

CB South Winter Track & Field – Boys & Girls Program

2023-2024 Athlete/ Parent Handbook

CBS Athletics Site: [Central Bucks South High School Sports Registration-Family ID \(cbsathletics.com\)](https://cbsathletics.com)

Head Coach(es): Coach Jason Gable, Boys/Girls (jgable@cbsd.org)
Coach TBD

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.

Indoor Events 60m Dash, 60m Hurdles, 200m Dash (short sprints)
400m, 800m (long sprints / mid-distance)
Mile, 3000
4 x 200, 4 x 400, Sprint Medley, 4 x 800, Distance Medley
Long Jump, Triple Jump, High Jump, Pole Vault; Shot Put

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 Indoor State Championships
-Focus of meet selection and who runs at meets and how often
2. Training for Outdoor Track (& other Spring sports)
-Training and meets are building blocks for the Spring season
-Laying the proper foundation for long-term strength and development
3. Competitive Experience
-Due to limitations by the Indoor Association, priority for competing 1st goes to Varsity – those who can qualify for Indoor State Championships, then to veteran athletes, then to novice athletes; Experience for later part of season / later years

Season Schedule & Attendance

Reference the season schedule for a detailed listing of dates for practices and competitions. Pre-Season Training is happening Tuesdays/Thursdays, 2:45-4pm, outside of South Weight Room. The first mandatory day of practice is **Friday November 17th – ALL PRACTICES ARE MANDATORY**. This is a Varsity Sport that you are voluntarily choosing to participate in and commit to for 4 months (plus into the Spring T&F season). 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 2:45, and we will meet at the Track for warmups.

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 also 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 also 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 may have to 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 – Family ID Opens October 1st

In order to participate as an athlete on the team you must complete the required paperwork (PIAA Physical, Medical Release, Eligibility, CBS Student-Athlete Code of Conduct) through the Athletic office. **All 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 2023 sport must turn in the PIAA Recertification page 8 and still register for Boys/Girls Winter Track & Field on Family ID.* All paperwork must be **completed prior to November 3rd 2023.** You will not be permitted to practice on **November 17th** (1st day of mandatory practice) unless I have confirmation from the Athletic office that your paperwork is complete. NO EXCEPTIONS.

PIAA Physical Section 6 & 7 (new physical) or Section 8 (recert section) uploaded to Family ID as a pdf.

MANDATORY CONCUSSION PRESENTATION: All Done Online!!!

The South Head Trainer, Jimmy, will email out the website & instructions for how to complete this. THIS IS MANDATORY & MUST BE COMPLETED IMMEDIATELY!!! All athletes must complete the full presentation. NO EXCEPTIONS.

ALL athletes must complete Part 1.

Those interested in Pole Vaulting must take Part 2: Baseline Concussion Protocol Test.

If you tried out for a Fall 2023 sport you have already fulfilled this requirement.

By signing up on Family ID you agree to all policies and procedures outlined in this team handbook.

DUE DATES & DEADLINES

Family ID	Open October 1st!	Deadline Friday Nov 3
PIAA Physical	Schedule & Do Now	Deadline Friday Nov 3
Concussion Requirement	DO NOW!!!	Deadline Friday Nov 3
PreSeason Practices	<i>Optional Tryout Sessions</i>	<i>To be determined</i>
1st Day of Practice	MANDATORY	Friday Nov 17

Parent Meeting TBD 1st week of December