

# AL 4th-5th Track & Field Handbook

<http://www.academielifayette.org/student-life/athletics/track-field/>

Welcome to our 6th season of Spring Track at AL! We appreciate your trust in putting your children in our care. Please read the ENTIRE packet, as we have tried to be thorough.

## **REQUIRED PAPERWORK**

**Students MUST BE** registered through our online registration.

**Students MUST HAVE** a *2017-2018 Permission to Walk Form* on file to participate in track practice. If you already completed this form this year please DO NOT fill out a new one! This form is posted on the AL Website and available at the OAK front desk. Participants must return a completed form **to their teacher or the Oak office** before they can attend practice.

**Students MUST HAVE** a *2017-2018 Sports Release Form* completed prior to the start of the first practice. If you already completed this form this year please DO NOT fill out a new one (unless there is an update to medical status)! The form can be downloaded here: (scroll to the bottom of the web page). <http://www.academielifayette.org/student-life/athletics/>

**Students MUST HAVE** a *2017-2018 Quick Health Reference Form* completed prior to the start of the first practice. If you already completed this form this year please DO NOT fill out a new one (unless there is an update to medical status)! The form can be downloaded here: (scroll to the bottom of the web page). <http://www.academielifayette.org/student-life/athletics/>

You can submit your completed Forms (except the *Permission to Walk*) several ways:

- 1) Bring your completed forms to the first day of practice
- 2) Scan, complete and send back as an attachment to [brendakumm@gmail.com](mailto:brendakumm@gmail.com)
- 3) Return them during PE to Coach Yannick Mauvois, PE Teacher
- 4) Return completed form to campus front desk addressed to Coach Mauvois, please use this as your last option.

We will have first-aid kits at practice for minor issues. If there is an emergency we will follow school procedures. The building will be open for the entirety of practice. All track volunteers will be briefed on emergency procedures.

On the form, let us know if your child has any health conditions (i.e. asthma, diabetes, allergic to bee stings...) that may require special attention with regard to track conditioning.

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## **BEHAVIOR EXPECTATIONS**

All students must meet the school's behavior expectations as stated in the Code of Conduct in the Student Handbook. Remind your kids that extracurricular activities are a privilege.

## **COMMUNICATION**

Email, the AL website and our CC/Track & Field Facebook Page are our primary modes of contact with our Track/CC families. You are also our main contact (outside of practice) to our

student athletes. If this presents an issue for you call Coach Brenda at 816-500-4482. In addition, let us be your first stop for questions about Track, DO NOT call the front desk at Oak. Check the website or FB Page often for cancellation notices, schedule updates, forms, meet results and much more!

**To contact us please call/text/email:**

4<sup>th</sup> and 5<sup>th</sup> Primary Coach, Coach Yannick Mauvois [ymauvois@academielifayette.org](mailto:ymauvois@academielifayette.org)  
Head Coach Brenda's cell (816) 500-4482 [brendakumm@gmail.com](mailto:brendakumm@gmail.com)  
Assistant Coach Dan's cell (816) 686-6763 [Danbird1975@yahoo.com](mailto:Danbird1975@yahoo.com)  
Athletic Director and Coach Dieng, cell 816-699-8286 [mdieng@academielifayette.org](mailto:mdieng@academielifayette.org)  
Support Coach Djiba's cell 816-604-9906 [edjiba@academielifayette.org](mailto:edjiba@academielifayette.org)

Website: <http://www.academielifayette.org/student-life/athletics/track-field/>

Team Facebook Page: <https://www.facebook.com/groups/747989321977667/> You must ask to join "Unofficial AL XC/Track & Field", as it is a closed group for safety reasons

**NO TRANSPORTATION PROVIDED**

Bus service will **NOT** be provided to practice or after practice or to meets for this age group. Parents/Guardians are responsible for drop-off and pick-up. Carpooling is encouraged. We will provide a roster.

**PRACTICE AND MEET SCHEDULE**

We use Google Calendar as it can be updated in real time and you see changes immediately on the AL website <http://www.academielifayette.org/student-life/athletics/track-field/>  
You can also use these links to download it add the dates to your calendar and receive updates, cancellations. If you have issues with the calendar contact Coach Brenda ASAP.

HTML:

<https://calendar.google.com/calendar/embed?src=nremupq1obm00plkgd3rji4pvo%40group.calendar.google.com&ctz=America/Chicago>

ICAL:

<https://calendar.google.com/calendar/ical/nremupq1obm00plkgd3rji4pvo%40group.calendar.google.com/public/basic.ics>

The schedule is subject to change due to the weather or the addition/deletion of meets by the IL- Metro Meet Director or by the Head Coach.

We WILL have our year-end mini meet 2<sup>nd</sup>-5<sup>th</sup> graders. We are in discussions with several other charter schools to offer a meet just for 4<sup>th</sup>-5<sup>th</sup>-6<sup>th</sup> graders. We will keep you posted.

Now is about learning the basics and building a base to prepare for the MS Team

**PRACTICE PROCEDURES**

We will practice every Friday starting March 23- May 4. Check-in will be in the gymnasium on the main/office floor at Oak. Pick-up will be at 5:15pm at the Holmes Park (69<sup>th</sup> and Holmes, one block East of school) unless otherwise notified. We will offer some Sunday practices at Southwest HS Track (6512 Wornall Road) from 5:15pm-6:15pm. Dates TBD. **Students and/or**

**pick-up person must check-out with a coach/volunteer before leaving practice! We will have a check-in and check-out sheet. We want to keep kids safe!**

Kids enrolled in After School Care will be delivered there after practice by a coach. If your child is in After School Care, please notify them they will be doing track.

### **END-OF-SCHOOL DAY PROCEDURES**

Teachers will receive notification of the students in their class who will be participating in track and they will follow dismissal procedures for walkers (*Permission to Walk Forms* needed- give them to your teacher). Students must report directly to the gymnasium with Coach Dieng. They will then be given time to change clothes and use the restroom after they check in.

### **CANCELATION OF PRACTICE**

Practices **WILL BE** canceled for this age group due to inclement weather (heavy rain –not sprinkles, hail, snow tornado, cold temps below 43) as we do not have the facilities to keep our very large group safe and dry. The decision to cancel must be made by 1:00pm per school policy; however it may begin to rain later in the day. Once practice is canceled it will stay canceled, even if the sun begins to shine right before practice. Please plan to make other end-of-the-day arrangements. **CHECK YOUR EMAIL , FB Page, School website FREQUENTLY ON BAD WEATHER DAYS.**

### **Notification Process for Cancellations**

We must first notify the front desk by 1:00pm immediately followed by an email blast to parents, teachers and administration. An announcement will then be made at school to notify students. We will also notify the Y Care staff.

### **UNIFORMS**

4<sup>th</sup> & 5<sup>th</sup> Graders will receive a red track t-shirt for free (unless you have indicated you already have one from last year). They should wear them to practice as soon as they receive them, **in the meantime please try to wear a red top to practice.** This helps us keep track of our kids. The t-shirts are also approved gym wear.

### **WHAT TO WEAR AND WHAT TO BRING TO PRACTICE**

Make sure your child is dressed appropriately for outdoor physical activity and the weather. Dressing in layers is best at this time of year, which can jump from hot to cold rapidly. The kids will be given time to change clothes as needed. Be sure to wear a decent pair of running/athletic shoes to school on practice days. They DO NOT need track spikes at this age. We encourage them to wear a cheap running watch to learn pacing and take their heart rate. **Water bottles are a must.** We provide water onsite for refilling water bottles frequently.

### **PROGRAM FOCUS**

The spring season focuses on introducing kids to basic track and field concepts through fun activities and providing them with opportunities to participate in inter-team time trials and our annual mini-meet. Our approach will be positive, promoting self-esteem, team-building and lifelong wellness. We will honor the core mission of Academie Lafayette in all that we do.

### **COACHING**

Your primary coach for 4<sup>th</sup> & 5<sup>th</sup> is Coach Yannick Mauvois, PE Teacher for AL Physical Education Staff and well versed in the discipline of Track & Field. Head Coach Brenda Kumm

(parent/volunteer) has primary responsibility for 2nd-8th track coordination and works closely with Coach Dieng, Head of Physical Education and AL Athletics Director. Coach Brenda will be assisting Coach Mauvois with practices. Our core philosophy is to assist with the development of well-rounded children. We encourage kids of all skill levels to participate and we will never use exercise as a negative reinforcement.

### **VOLUNTEERS**

A vital part of our practices are our family volunteers who assist with check out, kid-wrangling and basic skills development. We are very thankful for your time and energy! We will send out an email outlining volunteer opportunities during the season.

### **PARENT INVOLVEMENT**

We ask our parents to be supportive of our coaching process. You have given your kids roots now help us give them wings of independence. Our practices are not closed to parents (and from time to time we will need your help as timers, recorders etc...) BUT we ask that you be supportive of our coaching process and perhaps leave them to our care. Team bonding and relationship building is critical to the work we do and they often act quite different in front of parents (bet you can understand). We promise to take great care of them.

In addition there are many ways to teach track skills and our coaching team has worked to coordinate our approach so that we use the same descriptors, language and sequence of instruction with the kids. Perhaps you learned a different way to load into blocks but for the sake of not confusing the kids, check with us first. We are open to all of your comments and questions.

Over time sport methodology changes based on science and new research, we are committed to keeping our coaching techniques up to date, safe and effective.

We realize we would not have a program without the support of our parents and you are greatly appreciated!!

### **EXPECTATIONS**

- We expect good sportsmanship at all times.
- We expect kids to come and go from track over these formative years, as we encourage them to try many different activities. If you are new “welcome” if you are returning “welcome back”.
- We expect our student athletes to have respect and kindness for themselves, their coaches, their teammates and fellow competitors at all times. We are here to build each other up, learn and be healthy.
- We expect our student athletes to prioritize academics.
- We expect parents/guardians/faculty/staff to offer positive reinforcement and be supportive.
- We expect open lines of communication between parents/guardians, students, coaches and the school.
- We expect to have fun!

Your AL Track & Field Coaches 2018

COURAGE-CLASS-COMMITMENT-CHARACTER-KINDNESS (Our 4 C's and a K)

CHAMPIONSHIPS also start with C but they are not as important as each of these!