



Brighton High School **Track & Field**

Participation Guide & Parent Handbook



Revised 2022—this is a living document and may reflect changes that occur during the season.

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SECTION 1: BRIGHTON HIGH SCHOOL ATHLETICS PROGRAM

CHSAA MISSION STATEMENT

"Seeking Excellence in Academics, Activities, and Athletics"

In pursuit of excellence, the Colorado High School Activities Association strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

• Our Core Values •

**Participation is a Privilege *Athletics and Activities Programs are Education-based *Participation in Athletics and Activities Teach Life Skills *Appropriate Perspective is Taught Through Participation *Fun is Primary Reason for a Student's Participation *Participation Supports the Academic Mission of the school *Participation Supports the Development of Positive Character*

BHS POSITIVE COACHING ALLIANCE

ELM Tree of Mastery:

E is for Effort. We'll give our best effort in every practice and game. It's more important to me that we try our hardest than if we win. If we win without giving it our best effort, that win doesn't mean much. But if we play a strong team and try our hardest and lose, I'll still be proud of our team.

L is for Learning. Let's continue learning and improving every time we come out here. If we continue to learn, we will get better. Getting better than we are now is more important than whether or not we are better than some other team. We can also think of this as competing with ourselves; if we get better than we used to be, then we are winning that competition.

M is for Mistakes. Nobody likes to make mistakes, but mistakes are part of learning. You can't learn without making mistakes, because to learn you have to try things that are new and challenging, so of course you are going to make mistakes. On our team, it is okay to make mistakes.

(www.positivecoach.org)

BHS ATHLETICS STAFF

Athletic Director	David Smith	dsmith@sd27j.net	303-655-4152
Athletic Secretary	Stephanie Carpenter	scarpenter@sd27j.net	303-655-4155
Athletic Trainer	Olivia Marston	omarston.contractor@sd27j.net	303-655-4253

SECTION 2: BRIGHTON HIGH SCHOOL TRACK & FIELD PROGRAM

BHS TRACK & FIELD PHILOSOPHY

We feel it is our responsibility to teach each athlete that sports are a lifelong endeavor and can serve as a metaphor to life. Balancing hard work with fun is the most important aspect of obtaining success on our team. During an athlete's time on the team, we will strive to teach them the skills necessary to compete as well as instill life learning lessons such as **responsibility, character, respect, confidence, leadership** and **discipline**. If all of these aspects are applied, the wins, medals and personal records will come naturally on their own. Creating a fun & positive experience while in a competitive environment is our main goal. Track & Field is a TEAM sport and the team always comes first. While we have some superstar athletes, no single athlete will be given special treatment based on his or her ability.

Participation in sports provides opportunities for athletes to grow physically, mentally and socially in positive ways. We encourage all students who join our program to make the most of the experience that can come from participation. Our team is made up of competitors who will get the best training available to succeed in competitive situations and participants who will get the best training available to enjoy and grow from their sporting experience. We hope that our participants will one day be our state competitors.

ONE RULE in BHS Track & Field: Don't Let Your Teammates Down!

One Rule for BHS Coaches: We will provide you with ALL the TOOLS you need to be a successful teammate and competitor. It will be up to you to use those tools! How you choose to use them could be the difference between JV & Varsity participation.

BHS TRACK & FIELD COACHING STAFF

Head Coach + Distance / Pole Vault	Karen Smidt (BHS)	ksmidt@sd27j.net	303-655-4209 (BHS) 303-621-4540 (c)
Assistant Coach Mid-Distance (400/800)	Abigail Smidt-Krage	abigailsmidt@gmail.com	
Assistant Coach Sprints / Hurdles	Yousef Shahin	shahinyousef03@gmail.com	
Assistant Coach Sprints / Hurdles	Melina Miitchie	michiemelina@gmail.com	
Assistant Coach Throws / Conditioning	Corrine Franz (BHS)	cfranz@sd27j.net	
Assistant Coach Jumps	Phil Bandoch (BHS)	pbandoch@sd27j.net	
Assistant Coach Jumps	Brian Everett (BHS)	beverett@sd27j.net	

TEN GUARANTEES ALL COACHES OWE EVERY HIGH SCHOOL ATHLETE (CHSAA)

1. Some individual time.
2. Encouragement – regardless of the athlete's level of ability.
3. A reasonable opportunity to compete.
4. TOP NOTCH ROLE MODELING – from grooming and dress to behavior and ethics in general.
5. The absence of foul language.
6. Assistance and guidance with personal problems that arise in every young person's life.
7. A well-structured athletic environment, from practices to actual competition days.
8. Recognition for the contributions each athlete has made to the team.
9. DISCIPLINE! FAIR, FIRM, AND CONSISTENT.
10. The right to have a high school career not consumed by the "year round" single sport mentality.

SECTION 3: PARENT EXPECTATIONS

PARENT AS SUPPORTER

Parents/Guardians are encouraged to support their athletes at home and on the track. Ensuring your athlete is equipped with adequate sleep, nutrition, and necessary equipment (proper fitted shoes, warm clothes, etc) to face their full day is fundamental to their success. We encourage parents to offer positive encouragement on and off the track, but **please refrain from coaching your athletes on the sidelines—it is a distraction and often counterproductive to their success.** We understand that T&F feels like an individual sport and that your athlete spends a lot more time with you between events, but strategy needs to be left to the coaching staff as we have a bigger picture in mind that you may not understand. With that said, parents, family, friends, and non-BHS coaching staff should play the role as a supporter and not as a strategic instructor during the season.

COMMUNICATION

All upcoming meet information, updates, results, and general information will be posted on our website: www.bulldogtrack.net. We use Remind to get info out to parents & athletes. To sign up for text notifications, go to the website and click on “Communication” for the information to sign up. Results and Ranking may also be found on <http://co.milesplit.com> or www.MaxPreps.com.

If you have any concerns about your athlete or the program, please follow the chain of communication*:

PARTICIPANT/PARENT ➡ Assistant COACH ➡ Head COACH ➡ ATHLETIC DIRECTOR ➡ PRINCIPAL

*** Please do not expect a coach's immediate response to you for an incident that occurs during a practice or meet.**

Meetings should take place a minimum of 24 hours after an incident occurs or after it has been brought to their attention.

PARENT BOOSTERS & FUNDRAISING

All parents are encouraged to step up and help. BHS honestly cannot run 5A sports programs without the whole community backing us. Track will need help with meets, team dinners, banquet, etc., so please sign up to be a Booster Rep for Track & Field to help. The BHS Umbrella Booster also needs help with running Concessions and other fundraising, so consider signing up to help out when we send an all-call for help.

TRACK NEEDS REPRESENTATIVES for the BHS Umbrella Booster Club!

The BHS Umbrella Booster Club meets once a month throughout the school year and supports all teams. We need voting members to represent Track & Field whenever the Booster has a proposal on the table.

All Umbrella Booster members who attend 80% of the Booster Meetings and assist with a Booster Committee will be allowed to waive ONE athlete season participation fee. You must pay the fee first and will be reimbursed at the end of the year.

Girls Track

Rep #1 UNFILLED

Rep #2

UNFILLED

Boy's Track

Rep #1 Kaela Green

Rep #2

Lynette Day

HOME MEETS are our PRIMARY FUNDRAISING EVENTS: Much of our team expenses will be funded by the proceeds from our home meets; therefore, it is imperative that every family helps out to ensure they are first-class events. Mercury Invite March 18th 10:00 a.m. @ BHS Track. We need assistance with crewing field events, back-up hand timing, announcing, snack bar management, and/or results management. Please contact Karen Smidt (ksmidt@sd27j.net) if you can help. Parent/adult volunteers can also help toward fulfilling an athlete's lettering requirement (see Lettering: Section 4).

FROM BHS ATHLETICS:

Brighton High School promotes good sportsmanship by student-athletes, coaches, cheerleaders, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, spectators, coaches or team representatives will not be tolerated and are grounds for removal. Please join Brighton High School and the Colorado High School Activities Association (CHSAA) in our efforts to uphold good sportsmanship.

SECTION 4: ATHLETE EXPECTATIONS

ONE RULE IN TRACK...

Don't Let Your Teammates Down

WHAT DOES THAT LOOK LIKE? You will never let your team down if you...

- Have ENTHUSIASM

Love what you do and do what you love. Be Determined, Strong-Spirited, and Optimistic about the season.

- Commit to good WORK HABITS

ELIGIBILITY

All student athletes must be enrolled & passing 5 or more classes, earn no more than one failing grade, and attend all classes to be eligible for competition.

PREPARATION

Practice is just a rehearsal for the big test (Meet). Make it count by being on time, being present, and being prepared.

SAFETY

The safety of all our athletes is extremely important. Make sure you know and understand the safety procedures related to your specific event and follow all rules while at practice and in competition.

- Have a great ATTITUDE

"The strength of the [dog] is in the pack, and the strength of the pack is in the [dog]." Rudyard Kipling

- ★ Eliminate selfishness--Make others look good instead. Tearing others down to make yourself look good is not acceptable in athletics or in life.
- ★ The Golden Rule works best: treat others as you wish to be treated. Captains, Coaches, and Officials should be held in the same respect.
- ★ Negativity has no place in sports-- Do your best to keep it away from your self-talk-- If you can't shut those negative voices off for your own performances and feelings, at least eliminate it from your outward talk. Don't bring others down!

CONSEQUENCES FOR NOT FOLLOWING OUR ONE RULE:

The Team Suffers... and we cannot put the Team in a situation where it suffers; therefore, if you let your Teammates down, you may not get chosen to go to future meets, and/or you will lose your Lettering position--You represent the whole Track & Field program when you wear a Track & Field Letter and bars; therefore, we only want true team players to wear our Letter!

SECTION 5: ATHLETE INFORMATION

PRACTICE

We have the Track Reserved for Tue - Fri 4:45pm—6:45pm (Tue until 7pm) Monday @7:30am

Some Saturday Practices may be necessary. Expect to do something on your own on the days we don't meet as a group!

TEAM MEETINGS every Tuesday from 4:45 - 5:15 in the Home Locker Room at the Track. This means Tuesday practices may go later.

PRACTICE GEAR

Spring Track can be COLD or HOT / INSIDE or OUTSIDE: Think Before You Pack and bring clothes for both!!

Running Shoes & running socks

Running pants/spandex, shorts

Long sleeve shirt, t-shirt, (sweatshirt & jacket)

Pack a dry shirt to change into after your workout

LOTS OF WATER, Snack or energy bar for after practice

DIGITAL TIMING WATCH! *MANDATORY for Distance.**

SCHEDULE CONFLICTS

We expect every athlete to be available for EVERY meet and practice. Although they may not be participating in all of the scheduled meets (ie PRACTICE QUAD meets), they are expected to be available. Emergencies or events scheduled & communicated prior to the start of the season will be handled on a case by case basis. It is up to the athlete to inform the Head Coaches of any conflicts, but it is understood by all that when a student signs up for a varsity sport, a level of responsibility and commitment exists. **If a student is missing too many practices or meets, they will ultimately forfeit the privilege to compete and possibly the privilege to receive a varsity letter. ANY ATHLETE WHO MISSES A MEET IN WHICH THEY ARE ENTERED AND FAILS TO INFORM A HEAD COACH--EMERGENCIES ONLY--PRIOR TO THE BUS LEAVING MAY LOSE THE PRIVILEGE TO COMPETE FOR THE REMAINDER OF THE SEASON.**

ABSENCES & TARDIES

****My biggest ask this year is that you be as serious about attending practices as you are about being a great athlete. If you want to be GREAT, you have to PRACTICE!**

ANY ABSENCE—EXCEPT ACADEMIC EXCUSED—WILL RESULT IN FORFEITURE OF A VARSITY MEET. Unexcused CLASS absences (INCLUDING Advisory) are also not tolerated and may result in being pulled from the next meet if not excused in a timely manner. Athletes who consistently miss all or part of one or more practices a week due to employment or other activities will be ineligible for varsity status but will be allowed to participate in JV meets.

***PROM PREPARATION, FAMILY GET-TOGETHERS (including birthday parties), CAMPING, or VACATIONS ARE NOT CONSIDERED EXCUSED ACTIVITIES!** UMissing practice to finish a school project or prepare for a test are also not good excuses to miss practice. Student-Athletes are encouraged to utilize time management so this should not be an issue.

TRACK MEETS

March 1st is the first official day of practice. The last regular season meet is the last week of April followed immediately by our Championship Season (May 5th – May 13th) and the State Meet third week of May.

How to prepare for meets:

UNIFORM

Training shoes, socks

Spikes or flats

Water bottle & Snacks

DRESS WARMER than it looks.

running pants, long sleeve & short sleeve shirt, sweatshirt

Blanket and pillow

Cash (commemorative t-shirts and

snack bars at invitational meets)

SCHOOL WORK

*****Cell phones, iPods, MP3 players, or other electronic devices are prohibited on the track and/or the field event areas during competitions according to CHSAA rules.** We cannot be responsible for any valuables brought to practice or to meets, so please leave all valuables at home!

Participation

Per CHSAA rules, athletes are only allowed to compete in 12 meets per season. If an athlete starts a meet, that will count as one. All athletes must have **3 practices** before competing in their first meet. **All athletes** are expected to attend our home meets to either participate or assist: Mercury Invite and QUADs. Athletes may not participate in Track & Field practices or competitions outside of BHS Athletics without the correct CHSAA documentation--see coach for details.

Meet Times

Wednesday QUAD Meets are fairly short in duration and *should* not last past 6:30pm.

Invitational Meets usually last 6-8 hours, depending on the size of the meet. Some Invitational meets have standards that must be reached during the regular season; therefore, not all athletes will travel to every meet. If we have room on the bus, we encourage ALL athletes to attend unless they will be missing school.

Traveling

Uniforms/warm-ups MUST be worn during the entire meet, including the bus ride to the meet. PRIDE! The warm-up will consist of the team issued (or purchased) Red BHS Track Jacket and **black pants**. Pants should be solid black or black with "BHS Track" down one leg.

BUS TRAVEL:

The bus will leave from the track to give us enough time to travel to the meet and to arrive with no less than one hour before the first event.

Our EXPECTATION is that all athletes ride the bus to meets as we often use the time on the bus as a pre-team meeting. Although meets can be rather long and some athletes may finish their event early, we encourage athletes to stay at the meet to cheer for their teammates. **TEAM FIRST ATTITUDE! Every event matters, including the last event.**

FOR SAFETY & LEGAL PURPOSES, Coaches cannot arrange transportation when we do not provide a bus. Please see the schedule for days that may happen (usually return buses are not scheduled when we compete within a 20 mile radius of the school). We will communicate this with the athletes, but it is the parent's responsibility to look at the schedule and ensure their athlete has transportation. ALL ATHLETES MUST VERBALLY check out with the head coach if they leave a meet early--Although, keep our ONE RULE in mind before leaving.

Championship Meets

Leagues (EMAC League: Adams City, Westminster, Brighton, Hinkley, Prairie View, Gateway, Thornton, Northglenn, Rangeview, and Vista Peak). There will be a JV and Varsity League Championship; therefore, all athletes will have a chance to compete at a Championship level.

State The top 18 ranked athletes from the 5A classification in each event will continue to State Finals. See MaxPreps for updated rankings, which change every week.

INJURIES

Injuries may happen. Most of our injuries come from too much too soon, despite our best intentions to individualize our training programs. Track & Field practice WILL make you sore and tired! We'll be running and doing drills every day regardless of the event. You shouldn't anticipate an easy transition if you've been on the couch all winter!

If any athlete experiences huge discomfort that 1) lasts longer than one week, or 2) causes a significant change in his/her gait (limping, etc) or throwing mechanics, he or she MUST report this to the coaches immediately. Our first course of action is always the trainer, but we may recommend an athlete visit a doctor to rule out any major injury. **Keeping an injury to yourself can be extremely dangerous and may result in being out for the season.** Address it early! Our coaches and

trainers are highly qualified to recognize injuries and we typically recommend a course of action that requires the athlete's presence at practice or at the Trainer's Office in lieu of practice. Therefore, **do not self-diagnose and "go home" if you think you are injured or ill**. If you are at school all day, we expect you to attend practice regardless of how you feel. It is up to the coach to decide whether or not you sit out, do an alternative workout, go to the trainer, or go home.

Athletic Trainer: Trainer's Office # 303-655-4253

EQUIPMENT

SCHOOL ISSUED UNIFORMS

Once an athlete is issued a school uniform he/she is fully responsible for returning the same uniform that was issued at the beginning of the season. Uniforms should be washed in cold water and checked often for stains/damage. Athletes must return uniforms no later than the State Meet (3rd week in May). State athletes should return uniforms the week after the State Meet. **NO EXCEPTIONS!** *All athletes who fail to return the uniform will have a fee placed on their Infinite Campus bill. Athletes will be charged for damaged uniforms, including missing hoods or zippers, stains, or rips--athletes are responsible for checking their uniform for damages PRIOR to checking them out for the season.*

SCHOOL ISSUED EQUIPMENT

It is imperative that athletes treat all school equipment as if it were their own. Any damaged equipment due to neglect, loss, and/or misuse will be the sole responsibility of the athlete.

Pole Vaults, discus, and shot puts must be certified prior to all competitions. No athlete should use competition implements in practice or competition without adult supervision.

Shoes

Good Training Shoes are vital to the health and well-being of each athlete! Street shoes, basketball shoes, and aged running shoes *will* cause injuries. Keep your athlete's feet healthy and purchase a new pair of running shoes at least every 350 miles. **We have Spike Night scheduled at the Road Runner Sports in Westminster (and Runner's Roost in Golden for Distance).** The Track & Field Team will receive cash for attendance and all purchases made at Spike Night. If you cannot make it, we highly recommend that you go to a specialized running shoe store because they will fit the athlete with the correct shoe. Runner's Roost, Boulder Running Company and Road Runner's Sports offer free gait analysis and discounts to high school students—just mention that you are competing for Brighton High.

Spikes (not cleats) / Racing Flats

$\frac{1}{8}$ " Spikes or flats are a must for anyone looking to improve their performances in all events (Varsity or JV). Sprinters can expect to see a .5 – 2.5 second decrease in times in the 100m – 400m distances while distance runners can expect 10-90 second decrease in their race times. Those are HUGE improvements! Spikes are available for jumps, sprints, throws, and running events through Specialty running stores or Eastbay online. If you genuinely care to see improvement in competitions, this is a necessary investment. Tracks require $\frac{1}{8}$ inch spikes.

VARSITY & JUNIOR VARSITY REQUIREMENTS

There are no "cuts" or bench warmers in Track & Field and everyone has the opportunity to compete, so hard work plus dedication will guarantee success. While there are no clear divisions between Varsity and Junior Varsity, Varsity athletes are typically ranked as the top 5 in their event and will only run Invitational Meets / State Qualifiers in those events while Junior Varsity athletes are usually still developing in their events and will participate in QUAD meets and the Junior Varsity Championship Meet. No Varsity points will be awarded for scoring at a QUAD meet or the Junior Varsity Championship, but points may be earned by meeting standards at these meets.

In most Invitational Meets / State Qualifiers, only three entries per event are allowed and, in some cases, just two. For this reason, Varsity runners will be chosen based on the most **consistent meet results** and/or **consistent practice participation** and/or **ATTITUDE**; therefore, the top Varsity members may change from week to week.

TEAM LEADERS

Our goal is to create a Team Culture of **integrity, character, and charisma**. We will not choose captains until we are sure of a leader's ability to fully demonstrate this culture. Being a Captain is a great honor, but it is not always a fun job. Captains should ALWAYS set good examples in the classroom, on the field, and at home. They are student athlete Leaders who are respected and supported by their teammates, who in turn respect and support their teammates at all times. Captains must never put themselves above the team, and they must understand that they are subject to the same rules and consequences as every other member of the team. Furthermore, captains must be on the same page with the coaching staff. **Captains should believe in the coach's philosophy and support it in front of their teammates at all times.** These are a few of the characteristics the coaching staff will look for when choosing team leaders.

- Experience
The best individuals understand our coaching styles, personalities and expectations. They must also know how to teach new teammates the routine at practices and meets.
- Maturity
Captains are role models not just at practice but outside of practice as well. Prior season behavior in and out of practice is considered.
- Initiative
Captains are virtually our assistant coaches. Our staff should not have to constantly remind captains (or even potential ones) to do their job. Showing initiative in recognizing a situation requiring their help or guidance is essential to a captain's role.
- Motivation
A negative attitude is dangerously influential on any team. Our captains should possess a consistent positive outlook while motivating their teammates.
- Charisma
Natural leaders have charisma, but so do troublemakers. We are looking for athletes who can use their charm and magnetic personality to encourage others to stay positive, dig deeper, and become the best athlete and person they can possibly be.

TEAMMATES

Every athlete is expected to behave according to BHS school rules and all CHSAA Track & Field Rules.

Bullying and/or taunting will not be tolerated—this includes bullying on and off the track (an athlete is responsible for their Facebook and other social media use).

No form of racial, gender, ethnic, religious, or sexual orientation prejudice will be tolerated. On the first offense, the student athlete will be given a documented warning by a coach. On the second offense, the student athlete will meet with the coach and the Athletic Director. The third offense will result in a loss of eligibility for competition and/or expulsion from the team.

Track Athletes are held to a high standard of behavior. If you have received disciplinary action in school, you can expect that to spill into your athletic life, and you will be held accountable. We will not tolerate excessive absences, tardies, missing work, theft, insubordination, or anything else that will taint our reputation for an awesome athletic program. Remember—**who you are when no one is looking is who you will be on the Track and in School. Make that person shine!**

LETTERING

ALL of the Lettering requirements center on improving the Team and supporting our Team Goals

Athletes who wish to letter must meet EACH of the following requirements (examples below)

1. Fund Raise minimum of \$75 toward Track & Field
2. Volunteer minimum 6 hours for BHS Track & Field (see below for Volunteer opportunities)
3. Earn 10 Varsity Points either through scoring during competition or meeting Event Standards
4. Participate as a team member at all practices and meets (TEAM PLAYER POINTS)

FUNDRAISE \$75

Raising money for the team allows us to travel and purchase track equipment. Nearly all of our fundraising can be accomplished by physically showing up to an event, working an event, or buying something for themselves/family; therefore, no athlete is expected to just “pay” their way to a letter.

- Parent/Adult *EVENT Worker for Home Meet (March 16, March 18, OR April 6) 2x 4hr Shifts - 1st half & 2nd half / \$25.00 per 4hr shift.*
- Athlete & Parent *Attend Spike Night (February 28) \$10.00 + \$5 for each adult*
- Parent/Adult *CONCESSIONS worker per shift (set by Booster). This can be earned ALL school calendar year! \$20 per shift*
- Make a purchase at Spike Night (February 28- March7) 5% of net purchase (copy of receipt with date circled required)*
- 2022 Track Basket Donation (Spring Lawn Care Basket) Submit proof of purchase*
- Fan Cloth Spirit Wear Sales \$3.00 per ITEM*
- 2023 Basket Donation (TBD in April) Submit proof of purchase*
- Cash / Check (Full Value)*

EXAMPLES:

- *Julie buys 2 Fan Cloth Items (2x3.00 = \$6), attends Spike Night with her mom (\$15), her aunt works the Concessions as a TRACK Volunteer for FALL Volleyball (\$20), and her dad works the Mercury Invite (\$25). She still needs to raise \$9 so she buys an item for the following year's Cajun Boil Basket.*
- *Luis buys an item for the Track Basket worth \$30.00, and his mom works the Mercury Invite (\$25.00). He still needs to raise \$20.00, so his parents donate a bottle of wine for the next year's Cajun Boil Wine Wall.*
- *Kiran & her mom attended Spike Night (\$15), but they don't want to think about fundraising so they just write a \$60 check.*

TEAM PLAYER 10 Points [points distributed weekly over 11 weeks]

- Team Player Points can be earned by...

mentoring younger athletes

being on time and attending ALL practices and meets in which you are eligible to compete

encouraging teammates

helping during meets (timing, carrying bags, assisting with events, leading warm-ups, etc)

cheering during meets for all events, including the 4x4 and/or last field event

inspiring others through positive actions

maintaining a mature and responsible attitude

being academically eligible every week (earning As and Bs on your weekly report earns extra points!)

staying positive and spreading positive talk among the team

ATHLETE VOLUNTEER (6 hours)

- 8th Grade Check It Out Night AND/OR Banquet (2 hours)
- QUAD Meet Outside BHS (2-4 hours)
- State Meet Volunteer @Jeffco (sign-up required) (4-8 hours)
- UNIFORM / EQUIPMENT INVENTORY (2-6 hours)
- Parent Volunteer on Banquet or Basket Committee (2-4 hours)

VARSITY LETTERING POINTS (must earn 10):

- Varsity Points are earned by scoring at an Invitational or Championship Meet
- Typically, the top 8 places per event scores [10-8-6-5-4-3-2-1]
- Relay points are divided by 2. No points are awarded for PRACTICE QUAD meets.

Varsity Points can also be earned by meeting or exceeding the BHS EVENT STANDARDS (See Below):

BHS EVENT STANDARDS 2022

(changes every year—based on the top 8 times in the League)

Do you have what it takes to beat the standards?

First Standard = 1 pt

Varsity Standard = 3 pts

School Record Standard = 5 pts

State Record = Auto Letter

BOY'S

GIRL'S

EVENTS	First Standard	Varsity Standard	Minimum State Meet Qual 2019	School Record	EVENTS	First Standard	Varsity Standard	Minimum State Meet Qual 2019	School Record
100	11.99	11.6	11.08	10.72	100	14.1	13.30	12.53	*11.65/12.04
200	24.75	23.5	22.40	*21.30/21.74	200	29.5	27.5	25.90	*24.61/25.04
400	58	53	50.17	*47.86/48.14	400	1:10	1:04	59.48	57.84
800	2:15	2:05	1:58.21	1:59.5	800	2:50	2:35	2:21.5	2:15.65
1600	5:15	4:55	4:26.57	4:21.38	1600	6:45	6:00	5:16.65	5:09.34
3200	11:30	10:30	9:43.67	9:36.98	3200	14:30	12:45	11:33.12	11:37.55
110H	20.0	17.5	15.19	13.63	100H	19.5	18	15.91	14.57
300H	48.5	44.0	39.65	36.82	300H	56.5	53	47.03	45.01
High Jump	5'8"	5'10"	6'2"	7'2"	High Jump	4'4"	4'8"	5'2"	5'5"
Long Jump	19'6"	20'6"	21'5.5"	23'8.5"	Long Jump	14'6"	16'3"	17'1.5"	18'1.25"
Triple Jump	38'	41'	43'9"	50'8.5"	Triple Jump	28'	32'	35'	36'8"
Shot	38'	43'	47'2.25"	57'11"	Shot	28'	30'	35'11.5"	42'5.5"
Discus	115'	125'	138'3"	163'5.5"	Discus	75'	90'	115'6"	132'0"
Pole Vault	10'	11'5"	13'	14'5.25"	Pole Vault	5'6"	7'	9'3"	8'9"
4x1		45.98	43.49	43.99	4x1		51.88	49.79	49:15
4x2		1:35.19	1:30.04	1:30.47	4x2		1:52.01	1:44.94	1:46.57
4x4		3:45.42	3:25.98	3:29.46	4x4		4:25.0	4:06.45	4:06
4x8		8:57.69	8:14.93	8:18.70	4x8		10:40.0	9:50.54	9:49.23
					SM		1:57.22	1:50.89	

*Hand Timed

Brighton High School 2022 Track & Field Schedule

R= Release from Class / D = Depart from Track / M = Meet Start Time

Date	Time	Event	Location	Level
2/21/22	4:45 pm	Spike Night & Parent Meeting	RoadRunner Sports	ALL
3/1/22	4:45 pm	1st Official Day of the Season	BHS Track	ALL
3/16/22	R 2:00 M 3:30	*QUAD MEET <small>Northglenn, Prairie View, Westminster, Aurora</small>	BHS Track	ALL
3/18/22	R 8:00 M 10:30	*HOME MEET–MERCURY CLASSIC	BHS Track	ALL
3/30/22	R 1:00 D 1:15 M 3:30	QUAD MEET <small>Northglenn, Adams City, Prairie View, Westie</small>	Northglenn Track	JV
4/1/22	R 9:40 D 10:00 M 11:00	ERIE TWILIGHT	Erie HS Track	V
4/6/22	R 2:00 M 3:30	*QUAD MEET	BHS Track–ALL ATHLETES HELP. <i>NHS LEAVE @5</i>	ALL
4/8/22	R 12:40 D 1:00 M 3:00	J&J RELAYS	JEFFCO Stadium	JV/V
4/9/22	D 7:00 M 9:00	D'EVELYN INVITE	JEFFCO Stadium	V
4/13/22	R 1:00 D 1:15 M 3:30	QUAD MEET <small>Aurora Central, Hinkley, Northglenn, Rangeview</small>	Aurora Public Schools Track–APS	JV
4/13/22	R 12:40 D 1:00 M 3:00	NORSEMAN INVITE	Adams 12 North Stadium Delaware St	V
4/14/22	R 12:40 D 1:00 M 3:00	LAKWOOD DON OSSE INVITE	JEFFCO Stadium	V
4/20/22	R 1:00 D 1:15 M 3:30	QUAD MEET	Adams City	
4/23/22	M 8:00	DAKOTA RIDGE INVITE	JEFFCO Stadium	V
4/27/22	R 12:40 D 1:00 M 3:00	EMAC JV Championship Meet	Aurora Public Schools Track–APS	JV
5/5/22	R 11:40 D 12:00 M 2:00	EMAC VARSITY @ APS Stadium		
5/7/22	D 7:00 M 9:00	League Championship (Prelims & Finals)		
5/13/22	M 8:00	ST VRAIN LAST CHANCE	Longmont HS	V
5/19 - 5/21	TBA	COLORADO STATE MEET	JEFFCO Stadium	V
5/23	10:00am	COLORADO STATE PENTATHLON	BHS TRACK	V

***ALL Athletes are expected to be available for the full duration of our three meets at HOME: March 16, March 18, April 6. Parent Volunteers needed! **We may add INDIVIDUAL entries at Event Coach's discretion on an April 29th meet.**

BHS Track & Field Comprehensive Goal Setting Plan 2022

Athlete Name _____

Directions: Think about and answer each of the following questions. Use complete sentences. The more thought and detail you add, the more likely you are to achieve your goals. I will be going over this goal sheet with you. PR” = Personal Best ‘ET’ = Expectation Time. I’ve listed each time twice so you can list the time you achieved & the time you expect, then we will add the new times and ET as we move through the season..

Sprint Group

Primary Event Interest:

100m PR:	
100m ET:	400m PR:
100h PR:	400m ET:
100h ET:	400h PR:
200m PR:	400h ET:
200m ET:	

Middle Distance Group

Primary Event Interest:

800m PR:	1500m PR:
800m ET:	1500m ET:
800h PR:	3200h PR:
800h ET:	3200h ET:
1500m PR:	3200m PR:
1500m ET:	3200m ET:

Specialist Group (Hurdles – Intermediate & High)

Primary Event:

HH PR:	IH PR:
HH ET:	IH ET:

Specialist Group (vertical & horizontal Jumps)

Primary Event:

LJ PR:	HJ PR:
LJ ET:	HJ ET:
TJ PR:	Pole Vault:
TJ ET:	

Specialist Group (Throws)

Primary Event:

SHOT PUT PR:	DISCUS PR:
SHOT PUT ET:	DISCUS ET:

1. Describe 2 team expectations you will help the team achieve this season. (win a league title, go undefeated, beat our arch rival, win at least half our meets, etc.) What, specifically, will you do to meet these expectations?

2. Describe 3 personal expectations you will achieve this season. (specific meet placements, run varsity, qualify for states, school record, etc.) What, specifically, will you do to meet these expectations? (do morning runs, weight lift, concentrate on technique, etc)

3. Describe 3 practice expectations you will achieve this season (improve my start, workout with bands, run with the fastest group, deadlift 300 lbs, finish every workout, etc.) What, specifically, will you do to meet these expectations?

BHS Track and Field Goal Sheet # 2

Name:

Grade:

Primary Event:

PERSONAL/PRACTICE There are a number of things we must do in order to achieve your expectations. Answer the following questions in complete sentences and with as much detail as possible.

1. **Strong Points (2)** What areas are you currently the strongest?

2. **Weak Points (2)** What areas are you currently the weakest?

3. **Mental (2)** What improvements can you make in the way you think about training and competing that will help you become a better athlete and teammate?

4. **Nutrition (2)** What improvements can you make in your diet that will give you more energy to practice and help you recover faster from workouts and races?

5. **Effort (2)** What improvements can you make in the way you approach each practice and meet that will help you accomplish your goals?

TEAM GOALS

Who do you consider to be the leaders of the team? What do they do that makes you want to follow their lead?

What do you do to get others to follow you?

What types of things would you like to see from the people on the team that would help make the team stronger and closer? What are you doing to help make that happen?

Directions: Answer the following questions in complete sentences. Add as much detail as possible.

1. What have you done, specifically, so far this season to improve yourself from a mental standpoint? How has that helped you in practice and in meets?
2. What have you done, specifically, so far this season to improve your nutrition? How has that helped you in practice and in meets?
3. What have you done, specifically, so far this season to improve your overall effort and focus? How has that helped you in practice and in meets?
4. What have you done, specifically, so far this season to show leadership and set a positive example for your teammates and for less experienced athletes? How do you think that has improved the team?
5. What specific improvements have you made off the track that have helped and will continue to help your performance both in practice and in meets?