

VINEYARD INDOOR TRACK & FIELD

Welcome to the indoor track program.

This document explains the expectations for our student athletes and gives basic information that is related to our sport.

The success of our team relies greatly on the ability of our athletes to adhere to these expectations.

In a short period of time we have been very fortunate to have some of the best student athletes the school has to offer come through our program. Since 2014, when we started indoor track, we have had multiple league, division and state champions. In addition, track athletes have excelled in the classroom producing countless top 10 rankings academically. This doesn't come easy. The dedication it takes to be a high performer is difficult. That said, we have managed to hold high standards of accountability and responsibility while maintaining a fun and safe environment for our athletes to excel.

Practice

- Be on time and ready to start when practice begins.
- Be prepared with the appropriate gear for the day (water, shoes, practice clothes)
- Be respectful of your teammates, coaches and officials.
- Unexcused, missed practice may result in restricted participation or removal from the team. Being sick, injured or traveling for college visits are all valid excuses for missing practice.
- If you arrive past 8:00 am you are considered tardy and may not participate in practice or a scheduled meet that day.
- Our athletes are expected to have a positive attitude and give their best effort during every practice, race or event that they are in.

Meets

- All athletes are responsible for homework missed due to travel. Follow the meet schedule and plan ahead for missed class time.
- Your gear bag for travel should include uniform, water, socks, flats/ spikes, warm ups
- Our team will have warm ups to travel in. All members will be issued and will wear these for travel.
- Be on time to the boat. A bus is provided for weekday meets from the school. For weekend meets, 15 min before boat departure is the standard.
- Respect our opponents, their coaches, their fans and the facility we are running at.
- From the time we leave the school until we return home, we are representatives of MVRHS. The coaching staff expects players to behave in a respectful way at all times.
- Although track events during meets occur at different times, we will initially warm up as a team.
- Make every effort to cheer your teammates on while you are not competing or warming up.
- All athletes are expected to follow MVRHS and MIAA rules and policies.

Resources

For communication purposes:
sportsYou.com or the sportsYou app

For results -

www.mstca.org Mostly Massachusetts meets
ma.milesplit.com National and local meets
www.athletic.net Local, MA, National We also have a homepage on this site.

For shoes

All athletes should have spikes for competing in dual meets. Coaches can help with selection if needed. We have a selection of new or gently used spikes as well to help our athletes get started

www.runningwarehouse.com

www.marathonsports.com Marathon is also in Plymouth and Mansfield and Yarmouth

<https://therunhouse.com/> located on Main Street, Falmouth

Also sites for Nike and New Balance have track specific shoes.

For general high school rules:

www.miaa.net

For MVRHS athletic policies:

<https://mvrhs.org/wp-content/uploads/2021/09/MVRHS-Athletic-Handbook-2021-22.pdf>

Schedules: This will only have our dual meet schedule.

<https://arbiterlive.com/Teams?entityId=13983>

We will share out the schedule at the beginning of the year and periodically throughout the season.