

CB South Spring Track & Field – Boys & Girls Program
2023 Athlete/ Parent Handbook
Team Website: <https://www.cbsd.org/Page/45105>

Head Coach(es): Coach Jason Gable (jgable@cbsd.org) - Boys
Coach Loretto Fantini (cbsgirlstrack@cbsd.org) - Girls

The following handbook is designed to provide written clarification about team policies and answers to common questions that involve our CB South Boys and Girls Winter/Spring Track & Field program. This is in addition to all the guidelines established by the school district and athletic office outlined in the student-athlete handbook.

Outdoor Events 100m Dash, 200m Dash (short sprints)
100/110 High Hurdles, 300m Intermediate Hurdles
400m, 800m (long sprints)
1600, 3200 (distance)
4 x 100, 4 x 400, 4 x 800
Long Jump, Triple Jump, High Jump, Pole Vault
Shot Put, Discus, Javelin

Focus of Program & Goals/Priorities

The overall priority of our program is both the personal and athletic develop of the student-athletes and their performances. Track & Field at the high school is a Varsity-level sport. Our program is a science-based training program that teaches the athlete proper training (fundamentals based on speed-strength-endurance training principles for all athletes), proper injury prevention, proper injury rehabilitation, as well as nutritional and overall health aspects to the adolescent student-athlete.

The GOALS of our program in are three-fold:

1. Qualify for District & Outdoor State Championships
-Focus of meet selection and who runs at meets and how often
2. Training Progression for Personal Bests & Long-Term Benefits
-Training and meets/event selection focused on athlete's strengths
-Laying the proper foundation for long-term strength and development
3. Competitive Experience
-All healthy and well-trained athletes will compete in all dual meets
-Selection for Invitationals will be for Varsity and select JV-athletes

Season Schedule & Attendance

Reference the season schedule for a detailed listing of dates for practices and competitions. The season will begin on **Monday March 6th** - first mandatory day of practice - **ALL PRACTICES ARE MANDATORY**. This is a Varsity Sport that you are voluntarily choosing to participate in and commit to for 3 months (March to May). Family vacations, college visits, medical appointments, extracurricular activities, club events, and work are not excusable absences from practices or competition. Missing practices for these reasons may affect competition and training status, as well as varsity status on the team. The only absence reasons that will be excused by the coaching staff are those for illness (doctors note or parent note for confirmation) and academic concerns (this must be verified by teacher and in consultation with coach). *If you have questions about specific family events or travel please contact Coach Gable (boys) or Coach Fantini (girls) as soon as you have them.*

The following protocols will be followed for unexcused absences: 1st Unexcused absence: suspension from a competition, 2nd Unexcused absence: 1 week suspension from training/competing, 3rd Unexcused absence: meeting with head coach and dismissal from team. Lateness to practice will follow these guidelines: 2x late = 1 Unexcused absence.

Practice begins promptly afterschool at 2:50; change in fieldhouses at the Track stadium.

Your dedication to the training and the program and the team will result in your growth and success in the sport. All of the above will be factored into how often you will compete.

Practices **100% of the time we will practice OUTSIDE --- dress weather appropriate**

Practice begins promptly afterschool at 2:50 at the Track.

YOUR CHILD MUST BE PICKED UP NO LATER THAN 5PM!!!

Academics

Your academic progress is the top priority as a student-athlete. Normal eligibility guidelines apply during our season. In addition, it is our fundamental belief that participating in athletics makes you a better student and that there should never be a conflict with your academics if you are budgeting your time properly and staying organized. This is an important lesson of discipline that participating in a Varsity sport provides for athletes. Although academic concerns are an excused absence, excessive academic absences and academic issues stemming from poor organization and time management are of particular concern to the coaches. We will meet with athletes and parents to address those concerns if they arise and help establish the proper course of action necessary to allow the athlete to focus on academics.

Development/Communication

Communication from coaches, parents, and athletes can either serve to strengthen or weaken our endeavor toward building a championship program. Our priorities as a coaching staff, in order of importance, are as follows: 1. Team long term development; 2. Individual long term development; 3. In season team progression; 4. In season individual progression. All decisions by the coaching staff regarding training and competition are based up on these priorities. Our motto has been and always will be **“results happen naturally when motivation is pure.”** The coaching staff expects athletes to remember these priorities and shape their communication around fostering pure motivation. The coaching staff also asks that parents communicate with their children during the season and specifically during competitions in a manner that stresses these priorities. Athletes and our program are not strengthened when athletes are micro-managed or communication is negative in tone or results driven. If parents or athletes have any questions or concerns during the season they should address those concerns with the head coach at an appropriate time (not during or immediately before/after a competition) and in a respectful manner conducive to fostering a mutual understanding of the common pursuit of our team priorities.

Sportsmanship & Leadership & Work Ethic

The Track & Field community has established a unique culture of camaraderie that is different than other team sports. We therefore have higher standards of sportsmanship and behavior than what is expected of you as CB South athletes. We expect you to be a part of shaping a positive culture of sportsmanship in every endeavor during the season. This begins with respecting yourself, your teammates, competitors and the sport of Track & Field by working tirelessly at achieving academic, athletic and personal excellence. Any team member participating in unsportsmanlike or illegal behavior inside school, outside school, or through social media during our season will be removed from the team. All participants on the team serve as leaders for younger athletes and youth within the greater Central Bucks community therefore must serve as responsible role models through their attitude and work ethic. The coaching staff will discuss and establish appropriate corrective measures with any athlete who is failing to meet those standards of excellence. Those individuals that demonstrate superior leadership will be rewarded by the coaching staff with the designation of team captain. Captains will be expected to maintain the highest level of leadership and help other teammates work toward achieving their full athletic and leadership potential.

Dedication to the training program and to your teammates will only enhance your time as a CB South Track & Field student-athlete. Hard-work and daily attentiveness to all aspects of training will allow the athlete to have a deeper understanding of their event(s), greater appreciation for the sport, and stronger long-term growth as a student-athlete. Mediocrity and complacency have no place in competitive Varsity athletics. If your work ethic does not reflect this principle the coaching staff and captains will discuss with you your role, development, and place on the team to help you improve and not hinder our collective effort.

Injury & Outside Activities

The coaching staff spends considerable time and energy developing a scientific based training plan to help athletes progress properly during the season and over the course of their Track & Field career. Although

injuries are bound to happen the #1 and #2 variables determining the likelihood of injury is an athlete's failure to properly follow the training plan or communicate effectively about potential problems. The common factors involved in the failure to properly follow the training plan are not completing the training during the season, participation in other sports during the season, or skimping on training protocols like stretching, drills, pre-hab exercises, strength training, etc. **Unless you specifically meet and discuss with the coaching staff, athletes are not permitted participation in additional sports or additional training during the season.** This is a team policy established solely to insure the health and long term development of the athletes.

Varsity / JV & Cut Policy

Due to limited training space, participation in meets and coaching staff we will designate a Varsity / JV squad and may also need to make cuts. It is primarily an issue of safety but involves also effective coaching. An athlete will be cut from the team based upon work ethic and commitment to the program. Additionally, field events will be capped based upon numbers and performance criteria.

The coaching staff will base decisions upon athlete readiness for competition, individual and relay training progress, and work ethic and commitment to the team.

Paperwork & Athletic Department Requirements

In order to participate as an athlete on the team you must complete the required paperwork (PIAA Physical, Medical Release, Eligibility, COVID Waiver, CBS Student-Athlete Code of Conduct) through the Athletic office. For your convenience all this paperwork is completed via the online registration website Family ID. The link can be found on the Athletic Department webpage for CB South. *Those who participated in a Fall 2022 or Winter 22-23 sport must turn in the PIAA Recertification page 8 and still register for Boys/Girls Spring Track & Field on Family ID.* All paperwork must be **completed prior to Sunday February 19th 2023**. You will not be permitted to practice on March 1st (1st day of mandatory practice) unless I have confirmation from the Athletic office that your paperwork is complete. **NO EXCEPTIONS.**

PIAA Physical Section 6 (new physical) or Section 7 (recert section) UPLOAD ON FAMILY ID

Mandatory CONCUSSION MEETING: DONE VIRTUALLY (see attached document for more info)

If this is your first sport for the 2022-2023 school year you **MUST COMPLETE THE ONLINE PRESENTATION.** Absolutely no exceptions. If you do not complete this you CANNOT PARTICIPATE on the team. **NO EXCEPTIONS.** *Those interested in Pole Vaulting must stay after the meeting to take the Baseline Impact Concussion Protocol Test.*

I have read the Track & Field handbook, understand all its components, will adhere to it as a member of the team, and abide by the rules established and enforced by the coaching staff.

By Completing all the requirements and signing up for the team – that is proof you have read this document and understand all of its components.

Updated Spring 2023

Directions to the 2022-2023 Online CCET Concussion Training Module (part 1):

1. Click on link: <https://forms.gle/BSeHvGFPAUw8cxsC7> to open the online learning module for Concussion Education.
2. Fill out your FIRST and LAST name, GRADE, SPORT, and EMAIL. Then click on the to advance to the next section.
3. The next section is the PRESENTATION. There are 4 total modules. After each module you will answer a few questions about that module. There is a total of 12 questions.
4. Each section of this presentation takes approximately 7-10 minutes.
5. When the presentation for each section is completed you will need to answer the MULTIPLE CHOICE OR TRUE/FALSE questions in each section.
6. When you have completed the presentation and all the questions you will have completed the education portion for school.
7. Your Athletic Trainer will be able to see who has completed this presentation and the score you receive on the questions.
8. Once completed, please give the Athletic Trainer 48 Hrs to update family ID.

**If you want to try out for POLE VAULT ->
you must complete the Concussion
Baseline Impact Test.**

Email Coach Gable (jgable@cbsd.org) for
instructions on how to complete this.