

## **Jesuit Marauders 2008 Track and Field Syllabus**

### **Our 2008 Goals:**

- a. To improve on last year's Varsity and Frosh/Soph Team records;
- b. To have at least 2 individuals or 1 relay score points in each respective Delta River League Championship event;
- c. To expect noteworthy accomplishments of ourselves and our teammates;
- d. To work hard;
- e. To have fun;
- f. To learn something important about ourselves.

### **Achieving these Goals:**

1. Arrive at practice no later than 20 minutes after the last bell (normally 3:10 pm, 2:40 pm on Fridays), dressed in proper attire, prepared to workout.
2. If you are unable to attend practice, you must notify an on-campus coach (Witzgall, Jett, or McGuire).
3. An absence from practice and/or a meet must be excused by the coaching staff. Valid excuses do not include—working at an after school job, attending a club team practice, doing homework, or serving JUG/academic. **The coaching staff will wait for you.**
4. Attendance at practice means completing the entire workout, including warm-up and cool down, as assigned by your event coach. Leaving early and not completing the workout is considered an absence. **An athlete who cannot maintain 90% attendance at practice is liable for dismissal.**
5. Inclement (rainy or foul) weather does not cancel practice. Track practice will be held every school day of the season, rain or shine.
6. To obtain credit for participating in a meet, an athlete must participate in at least two (2) and not more than four (4) events. In the field events, an athlete must complete all of the jumps or throws that your event coach has determined best for you and in the running events you must complete each race you enter unless you are injured during the competition.

7. During a meet you cannot pull yourself out of an assigned event unless you receive permission from the head coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head coach.
8. Failure to show up for any meet without the head coach's prior approval means automatic forfeiture of attendance points. You have a meet schedule and one is posted on the team website, [www.jesuittrack.org](http://www.jesuittrack.org). Please arrange your work schedule, study time, group project preparation time, etc. around it. No action will generate more ill will, hard feelings and resentment than for an athlete to leave three teammates stranded on the starting line during a relay meet. If you are scheduled to compete in a Saturday meet, please make sure you are there.
9. As a student athlete, academics come first. As a member of the team, you have agreed to complete your studies at night or on the weekends, not during practice time. You can achieve great success as a student athlete by managing your time and organizing yourself.
10. An athlete should provide running shoes, shorts, and appropriate foul weather gear (sweats, windbreaker, gloves). A team package (team shirt/polo, sweat top/pants, and hat—approx. \$100) has been offered for sale in the past.
11. Athletes will find locker room space limited—especially during the overlap period when winter and spring teams practice simultaneously. Athletes should plan to store their school clothes in a gym bag at the track. *Personal electronics (I-Pods, phones, MP3 players) are forbidden and should be stored during practice.* While the coach will attempt to provide a towel for the after-practice shower, the athlete should provide his own in case the limited supply runs short.
12. Each athlete will receive an appropriate team uniform prior to the beginning of the competitive season. Each issued piece of equipment bears an inventory marking. The athlete is responsible for its care and upkeep (cold water wash-gentle cycle, line dry; do not use a dryer, do not dry clean). The athlete should return his equipment to the storage room on the assigned date for his class year. Athletes will receive a bill for damaged or lost uniforms (\$60 uniform—singlet and shorts; \$170 sweats—jacket and pants).
13. **Transportation:** When the team travels to an away meet by bus, freshmen and sophomores will normally ride on the bus. If the athlete presents a signed note from his parents or the athlete makes personal contact with the head coach at the meet, then team members may depart the meet **at its conclusion** and travel home with another driver. In other instances, the team will travel by carpool to meets and parents have authorized this travel by signing either a driver's insurance form or a permit to travel.
14. Please report all injuries to the head coach. If it is serious enough, you will be expected to consult with the team trainer or your personal physician before resuming practice. If you have taken sick at school and plan to leave before practice, please

inform one of the on-campus coaches. If this is not possible, please call and leave a voice mail message for the coaching staff as to your location and condition.

## **Preparing for Competition**

(From Preparing for Competition, Al Baeta, American River College)

### **Pre-competition:**

Eat your pre-competition meal 4 to 5 hours before you begin your warm-up. For field events, however, 3-4 hours prior to their event time might be OK. Each athlete through trial and success should determine what is best for him or her. Don't compete with undigested food in your stomach, as vital oxygen carrying blood will be diverted to aid the digestive process.

The pre-meet meal should be primarily complex carbohydrates, as these foods will break down quickly to provide you with a usable source of energy (Carbohydrates = vegetables, brown rice, whole grain breads, cereals, beans, dry nuts, baked or boiled potatoes and some fruits). Protein is necessary for building and maintaining muscles. It takes a long time to break down and is not a short term energy source, so eating lots of protein before a meet will not do you much good and may have an adverse effect.

Avoid sweets and sodas before competition. When you do have these non-nutritious items, exercise moderation.

Rest is extremely important. Get a good night's sleep. The key here is actually two nights before competition. Nevertheless, 8-9 hours is a must if your body is to accomplish all the quality work you are going to ask of it.

Prepare your equipment for competitions the day before so it does not distract you as you begin your physical warm-up.

Mentally prepare yourself in an intelligent and calm manner. Review techniques and race strategy so that your mind and body are "sensing" the things you are going to do.

Be positive in your thinking process. You are going to be naturally excited. Don't let this excitement grow into excessive nervousness which will dissipate valuable energy stores. Do not allow negative things to upset you, i.e. the weather, a cold, poor lane assignment, poor throwing order, the ring, the runway, the pit, delays in schedule. "Adjust to any adverse situation as best you can." Control the situation, don't let it control you.

Plan to begin your physical warm-up 45 minutes to 1 hour before competition. Give yourself plenty of time. Again, trial and error will be valuable here. Be consistent in your warm-up as much as possible, including jogging, stretching and buildups. Determine the number of puts, jumps, and throws which you believe will best prepare you for the big effort. Establish a routine pattern of shadow glides, standing puts and throws and full throws which will set the tone for competition. Don't let nervousness carry you into doing too much too hard. Always go over 3-5 hurdles before you compete. The relay team should run through 2-3 fast exchanges. Remember the physical warm-up has as its purpose that of giving your body the "sense" of what you will experience during competition. Furthermore, the cardiovascular system must begin to work in pumping additional blood through the system to prepare it for

the stress of activity. The stretching and specific technique moves enable the muscular action to be more easily and effectively executed in competition.

### **Competition:**

During the actual competition, concentration on various techniques should be at a minimum. You want to be totally involved in the competitive experience. Be intelligently alert to what is happening and be able to react to your advantage, but don't freeze yourself by a self-analysis of your form faults while you are in the ring or in a race.

### **Post-Competition:**

Seek your competition out and thank him/her for the competition with congratulations on a fine effort or an indication of respect for their competition with you.

Take a warm down jog, so that your body will be aided physiologically in recovering from the severe stress of activity. Re-stretch the major muscle groups involved in your activity.

Be cool in reacting to adverse results and proud of excellent performances. After your emotions have subsided, begin reflecting on your performance toward the end of future improvement.

### **Nutrition Review:**

You must examine and, if necessary, change your eating habits toward the end of improving performance. Most importantly, however, the positive change is essential for personal fitness regardless of whether or not you are an athlete. If you want your eating practices to help you, do the following:

1. Increase the intake and variety of complex carbohydrates. After a hard training session, eat a balanced meal plus additional helpings of complex carbohydrates.
2. Eat more fruit daily.
3. Decrease the intake of sugars and fatty foods. Instead, bake, roast, or broil foods.
4. Increase your fluid intake: water, fruit juices, and low fat milk.

## Jesuit High School Track and Field--Sign off Sheet

*Please print and fill out this page only.* Make sure you and your parent(s) or guardian sign it and return this page to the head coach. You will not practice until this page has been returned.

We have read and agree to abide by the rules set forth for the Jesuit High School Track and Field Team. We also acknowledge that there are certain inherent risks involved when one participates in track and field competition as an athlete, as an official or as a volunteer. We are aware that by signing this document we freely agree to take such a risk.

Date \_\_\_\_\_

Athlete's Name (Print): \_\_\_\_\_ Year \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Athlete's e-mail—(print) \_\_\_\_\_

Athlete's cell # \_\_\_\_\_

Parent or Guardian's Name: (Print) \_\_\_\_\_

Home Address: (Print) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Home Phone Number: (\_\_\_\_) \_\_\_\_\_

Parent's E-Mail Address: \_\_\_\_\_

Parent or Guardian's Signature: \_\_\_\_\_

I can help with: \_\_\_\_\_ timing/finish line; \_\_\_\_\_ throws official; \_\_\_\_\_ jumps official; \_\_\_\_\_ scoring table.

I can help at the following meets: (Unless stated, times are approximately 3:15-6:30 pm; **at Jesuit** or specified locations)

\_\_\_\_\_ Sat. March 15 @ CSUS 9-12; 11-3

\_\_\_\_\_ Tues. May 6 Frosh/Soph @ Folsom HS  
3-7 p.m.; 5-9 p.m.

\_\_\_\_\_ **Wed. April 2 vs Sheldon**

\_\_\_\_\_ Thurs. May 8, Varsity @ Folsom HS  
3-7 p.m.; 5-9 p.m.

\_\_\_\_\_ **Wed. April 9 vs. Folsom**

\_\_\_\_\_ Wed. April 16 @ Pleasant Grove

\_\_\_\_\_ Wed. April 23 @ Florin & Monterey Trail