

VINEYARD OUTDOOR TRACK & FIELD

Welcome to the MVRHS outdoor track & field 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.

Participation in athletics can be a significant part of each student athlete's high school experience. On the track, our program has been very fortunate to have had great success at the league, state and national level. Additionally, track & field 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. Please refer to the [Athletics Handbook](#) for clarification on any of these rules.

Practice

- Be on time and prepared with the appropriate gear for the day (water, shoes, practice clothes).
- Be respectful of your teammates, coaches and officials.
- Unexcused, missed practices 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. Keep lines of communication open. Let coaches know if you are going to miss a team practice ahead of time. We will know who is absent or tardy on a daily basis.
- If you arrive for school 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 field event that they are in.
- Phone use is not permitted during practice.

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 home and away meets should include uniform, water, socks, flats/spikes, warm ups. Our team will have warm ups to travel in. All new members will be issued and will wear these for travel.
- Be on time to the boat (or track for home meets). 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.
- Whether we are home or away, on the boat or on the track, we are representatives of MVRHS. The coaching staff expects players to behave in a respectful way at all times.
- During meets, track and field events will occur at different times. Athletes are responsible for warming up properly for their events at the appropriate time.
- Make every effort to support your teammates whenever possible during meets and practice.
- All athletes are expected to follow MVRHS and MIAA rules and policies.

Uniforms

Each athlete will receive a uniform top/ bottom and warm ups.

All gear issued will be returned on the day of the last performance that athlete is participating in.

Failure to do so will result in a fee for full replacement of items not turned in. Team issued practice gear does not need to be returned. Girls will be issued specific shorts for competition purposes. Those items will not need to be turned in.

Fundraising

Our booster club, Go Vineyard Running, will be reaching out to all the parents about ways to support our team. Please check your email and sportsyou regularly.

Resources

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, or event specific shoes, for competition. Coaches can help with selection if needed. We do have a selection of new or gently used spikes as well to help our athletes get started.

The Run House in Falmouth carries pretty much everything needed for track athletes. It is located on Main St.

<https://therunhouse.com/pages/falmouth>

Top websites for shoes/ spikes

www.runningwarehouse.com

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

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

For MVRHS athletic policies:

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

Schedules:

For the most part, our practice schedule is consistently from 3:00 pm to 5:00 pm Monday - Friday. Some event groups may be scheduled to come in earlier, however, that will be announced ahead of time. Saturday practices occur mostly in the early season and will be at 11:00 am unless otherwise noted.

Check the calendar on the outdoor track page on the sportsyou website or app. I will update if there are any changes.