

2018 Sheboygan Falls Middle School Track Handbook

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Practices run from 3:30 - 5:00

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**MIDDLE SCHOOL TRACK
TRANSPORTATION AGREEMENT AND RELEASE
Sheboygan Falls Middle School**

I (*parent or legal guardian and student*) am informed and acknowledge the District offers and provides transportation for the student to and from the student activity. I am requesting that my child, _____, be allowed to ride

home with me on the following meet(s) on:

(check all that apply)

____ Tuesday, April 24, 2018 - Sheb South

____ Monday, April 30, 2018 - Cedar Grove

____ Thursday, May 10, 2018 - New Holstein

Take Hy. 28 west (Washington Ave.). The school is on the left after Maple Circle, just before S. 12th St.

Take I-43 south to Hy. 32 exit. Turn right (west) and travel 1.5 miles on Union Ave. to N. 2nd St. Turn right and go .2 miles.

Take Hy. 57 (Wisconsin Ave.) through town. Continue straight on Wisconsin after 57 branches right. Go to Plymouth Street, turn left, and go two blocks.

Check which applies -

_____ I, (*parent or legal guardian and student*) am informed and acknowledge the school district has and assumes no responsibility for the supervision, safety and welfare of the student when the student is in the care and custody of the parent or legal guardian, to include transportation of the student to and from student activities.

_____ I, (*parent or legal guardian and student*) certify and agree that the student will be transported by third person, as identified by the attached information.

Parent/Legal Guardian Date Student Date

PARENTS -

If parents are transporting, only this form needs to be filled out and returned to the coach.

If a third party is transporting, attach a note to this filled-out form stating who will be transporting.

Twenty-four hour notice is necessary.

SFMS Track Handbook: Our Track Philosophy

The track coaching staff will work very hard with you and help you become a better athlete. We gauge our success as a team **by the improvement made** by each athlete day-to-day, week-to-week, and over the course of the season. Best of luck for a super season! We hope you will find track to be a rewarding experience and will continue your track career at Sheboygan Falls High School.

The following pages of this handbook contain important information concerning the events of Track and Field and the training involved with each. The Track Coaching Staff is committed to helping you become the best possible athlete. Interest alone is not enough to become good at anything, especially Track and Field. Our team will **practice every day except Wednesdays**, from 3:25 to 5:00 P.M. Team members who do not attend practice cannot expect to participate in meets.

We are not looking for individuals who just want to put on a uniform and show up for meets. We want our athletes to continually strive to do their best, on and off the track. If an athlete does that, then that person will be a winner! Even though track is a no-cut sport, the individuals who cannot discipline themselves to **work hard in the classroom** and on the track will weed themselves out of our program. We expect nothing less from our athletes. The individuals who enjoy the **spirit of competition** and who strive to become the best they can be and commit themselves to lofty personal and team goals will stay with and reap the benefits of one of the best interscholastic programs offered anywhere. Your coaches are willing to work very hard with you on your techniques and training. The rest is up to you!

To summarize the above information, we will break it into five items:

1. Set goals for personal improvement.
2. Attend practice or don't expect to participate.
3. Work hard in the classroom.
4. Compete with good sportsmanship when the time comes.
5. Although it was not covered above, this point is important: Have fun and create friendships with your teammates and competitors.

List and order of events:

Starting with:

100 M Low Hurdles - Girls
110 M Low Hurdles - Boys

100 M Dash - Girls
100 M Dash - Boys

1600 M Run - Girls
1600 M Run - Boys

400 M Relay - Girls
400 M Relay - Boys

High Jump . Long Jump . Shot Put (4K) . Discus (1K)

(These field events also start at the beginning of the meet.)

Followed by:

400 M Dash - Girls
400 M Dash - Boys

800 M Run - Girls
800 M Run - Boys

Followed by:

200 M Dash - Girls
200 M Dash - Boys

800 M Relay - Girls
800 M Relay - Boys

What event should you try?

The most important thing to consider when selecting your event is that the event you choose should fit your natural abilities. The beauty of Track and Field is that there is an event for every body type. At the 7th and 8th grade level, we recommend you try many events. The coaching staff will test you and assist you in choosing your events. The information on the following pages may help you. Please read carefully.

Track and Field at Sheboygan Falls Middle School is an individual “Team” sport. By this we mean a sport where the individual competes one on one with his/her opponent in order to earn points for the team. Sheboygan Falls Track Athletes strive for their “**Personal Best**” performance through pride in themselves and their team. Pride is a must for any athlete to be successful at any level.

EVENTS

100 and 200 Meters: Since most of the events in track are sprint oriented, we consider the sprinter the “Workhorse” of the track team. Natural speed for these events is necessary. Speed can be improved with proper training and practice. On our team, practice for sprinters includes:

1. Warm-up and running form drills
2. Technique drills
3. Endurance work early in the season
4. Interval work later in the season
5. Flexibility exercises
6. Hurdle drills and training

Hurdles: To run hurdles, you need good speed, and it helps to have longer legs. Good coordination, flexible joints, and exceptional spring in the legs is necessary. The good hurdler must be willing to work exceptionally hard on his/her technique and form over the hurdle. On our team, practice for the hurdles includes:

1. Warm-up and running form drills
2. Technique drills
3. Flexibility exercises
4. Endurance work early in the season
5. Interval work later in the season

400 Meters: This is probably the most difficult event for middle school track athletes. The 400 meters is a distance “sprint” event. The success of any track team is usually measured by the number of quality quarter-milers. On our team, practice for the 400 meters includes:

1. Warm-up and running form drills
2. Technique drills
3. Endurance work early in the season
4. Interval work
5. Flexibility exercises
6. Repetition training - repeating of distance with full recovery

Relays (4X100m. 4X200m): Relay events require a willingness to practice the exchange of the baton over and over. This is a real team event and cooperation is very important. Sheboygan Falls has a great tradition of championship relays. Relay teams are determined by matching athletes of similar speed.

Distance (800 meters and 1600 meters): If you like to run, try these. Most important qualifications for these events are a strong heart, good lungs, and courage. On our team, practice for distance runners includes:

1. Warm-up and running form drills
2. Endurance training
3. Interval training
4. Repetition training - repeating of distance with full recovery

Long Jump: If you have good speed and good spring in your legs, try these horizontal jumps. The good long jumper will be serious about studying and practicing their technique and form. Practice for long jumpers includes:

1. Warm-up and running form drills
2. Technique drills
3. Flexibility exercises
4. Power development

High Jump: This event requires no special speed. The good jumper will probably be of light build and has great spring in the legs. The high jump is one of the most technical events in Track and Field because it requires the athlete to study his/her form very closely. On our team, practice for high jump includes:

1. Warm-up and running form drills
2. Technique drills
3. Flexibility exercises
4. Videotape analysis

Shot Put and Discus: Strong and quick athletes will excel in these throwing events. Try these if you have good strength and are willing to work very hard on your form. Practice for the shot and disc includes:

1. Warm-up and running form drills
2. Technique drills
3. Strength development
4. Power development

**SHEBOYGAN FALLS MIDDLE SCHOOL
2017
BOY'S TRACK RECORDS**

110M Low Hurdles	16.11	Dave Wulff	1993
800M	2:12.93	Mike Williams	1998
400M Relay	47.4	Andy Ansay Alex Grabowski Jason Fenner Nick Roelse	2007
200M Dash	24.62	Bryce Juedes	2010
400M Run	54.87	Bryce Juedes	2010
100M Dash	11.91	Bryce Juedes	2010
1600M Run	4:58.6 Tie	Scott Klettke Clark Otte	1998 2013
800M Relay	1:45:13	Andy Ansay Alex Grabowski Jason Fenner Nick Roelse	2007
High Jump	5'9"	Aaron Mielke	1994
Long Jump	19' 7"	Andy Ansay	2007
Shot Put-4K	46' 41/2"	Pat Seifert	2002
Discus	129'	Phil Klemme	1994
Pole Vault	10' 3"	Brian Doebert	1988

**SHEBOYGAN FALLS MIDDLE SCHOOL
2017
GIRL'S TRACK RECORDS**

100M Hurdles	17.09	Alyssa Sommerfeld	2014
800M Run	2.35	Tina Beaudoin	1991
400M Relay	54.64	Brooke Buehler Chelsea Powers Ashley Entringer Jasmine Sneen	2006
200M Dash	28.5	Greta Oppeneer	1981
400M Run	1:03.97	Kris Kimmler	1991
100M Dash	13.0 Tie	Sherri Burlo Jane Millis	1978 1976
800M Relay	1:59.21	Kris Kimmler Lindsay Specht Ivy Schielke Ann Mersberger	1991
1600M Run	5:46.37	Amber Arthur	1995
High Jump	4' 10" Tie	Aleyna Windau Staci Hasler Alyssa Sommerfeld	1999 2009 2014
Long Jump	15' 9"	Brooke Buehler	2007
Shot Put	32' 5"	Audrey Milne	2001
Discus	95' 1"	Dawn Klemme	1998

2018 TRACK TEAM RULES

1. Anyone that is fooling around or not working will be dismissed from practice that day and face possible expulsion from the team. We have too many athletes to put up with nonsense.
2. Athletes are **responsible for serving detentions, stay days, and maintaining their grades**. All three come before participation at practice or a meet.
3. Be prepared for all weather conditions. We will be practicing outside whenever possible. Make sure you have proper footwear, shorts, T-shirt, and cool/cold weather clothes (sweatshirts, sweatpants, gloves, hat, and windbreaker). A T-shirt with sleeves must be worn at all times. All spandex must be covered by loose outerwear. **Put your name on the tag of your own track apparel in permanent marker.**
4. Everyone is expected to be dressed and ready to practice by 3:25. The locker rooms are unattended during practice times. Therefore, **lock up all personal belongings**. They are your responsibility, not ours.
5. Any misconduct at a meet or on the bus will result in your loss of eligibility from the next scheduled meet and possible expulsion from the team.
6. **Practice ends at 4:45 P.M.** and students should be out of the building and off the school grounds by 5:00 P.M. Make arrangements ahead of time!
7. **All health forms, paperwork and fees must be turned into the office** before any participation in track. Don't report to practice unless all these forms are turned in.
8. You will treat all managers with respect and dignity. They are team members and should be recognized as such.
9. A schedule of practices and meets has been given out. The coaches expect all athletes to commit for the entire season.

Remember, **this is not a boys' or girls' team, but the FALLS' Track Team!** Let's all work together to help each other. Although track is a team effort, self-improvement is your highest goal.

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Sign & Return

Parent Signature: _____ Date: _____

Track Member Signature: _____