you are absent or have an unexcused tardy, you may not practice or compete.
- Practice time is most important to our team, as well as, each individual’s success - please take practice time seriously as it can, and will, affect your ability to perform. On a related note, doctors appointments and college visits are excused absences.
- **Three** unexcused, missed practices results in the dismissal from the team. School imposed consequences that affect practice time are counted as unexcused misses. (i.e. yoga or Saturday school)

## **Meets:**

- Home meets: in 2018, we will have home meets! This also means there will be some work involved with set up, break down and facilitating the meet. This may include duties such as hurdle crew, pit raking, helping with measuring or being at the finish line to provide help there. Everyone is expected to stay until the completion of the meet unless the coach and the athlete have worked something out prior to the meet.
- Home meets begin at 3:00 and end approximately at 5:30. Away meet times vary - see schedule.
- There are weekend invitational meets throughout the year including **freshmen / sophomore** meets. Please refer to the schedule and plan ahead.
- Our dress code: (for meet days) Boys Khakis, ties and dress shirt and shoes. Girls dress appropriately.
- Attendance at meets is mandatory unless an appropriate excuse is provided and verified by both coach and parent. Missing a meet is the same as missing practice and count toward the overall total of misses.

## **Team:**

- There is one Varsity team each for both boys and girls. They compete as separate teams but will have meets simultaneously. Both compete in the **Eastern Athletic Conference.**
- Freshman and sophomores do have the opportunity to compete on the varsity level and with athletes their age at invitationals throughout the year.
- **Every athlete has equal opportunity to contribute to our team’s success.**

## **Varsity Letter**

- Earning a Varsity Letter takes 40 points. How to score points:
  - Scoring (placing) in meets.
  - Achieving a goal set by the coach and the athlete =10
  - Achieving a personal best mark. =10
  - Qualifying for the state meet. =10

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## Grades:

It is our goal to have the best student-athletes in the school. If an athlete needs extra help after school we will not hold that against him / her. However, athletes are expected to bring documentation to the coach after receiving help so they can be accounted for during missed practice. Sports in general help student / athletes budget their time. Remind your young adults at home of the responsibilities of performing well both in school and on the field.

## Fund raising responsibilities

This year again we will be in charge of putting on the St. Patrick's Day 5K (Sunday, March 25 this year) race in OB. This is a great way to bring in some much needed funds and exposure for our team. **Each member will register for the race plus sign up an additional 2 participants that are not on the team for a total of 3. If your family owns a business, or you know of someone who would like to sponsor the race, please let me know ASAP. Businesses or individuals can advertise on the T-shirt for \$125 or \$200 depending on the size of the ad. Please make every effort to participate in this fund raising event.**

## Goals:

- Build better student athletes, teammates and community members while excelling in track and field.
- Total commitment to team and individual success.
- Qualify individuals /relays for State, All-State, New England Meet
- Have Fun!

## Resources

[ma.milesplit.com](http://ma.milesplit.com) Probably the best resource for results and news regarding Massachusetts track.

[www.miaa.net](http://www.miaa.net) for state rules and regulations regarding all sports. Directions to school sites etc. The "bona fide" team member rule should be read and understood fully - check the MIAA handbook

[www.mstca.org](http://www.mstca.org) for information regarding track events, results and opportunities specific to track and field.

[www.coolrunning.com](http://www.coolrunning.com) for results of large meets and road races.

[www.athletic.net](http://www.athletic.net) results for our dual meets, rankings in each event for team, EAC and State.

Track equipment and training / racing / throwing / jumping shoe sites

[www.everythingtrackandfield.com](http://www.everythingtrackandfield.com)

[www.runningwarehouse.com](http://www.runningwarehouse.com)

Marathon Sports has several locations off island for training and racing shoes. The nearest location is in Mashpee.

## Conduct

In addition to penalties for missed practice and meets, our team follows and enforces all MIAA and MVRHS handbook violations. In addition, if an athlete exhibits conduct detrimental to the team, they will be asked to leave the team.