

A, B, C's of Bruin Track and Field

- A. It is your privilege to be a member of the Bruin Track and Field Team.
- B. If you chose to compete for the Bruin Team, go through with it and fully commit yourself. Be a valuable team member and make your contribution count. If, during the season, you decide track and field is not for you, talk to Coach McMahon in person so that you leave the program in good standing with no hard feelings.
- C. Loyalty to coaches, to your teammates, to your school. Support the program for everything it stands.
- D. Daily Practice is required. Monday-Friday from 3:45 – 6:00 and some Saturdays. There will also be practices over Spring Break. Everyone is expected to stay for the entire practice period unless Coach McMahon or your event coach grants permission. Be ready and on time. We will try to work around driver's education and other commitments you may have.
- E. Academics before Athletics. Our varsity team had the highest team GPA out of all 14 AA high schools last year and there is the expectation that we are competing for that honor every year. If you need a day to get caught up on school, just ask.
- F. If you are unable to attend practice, be sure to contact Coach McMahon or your event coach. Unexcused absences are a cause for suspension from the team. A player missing practice with an unexcused absence before a meet may not be allowed to compete or travel. If you are sick, try to contact Coach McMahon (324-2819) or your event coach. If you are absent from school the day of a meet or practice, you may not participate. If you are absent on a Friday, you may not compete on a Saturday meet.
- G. Come to practice with a plan, work your plan, set goals, and learn all you can about your sport. An athlete is just like a student, the more you know about the subject; the better you will do when the time comes to perform. Practice is a time to work.
- H. Communicate with the coaches – talk about workouts as they relate to you. Is the workout challenging you? Are you getting in shape? Are you learning the event? Never assume a coach knows what else is going on in and out of school. Talk honestly with your Coach. Please maintain yourself with the courtesy due to an adult. You may not always agree with a coach, but please respect the hours they dedicate to you and our team. Talk to them about any frustrations and keep an open mind.
- I. Injuries should be reported immediately. Don't try to push an injury to its limit. We need a healthy team and unless you report an injury to the trainer, we cannot start the healing process. Healing is achieved by following therapy with ice, heat, rest, flexibility, and strength.
- J. If you are in another sport or activity, your coaches need to know that as well. If you get hurt at another activity, it is very important that your coaches know. The trainer needs to know exactly what happened so that he can effectively start the healing process.
- K. To earn a letter, certificate, or an end of the year award, you must complete the season unless injured or excused by the head coach. Injured athletes are encouraged to complete the season as a manager or a student assistant coach.
- L. Consideration to Other Team Members - Each person is trying to improve and needs help. Realize the worth of each team member and work together.
- M. Managers are to help the coaches prepare for practice and meets. They are team members and should be treated accordingly.
- N. Coaches can only spend a certain amount of time with each individual. Accept this and learn to work together and on your own.
- O. When traveling out of town, maintain high standards; neat, clean clothes; proper conduct; good manners; good sportsmanship.
- P. Bus Etiquette - Seat belts must always be worn and no walking around while the bus is in route. Drinks need to have closable lids and the bus should be left spotless at the end of the trip. Audio devices may be used with headphones. Talk in a normal voice on the bus or in the restaurant. Thank the bus driver and workers for their service.
- Q. Dress at Practice - You are expected to wear appropriate track team attire at practice and meets. Tee-shirts and shorts and sweats pants, tights, or wind-pants are to be worn daily. Sweatshirt and pants should be kept on during practice until coaches give permission to take them off. Tee-shirt with sleeves not tank tops are requested.
- R. Dress at Competition: Represent your team by wearing your "Brown and Gold". Keep your uniform clean and neat. Team members are expected to stay in competition uniform for the duration of the meet.
- S. During a meet, team members are required to stay for the entire meet. Permission to leave early must be granted before the day of the meet. Unless it is a viable emergency, do not ask to leave early.

- T. You are expected to actively support your team during a meet. Cheering, carrying sweats, etc. are a great help to your teammates. You must return on the bus unless there is a signed parent note given to the Coach McMahon (or event coach). Try to take care of this at least two days before the meet. This should be for exceptional circumstances only. Team members should be on the bus.
- U. Please get at least 8-9 hours of sleep each night. It keeps you healthy and you will have a better attitude the next day. You should eat three balanced meals each day. Breakfast is especially important even if it is only a glass of milk and a piece of peanut butter toast or yogurt.
- V. Each girl can request that a lock and locker be issued to them in the Girl's PE locker room. It is strongly suggested that lockers are always locked. Please do not share your locker.
- W. Athletes will be issued track equipment, spikes, shoes, warm-ups, etc. You are responsible for washing your uniform after each meet and turning the equipment in at the end of the season in good condition. If you quit the team, equipment should be returned immediately.
- X. No Swearing: It is cause for disqualification from a meet and reflects poorly on you and this program.
- Y. The words "I CAN'T" should never be heard in our gym or practice field and we don't make excuses – no ifs, ands, or buts.
- Z. Finally, and most Importantly.... COMPETE EVERY DAY!!!

Capital Girls Track and Field Letter Requirements

The Varsity lettering system will be based on many factors. Multiple aspects must be met and earned over the course of the season to receive a letter. This system places the responsibility on the athletes, and rewards commitment and performance. *Will you earn a varsity letter if you make all practices?* No. A varsity letter is not and should not be a certificate of participation. A varsity letter is something to be earned, not something to be given. It needs to represent something. If everyone gets a varsity letter, a varsity letter will not mean anything anymore. This system makes earning a varsity letter possible for all dedicated student athletes, although most athletes will need to compete as a varsity competitor frequently enough to earn the award. The coaching staff has the prerogative of determining the final award. We will take into account injury, illness, team contributions, and commitment to our program. Final lettering decisions are at the discretion of the head coach.

General Requirement Standards

- ✓ The athlete must complete the season unless injured or excused by the head coach for personal or health reasons.
- ✓ The athlete must attend all meetings, practices, and meets unless excused by the head coach
- ✓ The athlete must be in good standing with the team and school.
- ✓ The athlete must have completed the season following the conduct required of a Bruin Track Athlete. Swearing, stealing, lying, cheating, drinking, drug use or other questionable behaviors are not allowed.
- ✓ The athlete must not have any major team disciplinary infractions that lead to her dismissal from the team.
- ✓ The athlete must not have any major school and/or classroom disciplinary infractions that tarnish the program's image which may lead to missed practices or dismissal from the team.
- ✓ The athlete must return all issued equipment in acceptable condition
- ✓ The athlete must attend the end of season awards banquet.

*****Failure to meet any of the GENERAL REQUIREMENT STANDARDS may result in the loss of varsity letter or team awards**

Individual Achievement Standards (must meet General Standards first)

- ✓ The athlete meets the **AA State Meet Qualifying Standards** for either an individual event or part of a qualifying relay team.
- ✓ The athlete qualifies for the finals of an individual event at the Divisional track meet.
- ✓ The athlete places in the top six or makes the finals in a varsity championship meet. The Great Falls Invitational, Missoula Top 10, and Helena Skor/Dekam for example.
- ✓ The athlete earns a minimum of 10 points in varsity-level competition. In relay events, the points earned by a team are divided equally amongst the members of the team.
- ✓ The athlete performs as well as the mark(s) given for her event(s) in the **VARSITY LEVEL PERFORMANCES STANDARDS**. These standards may be reached during sub varsity competitions as well.
- ✓ The athlete is a senior.

Team Achievement Standards (must meet General Standards first)

- ✓ The athlete is a varsity member of a Top 3 Divisional or State team.
- ✓ The athlete is primarily a varsity member of an undefeated dual season track team.

Capital High Girls Varsity Performance Standards

100 - 13.40

200 - 27.70

400 - 1:04.00

800 - 2:35.00

1600 - 5:50.00

3200 - 12:44.00

100H - 17.10

300H - 51.00

Pole Vault - 9'00

Long Jump - 15'03

Triple Jump - 31'06

High Jump - 4'10

Shot Put - 32'00

Discus - 95'00

Javelin - 104'00

Divisional Track Team Member Criteria

1. State Meet Qualifier
2. Competitive Divisional Time/Distance
3. Valuable Team Member
4. Positive attitude and Strong Work Ethic
5. Regular Practice & Meet Attendance

AA State Meet Qualifying Standards

100 - 13.00

200 - 26.70

400 - 1:01.00

800 - 2:24.00

1600 - 5:23.00

3200 - 11:50.00

100H - 16.30

300H - 48.00

Pole Vault - 10'00

Long Jump - 16'06

Triple Jump - 34'00

High Jump - 5'01

Shot Put - 35'03

Discus - 113'00

Javelin - 115'00

4x100 (400) Relay - 50.60

4x400 (1600) Relay - 4:12.00

End of the Season Awards

Varsity Letter Award & Pin

Junior Varsity and Freshman Certificates

Manager Awards and Pins

Awards Selected by the Athletes

Chesterfield (Most Valuable) Field Event

Chesterfield (Most Valuable) Track Event

Selected by the Varsity team. This athlete contributes the most to the team in the form of competitive events participated in, Leadership Qualities, Attitude, Will to Win, and Hard Work. This athlete strives for the success of the team. An athlete who accepts defeat gracefully and learns from it. A humble winner, a good sportsman in defeat, and who sets an example you would like to follow. Rarely complains. This athlete willingly confronts all obstacles standing in the way of progress (injuries), who works through frustrations without letting them control her, and she never gives up. These awards are named in honor of longtime CHS Track Coach Shirley Chesterfield-Stanton who embodied everything that the awards stands for.

Captains Awards

Selected by grade level. Leaders are not always the loudest or the most popular. A leader is essential to a winning team. She is respected; she is an athlete depended on by her teammates. The leader is molded of the highest character and is generally the hardest worker on the team, the first to come to practice and the last to leave. During practice, she leads by example, mouth shut, concentrating. She knows what must be done and she realizes that you get it done at practice. A leader is unselfish. Being a leader is tough business, but the rewards are worth it, for being respected is better than being liked any day. A captain should be a person who can lead the team in good times and bad.

Teammate of the Year (MOST INSPIRATIONAL)

Selected by the all team members. This athlete should be the person who most influenced you as a working track athlete. By her example of constant hard work, you were inspired to work harder. This athlete should be an inspiration to all of the team members in practice as well as on the competition field. This athlete should sacrifice for a team victory. Never complains. This athlete always strives for the success of the team even when it may not be best for her, willingly giving up a spot if someone else is better. This athlete is willing to compete in events where the team needs her.

Awards Selected by the Coaches

Coach's Award – Jumper (Most Improved/Dedicated)

Coach's Award – Thrower (Most Improved/Dedicated)

Coach's Award – Distance (Most Improved/Dedicated)

Coach's Award – Sprinter/Hurdler (Most Improved/Dedicated)

Coach's Award - Relays

Event coaches will choose athletes who have made the most strides during the season. All girls track participants are eligible.

RACHEL KROMKOWSKI AWARD

This award is given to an underclassman who exemplifies the Spirit, Dedication, and Team Attitude that was shown by Rachel in her career as a track athlete. It does not necessarily go to an outstanding athlete, but rather to an athlete who competes for her teammates and is always there to support other team members with a smile and cheerful manner.

GOLD AWARD

High Point Track

BROWN AWARD

High Point Field

WHITE AWARD

High Point Total - highest point scorer

TOP 15 PERFORMERS LIST

Earned by excelling in an event and achieving one of the best jumps, throws, or times ever by a Capital Athlete in her event.

SCHOOL RECORD

Breaking an existing mark