

# McCurdy Charter School Bobcats

## Middle School Track and Field

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**Assistant Coaches:**

**Athletic Director: Christian Lopez**

**Principle: Chelemia Quintana**

### PHILOSOPHY

Track and Field is as much a way of thinking as it is an athletic endeavor. Developing a love of the process and the benefits will hopefully lead to a lifelong pursuit of being more than one would be without the sport. Success is a goal, but more importantly, it is the result of belief in oneself and the principles of team. We study the methodology of training to help the athletes reach their physical potential; and, we establish high standards to promote excellence. In the end, ingraining a healthy perspective about self and team, as well as the joys and disappointments of competition is our utmost objective.

### TRAINING NECESSITIES

I. A good pair of running shoes and racing spikes!

A. To help prevent injury, shoes should be replaced approximately every 400-500 miles. That is at most one season for veterans and maybe two for newcomers.

B. Wearing running shoes for other activities, including walking around on a daily basis, breaks them down much quicker. Reserve them for training.

C. Other types of athletic shoes do not provide proper support for running and increase the chance of injury.

D. The following stores can provide assistance with proper fit/special needs. All six stores offer a discount to high school runners.

1. *Fusion Multisport* 106 Central Park Square, LA
2. *C.B. Fox* 1735 Central Avenue, LA
3. *The Running Hub* 527 Cordova Rd., SF
4. *ABQ Running Shop* 12611 Montgomery NE #A6-B, ABQ
5. *Athlete's Edge* 7120 Wyoming NE, ABQ
6. *Heart & Sole* 2817 San Mateo NE, ABQ
7. Shoe Depot, Espanola
8. Nike Outlet, Espanola
9. Sports Authority, SF
10. Big 5, SF

E. If money is an issue, please let us know, as we can likely help.

II. Warm clothing – We practice in any weather (except electrical storms), so athletes need to be prepared, particularly as the seasons begin to change.

III. Running watch – Almost all of our runs are time based or broken into time increments, so it is important that athletes be able to time themselves. Watches with built in chronographs can be purchased very inexpensively.

IV. Uniform -- If the school cannot provide sufficient uniforms for the athlete, the athlete may be required to purchase their own uniform for the season. This will be for the athlete to keep. If uniform is provided by school the athlete must return the uniform or they will be charged a fee of \$100.00 and not allowed to participate next season.

## TEAM POLICIES

### I Attendance Policy:

A. Unless excused, athletes are expected to attend all classes at school, followed by all practices required of their training group:

- attend all practices (unless arrangements based on below)
- a.m. practices optional for all.
- pre-meet, attend the meeting before leaving if possible.

B. Attend the team meetings at Gym, even if given permission to cross train on your own.

C. An absence is excused as follows:

1. If absent from school due to illness, email prior to that day's practice.
2. Other absences must be approved by a coach before the practice is missed.

D. Meet participation

1. Travel to & participation in meets is an honor and an expectation.
2. One unexcused or excessive excused absences will result in an athlete not traveling to the next meet. Excessive tardiness will be treated as an unexcused absence.
3. Generally, an athlete must participate in 4 practices during the week to compete in the next meet. Alternate workout arrangements may at times be made if a conflict arises.
4. Three unexcused absences may result in dismissal from the team. Furthermore, if an athlete is suspended from school for any reason the athlete will be dismissed from the team.
5. Athletes will be given a weekly teacher sign out sheet in order to participate in a meet. Athletes must have all teachers' permission in order to participate NO EXCEPTIONS.
6. Athletes must also maintain the school minimum GPA NO EXCEPTIONS.
7. Transportation: The school try to provide transportation when possible. If funds or bus are not available it will be up to the family and athlete to self-transport to the meet location. Coach will notify athletes with 48 hour time frame to prepare.
8. Nutrition: Meals are not provided for the athletes. Athletes must pack their own meals and snacks on meet days.

### II Safety

- A. Practice has set time limits, anything performed outside of those limits is the responsibility of the parents and athlete.
- B. Be courteous to drivers and stay off roadways (only two abreast).
- C. Run in the vicinity of at least two other people whenever possible.
- D. Carry prescription inhalers on the runs.
- E. Run only the route announced by the coaches.

- F. Inform coaches when leaving the school after practice.
- G. Wear sunscreen.
- H. Come to practice hydrated and bring a labeled water bottle.

### **III Fundraiser**

The yearly supplies budget for Track and Field is \$600/gender. Thus, fundraising is a necessity as the money is used for uniforms, equipment, some travel expenses, entry fees, awards, and miscellaneous functions. As a part of the team, all athletes are required to fully take part in fundraising if it is taken on during the season. If this presents an unreasonable burden on your family, please communicate that to the coaches in advance of the pledge sheet due date.

### **IV Daily Expectations**

- A. Be on time, prepared to participate.
  - Arrive early for questions, visits to the trainer, etc.
  - Wear appropriate practice attire and a running watch.
  
- B. Contribute productively to the team atmosphere.
  - Project a positive mental approach.
  - Treat others with respect.
  - Address concerns/complaints in a manner that will facilitate a solution.
  
- D. Continuously run the given time/distance.
- E. Fully complete all aspects of the training.
- F. Sign out.
- G. Demonstrate good behavior and sportsmanship at any team function, in school, and in the community.

### **Team Selection Process**

- A. Minus extenuating circumstances, athletes who are consistently top scorers for the team will run. But, 2-3 slots may vary from week to week. This allows athletes to gain valuable experience; provides coaches with more data; and, provides incentive to help the team as much as possible, not just make the team.
  
- B. Time Behind Leader (TBL) averages, available as desired, provide greater objectivity and will be the biggest factor in team selection. The following are interpreted:
  1. Momentum (later performances will have a greater impact, but no single performance will override the 'bigger picture')
  2. Performance at the higher level.
  3. Potential to help the team's score (close the gap from the front runner and therefore displace as many runners from other schools as possible)  
Note: When the team is split between two locations, a mathematical comparison of the courses will be used to appropriately assign a TBL.
  
- C. Observations by coaches play a role (especially in close cases or for the betterment of the team) and MCS runners should always strive to optimize the following:
  1. Productivity, coachability and commitment at practices and meets
  2. Positive impact on team dynamics through actions in and out of team functions
  3. Demonstrated drive to lower the team's score (ie: 'go to battle' for your team)
- D. Extended absence from participation due to injury or illness alters the team selection process.

1. Prior performances & commitment to an altered training regimen will be considered.
2. An athlete of clearly superior ability, even at less than 100%, will be given the benefit of the doubt in terms of performance capability if other key factors are present.
3. If the missed training and racing could impact an athlete's performance standing on the team, then he/she will need to re-establish his/her physical capability.
4. The athlete must have medical clearance to practice and compete.

E. In no particular order, tie-breaking factors may include, but are not limited to:

1. Results of a time trial
2. Early season performances
3. Input from team
4. Head-to-head competition