

2018 AL Middle School Track & Field Handbook

“1-2-WE”

Welcome to the 6th season of the MS Track & Field Team! We appreciate your trust in putting your children in our care. Please read the ENTIRE handbook, as we have tried to be thorough.

REQUIRED PAPERWORK

Student Athletes MUST HAVE a 2017-2018 *Permission to Walk Form* on file to participate in track practice. Put “To Track” for the destination. If you already completed this form this year for another sport please DO NOT fill out a new one! The forms are available at the OAK front desk. Participants must return a completed form **to the Oak office** before they can attend practice.

Student Athletes 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 for another sport please DO NOT fill out a new one (unless there is an update to medical status)! The form can be downloaded here: <http://www.academielifayette.org/athletics/>

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

Student Athletes MUST HAVE a 2017-2018 *MSHSAA FORM* completed prior to COMPETING. If you already completed this form this year for another sport please DO NOT fill out a new one (unless there is a major update to medical status)! The form can be downloaded here: <http://www.academielifayette.org/athletics/>

TIP: Local CVS and Walgreen’s offer discounted sport physicals if you run into scheduling difficulties at your physician’s office.

You can submit your completed forms several ways:

- 1) Bring your completed form to the first day of practice
- 2) Scan, complete and send back as an attachment to brendakumm@gmail.com
- 3) Return them directly to Coach Dieng
- 4) Return completed forms to the Oak front desk addressed to Coach Dieng, AL Athletics Director, please use this as your last option.

On the quick Health status 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.

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.

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 cancelation notices, schedule updates, forms, meet results and much more!

To contact us please call/text/email:

Head Coach Brenda's cell (816) 500-4482 brendakumm@gmail.com

Assistant Coach Dan's cell (816) 686-6763 Danbird1975@yahoo.com

Athletic Director and Coach, Coach Dieng's cell 816-699-8286

Coach Dieng, mdieng@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

ACADEMIC AND BEHAVIOR EXPECTATIONS

To participate in track, middle school students must meet the GPA requirement of 2.5 (75%) as outlined on the AL website <http://www.academielifayette.org/athletics/> All student athletes must meet the school's behavior expectations as stated in the Code of Conduct in the Student Handbook. Extracurricular activities are a privilege not a right. In Track and CC a positive, supportive and mutually respectful team dynamic is VERY IMPORTANT. We are in this together!

Missed class time- currently there will be four meets starting at 4:45pm and one at 3:45pm, teams must arrive early to warm up and for coaches to attend the pre-meet meeting. This will require early dismissal of our student athletes to change and board the team bus. Their teachers will be notified well in advance. Student athletes are responsible for all homework assigned in those classes. We advise approaching teacher early on for notes/assigned homework.

OUR LEAGUE

We belong to the IL-Metro Conference, which consists of KCPS Middle Schools and area charter schools (@11 schools): Lincoln Prep, Northeast, ACE Prep, Central, Hogan, KIPP, Foreign Language Academy, Kauffman, Tolbert, University Academy, Academie Lafayette. Visiting teams may include Crossroads Academy, Pembroke, St. Paul's...

PRACTICE AND MEET SCHEDULES

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, cancelations. 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.

MSHSAA PRACTICE REQUIREMENT

Per MSHSAA guidelines, all student athletes **should attend at least 14 practices** prior to participating in their first meet. According to the state, those participating in a school sport directly prior to track may count those practices toward the requirement. HOWEVER, coaches reserve the right to assess preparedness to keep kids safe. Practices from other sports during the season DO NOT COUNT toward meeting the requirement. If you are injured, attending and assisting at practices or a meet will count as a practice. Coaches have final say. We will NOT put someone on the track or field to compete if we feel they are not ready. Kid safety is #1 priority.

We will offer daily practice for the first week of practice and some over Spring Break for a total of 17 practices before our first meet on April 2.

TRANSPORTATION TO MEETS

Bus service will **NOT** be provided to practice or after practice. Parents/Guardians are responsible for drop-off and pick-up. Bus service will also **NOT** be provided to meets scheduled when school is not in session and on Saturdays.

HOWEVER, bus transportation WILL BE provided from school to meets held on school days when school is in session. Our runners will be released at 3:45pm to change into their uniforms and take a bus (leaves at 4:00pm) to meets. Parents/Guardians will be responsible for pick-up at delivery home from the meets. If this presents a hardship please contact Coach Brenda directly.

PRACTICE PROCEDURES AND LOCATIONS

When practice is held after school, check-in will be in the Oak gymnasium. **Pick-up will be at 5:15pm** at the location indicated. Please check the schedule. Please be prompt. On potentially rainy days, we will have them leave their backpacks/any instruments in a designated classroom or gym, you will need to swing by school after practice to pick up their safely stored items.

We had a few incidences of students not reporting to practice when their parents thought they were there. This behavior puts our program in jeopardy.

END-OF-SCHOOL DAY PROCEDURES

Oak Street Campus: 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). Students must report to the gymnasium FIRST. They will then be given time to change clothes and use the restroom and return to the gym. Please ask them to hustle. We have so little time and so much to do!

CANCELATION OF PRACTICE

Short of a downpour, hail, tornado or blizzard, practice during the week will RARELY be canceled for middle school due to inclement weather. Sprinters and jumpers and throwers can

practice in the gym and middle and long distance should always be prepared to head outdoors! Weather cancelations for Sunday practices at Southwest HS Track will be sent by email and posted on our Team Facebook page.

Middle and Long Distances runners can handle longer runs in the cold, however the cold temperatures (<43) pose a risk for sprinters and jumpers who are engaging in more explosive actions, which strain the muscles in a different way.

Notification Process for Cancelations

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 to notify students. We post a notice of cancelation on the AL Website if possible and on our Team FB Page.

TRACK MEETS

League

Most of our league meets will be contested at IL Stadium/Bryant Field at 3500 East Myer Blvd. KCMO, park in the lot behind South East HS, not the lot off of 63rd street. These meets are free for the athletes. There is a minor spectator fee charged. Concessions are available.

UNIFORMS

The Middle School Track Team will have assigned uniforms, which must be returned at the end of the season. They will receive, track shorts, a singlet and full warm-ups. The uniforms must be returned at the end of the season or a \$100 fee will be assessed.

All MS athletes will get a free TRACK BEAST T-shirt! Okay, we may make them earn it a little!

EQUIPMENT

We provide all equipment related to track and field training during practice (i.e. hurdles, discus, shot put, relay batons, starter blocks etc...). We do not provide water bottles, running watches, running shoes or track running spikes. If you would like to purchase equipment for home use we can point you to resources.

RECOMMENDED GEAR

Track Spike Shoes are strongly recommended for everyone on the middle school team, **except for those who are throwing only**. If you participate in jumps or any running events you need them to prevent slipping. Spikes that are inserted into the shoe must be 1/4" or less for the track. Do not wear your spikes to practice unless we ask you to bring them. We will definitely ask you, but we will let you know. The shoes should come with extra spikes and a spike wrench. **YOU WILL NOT NEED THEM THE FIRST WEEK OF PRACTICE.** Compression socks are recommended early on to help ease chin splints. We are working with Gary Gribble to confirm a Team Pizza Night with 20% discount on all items for athletes, coaches and their families. **Tentative** date is March 22 at 6pm.

We currently have several track spikes available in a range of sizes for sale for \$20/each. Here is another great, cheap resource for <http://www.firsttothefinish.com/> go to track spikes and then sort by Low to High and there will be spikes for as low as \$5.95. Check at Dick's Sporting Good, they had a bunch at the end of January. We encourage all of you to engage in a track spike exchange (use our team FB page), they do not wear them often enough to create a wear pattern.

A good pair of **supportive running shoes is important**. They do not have to be brand name or expensive. For our runners, we recommend a cheap running watch, with a timing function.

BRING a water bottle!

A basic, inexpensive **running watch with a timing function is STRONGLY recommended**. We will be teaching them pacing, how to hit their times during interval/speed training and how to take their heart rate to gauge their progress and keep them safe.

We recommend they bring a small sport bag separate of their backpack in which they can put their spikes, other meet related track items.

We have them put their cell phones in a plastic bin at practice. This year we will do the same at track meets.

WHAT TO WEAR AND WHAT TO BRING TO PRACTICE

Our athletes should be 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. Bring a **water bottle**.

PROGRAM FOCUS

Our core philosophy is to assist with the development of well-rounded children. We encourage kids of all skill levels to participate. We put sportsmanship and team support above self and winning. We will give them tools to develop resiliency. Our approach will be positive only; promoting self-esteem, team-building and lifelong wellness. We will honor the core mission of Academie Lafayette in all that we do.

COACHING/ LEADERSHIP

Your Head Coach, CC/Track & Field is parent volunteer, Brenda Kumm. Primary Assistant Coach is parent volunteer, Dan Bird. Support Coaches will be, our Head of PE and Athletic Director, Mamadou Dieng; Coach Edouard Djiba and Coach Yannick Mauvois, both PE Teachers. While all of the coaches know the basics of all of the events, we are fortunate to have coaches to drill down on the 9 specialty areas.

Every year we choose 4, 8th Graders 2 Boys and 2 Girls as Team Captains, they have real responsibilities.

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!!

MANAGING EXPECTATIONS

Track & Field meets differ from Cross Country meets due to the number of events (Track is 9 sports in one, number of kids. We are limited to 4 per event and 2 relay teams per relay event at regular meets and 1 relay team per relay event at the Championship Meet. There are qualifying time standards only for the 800m/1600m, our internal qualifying sets a higher bar. Every athlete on the team will participate in at least one meet during the season. We recommend working hard during and outside of practice to have one of the top 4 times, throws or jumps to make the meets.

TEAM 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 2017

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!