

Omaha Bryan Bears



Track & Field

Omaha Bryan High School 4700 Giles Road Omaha, NE 68157

Phone: (402)-557-3100 Fax: (402)-557-3139

Remind 101: Text (402)-965-0079 with the message @bryantrack

Name: _____

Omaha Bryan High School Boys and Girls

Track and Field Handbook



Table of Contents

Coaches.....	3
Events.....	5
Important Dates.....	6
School Attendance Policy.....	7
Citizenship Standards.....	8
Expectations.....	9
Explanation of Meets.....	13
Scoring Points as a Team.....	14
Lettering Requirements.....	15
Equipment.....	16
Key Track Terms.....	17
Warm Up Routine.....	19
Cool Down Routine.....	20
Schedule of All Meets.....	21
Schedule of Varsity Meets.....	22
Schedule of Junior Varsity.....	23
District Assignment.....	24
Automatic State Qualifying Standards.....	25
Previous Bryan High State Meet Results.....	26
2015 State Meet Information.....	28
School Records.....	30
2015 Elite Athletes.....	32
2016 Elite Performance Standards.....	36
Training Room Rules.....	38
Shin Splint Prevention.....	40
Nutrition Guidelines.....	43
12 Things Mentally Strong People Don't Do.....	46
10 Qualities of a Self-Confident Person.....	48
Goal Setting.....	49
Individual Marks at Each Meet.....	51
Additional Notes.....	52

Track and Field Handbook



Omaha Bryan Track and Field Coaching Staff

Head Coach: Charlie Cuddy

During the School Day: Portable 1/Room 123 or Room 203 (office)

After the School Day: charles.cuddy@ops.org

Years with Bryan Track and Field: 6

Assistant Coach: Rhett Wurst

During the School Day: 104F (office)

After the School Day: rhett.wurst@ops.org

Years with Bryan Track and Field: 5

Assistant Coach: Jeff Kezeor

During the School Day: Room 114 (office)

After the School Day: jeffrey.kezeor@ops.org

Years with Bryan Track and Field: 4

Assistant Coach: Marquita Bowden

During the School Day: Gym

After the School Day: marquita.bowden@ops.org

Years with Bryan Track and Field: 4

Track and Field Handbook



Omaha Bryan Track and Field Coaching Staff

Assistant Coach: Jasmine Mosley

During the School Day: Out of Building

After the School Day: jasmine.mosley@ops.org

Years with Bryan Track and Field: 4

Assistant Coach: Marcy Krolkowski

During the School Day: Gym

After the School Day: marcy.krolkowski@ops.org

Years with Bryan Track and Field: 3

Assistant Coach: Shea Fuhrman

During the School Day: Room 109 (office)

After the School Day: shea.fuhrman@ops.org

Years with Bryan Track and Field: 1

Assistant Coach:

During the School Day:

After the School Day:

Years with Bryan Track and Field:

Track and Field Handbook



Track and Field Events with Event Coach

100 Meters	(sprint)	Coach Kezeor/Bowden
200 Meters	(sprint)	Coach Kezeor/Bowden
400 Meters	(sprint/mid-distance)	Coach Cuddy
800 Meters	(mid-distance)	Coach Cuddy
1600 Meters	(distance)	Coach Cuddy
3200 Meters	(distance)	Coach Cuddy
100/110 Hurdles	(sprint/hurdles)	Coach Kezeor/Krolikowski
300 Hurdles	(sprint/hurdles)	Coach Kezeor/Krolikowski
400 Relay (4x100)	(sprint)	Coach Krolikowski/Bowden
1600 Relay (4x400)	(sprint/mid-distance)	Coach Krolikowski/Bowden
3200 Relay (4x800)	(distance)	Coach Cuddy
Long Jump	(jumps)	Coach Fuhrman/Bowden
Triple Jump	(jumps)	Coach Fuhrman/Bowden
High Jump	(jumps)	Coach Kezeor/Krolikowski
Shot Put	(throws)	Coach Wurst/Mosley
Discus	(throws)	Coach Wurst/Mosley
Pole Vault	(vault)	With Central High School

Track and Field Handbook



Important Dates

Spring Sports Check Out → February 24th

First day of practice → February 29th

Monday-Friday after March 2nd → Practice from 3:15 pm to 5:15 pm

Parent Teacher Conferences → March 3rd Practice from 12 pm to 2 pm

No Practice → Friday March 4th

Spring Break Practices → March 7th to March 11th 9 am to 10 am

Home JV Meet → March 22nd at 3:30 pm

Home Varsity Meet → April 1st at 12:00 pm

Metro Conference Meet → May 3rd and May 4th

JV Metro Conference Meet → May 6th

District Meet → May 11th

Uniform/Sweat Check In → May 12th and 13th after school in the gym

State Meet → May 20th and May 21st

Track and Field Handbook



School Attendance Standards

Omaha Bryan students must attend all classes the day of a contest to participate.

Athletes will be expected to attend practice, but will not be allowed to participate in practice unless they have attended all classes.

Exceptions will be made for medical appointments, school activities, pre-arranged absences approved by the administration, and absences beyond the student's control as approved by the administration.

If you know you are going to be missing school for any reason you must notify the administration, Coach Cuddy and your Event Coach prior to the day you miss.

Detention: If you are assigned detention or any other punishment by a school official, you will be assigned extra physical activity as determined by the coaches and it could result in a loss of playing time or starting position.

Suspension: If you are suspended from school, you will be suspended from games for up to ten days and placed on the practice squad.

All of the following policies "Citizen Standards" are in addition to the Omaha Public Schools and the NSAA rules that both parents and student-athletes are required to sign for athletic participation.

All rules take effect at the first allowable practice date (March 2nd) of that sport and conclude at the conclusion of the Omaha Bryan sports season. Any illegal activity outside of the school day will be reviewed on an individual basis.

Track and Field Handbook



Citizenship Standards

To be eligible for activities, at Omaha Bryan students must conduct himself/herself in a way representing the school and program in a positive way. Coaches may have standards of behavior that involve loss of participation not identified in the policy. The following represent minimum consequences for some violations that may occur:

School Suspensions: Athletes will not be allowed to participate in practice or contests when serving an out of school suspension.

Tobacco Violations:

First Offense: Use, possession, or sale of tobacco will result in a one-week suspension from competition. Athletes will be allowed to practice. In the case where a competition is not involved during that week, the suspension will include the next scheduled competition that the athlete would normally participate in.

Second Offense: Suspension for the remainder of the sports season.

Alcohol/Illegal Drug Violations:

First Offense: Use, possession, or sale of alcohol or any illegal drug that is not prescribed by a physician or available over the counter is prohibited. Penalties for a first offense violation of this rule shall result in an athlete being ineligible to compete for 14 calendar days, including at least two contests, beginning with confession, citation, or suspension. Athletes will be expected to attend practice, and participation in practice is allowed after the first seven days.

Second Offense: An athlete is ineligible to participate for the remainder of that sports season.

Track and Field Handbook



Expectations

The makeup of any team is based on a few beliefs that separate us from the rest of the crowd. Simply put athletes, track and field especially, are special and the standard they must live by must be a cut above the average student.

1. Stress your academics first. Avoid classroom problems. Maintain your eligibility.
2. The 3 Big NO's- No Smoking, No Drinking, No Drugs. Omaha Public Schools rules will be enforced.
3. Your teammates are very important friends. Help each other to make better decisions.
4. Everywhere you go, you are representing Omaha Bryan High School and the Track and Field Program. We will develop a tradition as a team of hard working athletes and productive people.

Removal From the Team: Any athlete removed from the team for violating any rules/regulations in this handbook must turn in her equipment within 48 hours of notification. After that, a replacement fee will be assessed. All team clothing and/or equipment ordered as a member of the team will be canceled and a refund will be given. All benefits/proceeds earned from fundraising as a member of the team will be forfeited. No exceptions.

Physical cards/white cards will need to be turned into the Coaching Staff prior to the season beginning.

You cannot practice with the team until this is taken care of.

A sports physical from another sport from the same year will be accepted.

Spring Sports Check Out is Wednesday, February 24th

Track and Field Handbook



Expectations

AT PRACTICE:

Practice begins **ON THE TRACK at 3:20** and will finish by approximately 5:00-5:15 unless otherwise specified by the coaches. Morning practice will be scheduled to meet the needs of the team and/or individual.

Regular practice will be Monday through Friday. There will also be optional morning runs/practices throughout the season as dictated by your event coach.

A typical practice will follow the format below (subject to change):

3:20-3:40 Pre-Practice Meeting (2-5 minutes) and Proper Warm Up (15-20 minutes)

3:45-4:45 Work Out on the Track or at Field Event

4:45-5:15 Proper Cool Down (20-30 minutes) and Weight Room

You are expected to be at all practices unless prior arrangements have been made with the coaching staff or you were absent and notified the school during the day of the absence.

Five unexcused will result in the dismissal from the team. A signed note will be expected for any excused absences the day after throughout the season. *An unexcused missed practice could forfeit you from competing in that week's meet.* If you need to leave practice early, a signed note will be ideal before you leave. At the very least, you need to notify your event coach at least *one day prior* to the practice you will be leaving early.

Be on time for practices and meets. Tardiness will not get you very far this season.

Three tardies will equal one unexcused absence. When you get to practice, be mentally and physically ready to go.

Excessive “excused” absences may need to be addressed on an individual basis.

Punishment will be decided by the Event Coach and/or the Head Coach as necessary.

Track and Field Handbook



Expectations

WHILE TRAVELING:

Obey bus rules.

No audible music (earphones are fine). Keep hands and head inside the bus. Stay seated. No yelling, etc. Loudness will not be tolerated to and from track meets. Excessive loudness will be dealt with back at the school.

Be polite to our driver. Say “Thank You!”

Dress with class.

This is an important occasion and you are representative of your school, community, and each other. You should wear your meet clothing (uniform jersey and shorts) and wear Omaha Bryan t-shirts/sweatshirts/warm-ups etc. that are school/sport related.

No jeans, polo shirts, dresses, etc. will be allowed to be worn as part of your warm-up attire before races. You will not get on the bus unless you are dressed for the meet.

Meet medalists will be expected to wear BRYAN BEAR gear at any awards ceremony.

Everyone GOES TO and FROM the meet in school-provided transportation when we are on the road. Any exception of this policy will need to be cleared through the Head Coach and a signed note from a parent/guardian, or the parent/guardian must talk to the Head Coach in person at the meet saying that they are taking the athlete home with them. Stay and support your teammates to the very end!

NEITHER THE SCHOOL DISTRICT, NOR THE COACHES/BUS DRIVERS WILL BE RESPONSIBLE FOR ANY STOLEN PERSONAL BELONGINGS OR VALUABLES FROM THE BUS. TAKE YOUR BELONGINGS WITH YOU WHEN WE REACH OUR DESTINATION.

Track and Field Handbook



Expectations

AT MEETS:

Be sure to pack equipment the night before the meet.

Relax as much as possible at a meet. Know what event(s) you are in and what time they are run before you step off the bus. Record them in our track handbook so you can be prepared (physically and mentally) for your event(s). **Know your flight, heat, lane, and schedule of events for the day.**

We will set up camp in a shaded area or designated area selected by the coaches. Take responsibility for your team. Help set up the tent, pick up after yourself in our tent, and help take the tent down at the conclusion of the meet.

Prepare to compete by being all business. No balls, frisbee, horseplay, etc. will be allowed during the meet.

Complete individual or small group warm-up properly, 45-50 minutes before your event. This also means cooling down after you compete, for 30-45 minutes. Follow the Routine in our handbook, and what we do every day at practice.

Know your Personal Record's (PR's), White/Green/Gold/Competitive/Elite Times you are trying to achieve, School Records and your Goals for the meet.

When not competing or warming up, stay off your feet. Keep warm on the cold days, and cool and out of the sun on hot days. Help out by cheering on teammates. Spread out on the track and cheer on teammates for at least part of the races. We are a TEAM. Boys will support the girls and the girls will support the boys.

Don't forget to go cheer on the Field Events too!

Take a pride in being on the Omaha Bears Boys and Girls Track and Field team.

Track and Field Handbook



Explanation of Meets During the Season

Meets will either be Varsity, Junior Varsity, or 9th and 10th grade level. At all regular outdoor track and field meets, there are 17 events and each school may enter three athletes in each individual event, and one relay team in each relay event.

Different Types of Meets:

9th and 10th Grade Meet- 9th and 10th grade athletes will compete against only 9th and 10th graders.

Indoor Track Meet- Varsity Only. We will take a select few of our Varsity athletes to compete against a competitive field of athletes to start the season on a shorter track that is inside.

Junior Varsity Invite- We will take most of our athletes (Varsity and JV) depending on the week and the individual. The exception will be the JV Metro Meet where we will only run our JV athletes.

Varsity Invites- Varsity Only. (Normal Track Meets at the varsity level, for example, Omaha Benson, Omaha Bryan, Lincoln High, Dick Jones, Bellevue West).

Metro Championships- Varsity Only. All Schools from the Omaha Metro Area will compete in this two day City Championship on May 3rd and May 4th.

District Meet- Varsity Only. The Top 3 Individuals in each event, the Top 3 Relays and the next 4 fastest times overall in each event, from all districts, qualify for the Nebraska State Track and Field Meet at Omaha Burke High School. May 11th.

State Meet- Varsity Only. Top individuals and relays from all 4 Class A districts compete in the two day, Class A Championships. May 20th and 21st.

Track and Field Handbook



How to Score Points as a Team

The following is the standard way that varsity meets will be scored as a team. The team with the most points, in all events combined, at the end of the meet is the winner.

1 st Place	10 points
2 nd Place	8 points
3 rd Place	6 points
4 th Place	5 points
5 th Place	4 points
6 th Place	3 points
7 th Place	2 points
8 th Place	1 point

It is possible that some JV meets, or smaller meets may use a slightly modified method of scoring, but it would be similar to the above format.

Track and Field Handbook



Lettering Requirements

To Receive a Varsity Track Letter the athlete must complete the entire track season as a member of the team as well as meet one of the following criteria:

- Score as an individual or on a relay in a Varsity Meet
- Record a “Competitive Mark” in any event based on our team Performance Standards (page 35-36)
- A senior who has been a member of the Bryan High Track Program for all 4 years of high school
- Coaches discretion may be used to potentially award additional letters in special cases

A lettering athlete will receive an actual “O” for their 1st track letter.

A lettering athlete will receive a track pin for their 2nd track letter.

A lettering athlete will receive a bar pin for their 3rd and 4th track letters.

All other members on the track team who do not letter will receive a certificate of participation.

Track and Field Handbook



Track and Field Footwear and Equipment

Training Shoes- Shoes with good support to be used for practice every day. If you go to Peak Performance and tell them you are a high school track athlete (tell them what event you plan on doing) they will usually give you a discount on your shoes, as well as fit you properly. If you can try to have a training shoe that you can wear specifically for track practice.

Talk to your Event Coach or someone at Peak Performance about shoes before buying yours.

Sprint Spikes- Light weight shoes used for sprint races (100-400 meters) There is no heel and they help to get you up on your toes for a quicker turnover.

Middle/Distance/Hurdles Spikes- Light weight shoes used for mid distance/distance races (800-3200 meters) They will have more of a heel than sprint spikes for the longer distance.

Throwing Shoes- Shoes used for shot put/discus events.

Jumping Shoes- Shoes used for long jump, triple jump, or high jump.

Racing Flats- Light-weight shoes used for racing.

Spikes/Spike Wrench- Spikes are the sharp metal pieces that can be screwed into the bottom of some racing shoes. There are different spikes for different tracks and different shoes. Most spikes will be okay all year. Wrenches are the tools used to change the spikes.

Shot- Object thrown in the shot put. The girls shot weighs 4 kilograms (8.82 pounds) and the boys weights 12 kilograms (26.46 pounds).

Discus- Weighted plate that boys and girls throw.

Blocks- Stationary push-off used to start sprint races.

Baton-The stick passed between runners in relay races.

Dots-Visual aid mark for starting take offs for relay exchanges.

Warm Ups- Sweats to be worn over uniform while preparing for a race regardless of the temperature outside.

Track and Field Handbook



Key Words You'll Hear on the Track

Section- 1 or more races in the same event in which final places are determined by the times recorded in all sections.

Heats- Small group of track event competitors used to determine finals.

Lanes- Markings on the track to stay in during certain events (100, 200, 400, all hurdle events, 4x100 and part of the 4x400). The lanes are numbered 1-8, with 1 on the inside and 8 on the outside.

Staggers- The different starting line in adjoining lanes used for events run in lanes for all or part of the race to make up for the extra distance run around the curve.

Waterfalls- A type of stagger used in distance running that isn't as severe and allows for more runners to start a race at a given time.

Alley- Some races will have staggers in which they place 3 runners in 2 lane, this is known as an alley.

Cut-Lines- Some races (800, 1600, 3200, 4x400, 4x800) will start in a lane but then have a designated spot "cut-line" in which the runner may move down to lane 1 as long as they have a step or two lead on the closest competition.

Exchange Zones- The area in which the baton must be passed from one runner to the next during a relay race.

Splits- Recording a runner's time as the runner passes a certain point to see if he or she is on pace.
(Example: a mile runner who runs 4 laps, his/her coach will get the 1st lap split, 2nd split...)

Surging- A tactical increase in the pace during mid-distance/distance running.

Warm-Up- Running and stretching done prior to practice or a meet to warm up the body for intense training or racing. Done 45 minutes to 1 hour before your event.

Cool-Down- Running and stretching done after practice or a meet to cool down the body from intense training or racing. Done 5-10 minutes after completion of the workout and should take 30-45 minutes.

Pace- Running at a steady rate for a certain amount of time, usually used in distance races to help set goals for each part of that race.

Track and Field Handbook



Key Words You'll Hear on the Track and in the Field

Flights- Small group of field event competitors rotating through attempts to determine finals.

Standards- The uprights which support the crossbar for the high jump and pole vault.

Runway- Acceleration zone used by pole vaulters, long, and triple jumpers prior to their jump. The end of the runway is marked by a take-off board.

Board- The marking at the end of the runway in which the long and triple jumpers must jump behind in order to gain a mark. You are allowed to “hit the board,” but you cannot cross over it even by a toe.

Mark- A successful distance jumped in the long and triple jump.

Toe-Board- An arc shaped board measuring 4 feet long and 4 inches high, and 4 inches wide which is secured to the front half of the shot ring.

Scratch- A violation or foul during competition, most commonly a direct result of stepping over the board at the end of the runway or the toe-board in a shot/disc ring or failing to clear a height in the high jump or pole vault.

Sector- The lines marking the edges of the field. The shot must land within these marked sectors for a shot to be deemed valid.

Pain- What your body will go through as you push yourself beyond a limit. Everyone should feel pain this year or we are not working hard enough.

Soreness- The after-effects of a challenging workout, stretching and ice will help.

Injury- Severe enough soreness that needs medical attention, see our trainers before going to see your own doctor.

These are just a few of the terms you might hear at practice or in competition. **If a coach uses a term that you are not familiar with please ask what that term is and add it to this list or memory.**

Track and Field Handbook



Routine: Warm Up (Practice and Meets)

To Be Done Every Day Before Practice and 45-50 Minutes Before Your First Race at Meets

1. Identify specific areas of soreness and tightness that need to be focused on during warm up.
2. Jog at least 800 meters (2 laps) or about 4-10 minutes.
(A little longer on hard work out and/or race days)
3. Dynamic Stretching

Arm Circles	10-12 repetitions	(Slowly have circles get bigger)
Torso Twist	10-12 repetitions	(Slowly twist a little further)
Full Body-Sky to Toes	10-12 repetitions	(Slowly reach a little higher)
Heel Walks	10 meters	
Toe Walks	10 meters	
Extended Toe Touches	10 meters	
Straight Leg March	15 meters	
High Knees	15 meters	
Butt Kicks	15 meters	
Carioca/Tapioca	15 meters	
Build Ups	50-90 meters (2-4 times)	
Strides	50-90 meters (2-4 times)	

4. Meet with Event Coach for event specific warm ups.
Example: Throwers: loosen up shoulders more, sprinters: starts or curves, etc.

Note: During a meet a shorter version may be done for your 2nd, 3rd or 4th event of the day, assuming you properly cool down after each event.

For more information on dynamic stretching visit the following website:

<http://www.runnersworld.com/race-training/dynamic-stretching-better-training-and-racing?page=1>

Track and Field Handbook



Routine: Cool Down (Practice and Meets)

To Be Done at the Completion of the Entire Work Out or After All of Your Events at a Meet

1. Identify specific areas of soreness and tightness that need to be focused on during cool down.
2. Stay together with your event group to do the cool down together.
3. Jog at least 400-800 meters (1-2 laps) or about 4-10 minutes.
4. Static Stretching (Minimum Requirements):

Arm Across Chest	Hold 30 seconds each arm
Right Leg over Left	Hold 30 seconds
Left Leg over Right/Right over Left	Hold 30 seconds
Hamstring Stretch (Standing or Seated)	Hold 30 seconds
Knee to Chest(Standing or Seated)	Hold 30 seconds each leg
Spinal Twist	Hold 30 seconds each way
Calf Stretch	Hold 30 seconds each leg

Repeat a second time or add to this list if you still feel tightness.

5. Ask your event coach for any additional stretching that you feel needs to be done so that you are ready to compete later in the day, or at practice the following day.

Note: During a meet, a shorter version of the cool down may be done at the completion of an event on race day *if you have more events still to come that day*, however, you must cool down after all races to some extent in order to stay fresh.

For more information on static stretching visit the following website:

Track and Field Handbook



Boys and Girls 2016 Track and Field Schedule (All Meets)

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Tuesday	March 22	Bryan High Invite (JV)	Bryan High	3:30pm
Friday	March 25	Doane College Indoor (V)	Doane College	2:00 pm
Friday	April 1	Bob Whitehouse Invite (V)	Bryan High	12:00pm
Saturday	April 9	Omaha Benson Invite (V)	Benson High	9:00am
Tuesday	April 12	Millard West Invite (JV)	Millard West	3:30pm
Thursday	April 14	Jo Dusatko Track Invite (V)	Burke High	3:00pm
Thursday	April 21	Harold Scott Track Invite (V)	Lincoln High	12:30pm
Monday	April 25	Bellevue West Invite (V)	Bellevue West	3:30pm
Tuesday	April 26	Papillion High Invite (JV)	Papillion High	3:30pm
Tuesday	May 3	Metro Championships (V)	Burke High	3:30pm
Wednesday	May 4	Metro Championships (V)	Burke High	3:30pm
Friday	May 6	JV Metro Championships (JV)	Bryan High	2:00pm
Wednesday	May 11	District Meet (V)	Northwest High	TBA
Friday	May 20	State Meet (V)	Burke High	3:30pm
Saturday	May 21	State Meet (V)	Burke High	9:00am

Track and Field Handbook



Boys and Girls 2016 Varsity Track and Field Schedule

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Friday	March 25	Doane College Indoor	Doane College	2:00 pm
Friday	April 1	Bob Whitehouse Invite	Bryan High	12:00pm
Saturday	April 9	Omaha Benson Invite	Benson High	9:00am
Thursday	April 14	Jo Dusatko Track Invite	Burke High	3:00pm
Thursday	April 21	Harold Scott Track Invite	Lincoln High	12:30pm
Monday	April 25	Bellevue West Invite	Bellevue West	3:30pm
Tuesday	May 3	Metro Championships	Burke High	3:30pm
Wednesday	May 4	Metro Championships	Burke High	3:30pm
Wednesday	May 11	District Meet	Northwest High	TBD
Friday	May 20	State Meet	Burke High	3:30pm
Saturday	May 21	State Meet	Burke High	9:00am

Track and Field Handbook



Boys and Girls 2016 Junior Varsity Track and Field Schedule

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Tuesday	March 22	Bryan High Invite	Bryan High	3:30pm
Tuesday	April 12	Millard West Invite	Millard West	3:30pm
Tuesday	April 26	Papillion High Invite	Papillion High	3:30pm
Friday	May 6	JV Metro Championship	Bryan High (Pole Vault 12:30pm)	2:00pm

Track and Field Handbook



District Information

District A-2:

Date: May 11, 2016

Site: Omaha Northwest High School

Host School: Omaha Northwest High School

Director: Andrew Wane

Schools Assigned to District A-2:

Elkhorn South

Lincoln North Star

Lincoln Northeast

Lincoln Pius X

Millard North

Millard South

Omaha Bryan

Omaha Northwest

The **top 3** in each **running** event will automatically qualify for the State Meet. In addition to the top 3 from each event, in each district, the next 4 overall best marks, in each event, from all districts combined will also advance to the State Meet.

The **top 4** in each **field** event will qualify for the State Meet.

Track and Field Handbook



NSAA 2016 Qualifying Standards in Field Events

In addition to the regular qualifiers in boys' field events, all qualify who equal or exceed the following in Boys' 2016 NSAA District Track and Field Meets.

Boys Field Events	A	B	C	D
High Jump	6' 3"	6' 3"	6' 2"	6' 1"
Long Jump	21' 5"	21' 2"	21' 0"	20' 3"
Triple Jump	43' 10"	43' 5"	43' 0"	42' 0"
Shot Put	53' 10"	51' 7"	50' 9"	49' 6"
Discus	154' 8"	151' 4"	148' 10"	138' 9"
Pole Vault	13' 8"	13' 8"	13' 8"	12' 10"

In addition to the regular qualifiers in girls' field events, all qualify who equal or exceed the following in Girls' 2016 NSAA District Track and Field Meets.

Girls Field Events	A	B	C	D
High Jump	5' 3"	5' 1"	5' 1"	5' 0"
Long Jump	16' 10"	16' 7"	16' 3"	16' 5"
Triple Jump	35' 8"	35' 0"	34' 5"	34' 4"
Shot Put	39' 4"	40' 6"	39' 3"	38' 0"
Discus	123' 7"	121' 2"	123' 7"	114' 6"
Pole Vault	10' 3"	9' 7"	9' 8"	9' 10"

Track and Field Handbook



Previous Omaha Bryan Boys State Meet Results

Name	Grade	Year	Event	Place	Mark	Points
Donny Nekola	12	2015	200	12th	23.0	-
Deon Parker	12	2014	Triple Jump	8 th	42' 8.0	1
Donny Nekola	11	2014	400	14 th	51.35	-
Donny Nekola	10	2013	400	7 th	50.81	2 (Prelims 50.07)
Donny Nekola	9	2012	100	15 th	11.372	-

Previous State Qualifiers Will Be Updated

Congrats to Donny Nekola on Qualifying for State 4 Consecutive Years!

Track and Field Handbook



Previous Omaha Bryan Girls State Meet Results

Name	Grade	Year	Event	Place	Mark	Points
Sunday Faya	10	2015	High Jump	13th	4-10	-
Sunday Faya	10	2015	Triple Jump	-	NM	-
Sunday Faya	9	2014	High Jump	15 th	4' 8.0	-
Victoria Pura	12	2014	Discus	16 th	108' 4.0	-
Chandy Jones	11	2013	400	10 th	1:02.39	-
Chandy Jones	10	2012	400	8 th	1:00.186	1 (Prelims 58.978)
Chandy Jones	10	2012	200	11 th	26.553	-
Chandy Jones	10	2012	300 Hurdles	12 th	48.887	-
Renee Hug	12	2009	400	13 th	1:01.326	-

Previous State Qualifiers Will Be Updated

Congrats to Sunday Faya on Qualifying for State in 2 Events!

Track and Field Handbook



2016 NSAA State Track and Field Meet Information

Friday, May 20th All Preliminaries- Except the 3200 Meter Events

The 9:00 A.M. will be run: Class D girls, Class B girls, Class D boys, Class B boys

The 3:30 A.M. will be run: Class C girls, Class A girls, Class C boys, Class A boys

*These times are approximate, events will not start more than 15 minutes ahead of the posted times.

Class D and Class B

9:00 A.M. 3200 Meter Relay Finals

9:55 A.M. 100 Meter High Hurdles

10:15 A.M. 110 Meter High Hurdles

10:35 A.M. 100 Meter Dash

11:15 A.M. 400 Meter Dash

11:55 A.M. 3200 Meter Run Finals

12:55 P.M. 300 Meter Low Hurdles

1:15 P.M. 300 Meter Int. Hurdles

1:35 P.M. 200 Meter Dash

Class C and Class A

3:30 P.M. 3200 Meter Relay Finals

4:25 P.M. 100 Meter High Hurdles

4:40 P.M. 110 Meter High Hurdles

4:55 P.M. 100 Meter Dash

5:35 P.M. 400 Meter Dash

6:10 P.M. 3200 Meter Run Finals

7:10 P.M. 300 Meter Low Hurdles

7:30 P.M. 300 Meter Int. Hurdles

7:45 P.M. 200 Meter Dash

Saturday, May 21st – All Finals

The events will be run: Class D girls, Class C girls, Class B girls, Class A girls

Followed by: Class D boys, Class C boys, Class B boys, Class A boys

*These times are approximate, events will not start more than 15 minutes ahead of the posted times.

9:30 A.M.	800 Meter Run
10:45 A.M.	400 Meter Relay
12:00 P.M.	100 Meter High Hurdles
12:15 P.M.	110 Meter High Hurdles
12:30 P.M.	100 Meter Dash
12:55 P.M.	400 Meter Dash
1:45 P.M.	1600 Meter Run
2:55 P.M.	300 Meter Low Hurdles
3:10 P.M.	300 Meter Int. Hurdles
3:25 P.M.	200 Meter Dash
3:55 P.M.	1600 Meter Relay

Track and Field Handbook



2016 NSAA State Track and Field Meet Information

Field Events

Class A

Long Jump:	Boys	3:00 P.M.	Saturday
	Girls	3:00 P.M.	Friday
Triple Jump:	Boys	6:00 P.M.	Friday
	Girls	11:00 A.M.	Saturday
Shot Put:	Boys	5:30 P.M.	Friday
	Girls	1:00 P.M.	Saturday
Discus:	Boys	11:00 A.M.	Saturday
	Girls	3:00 P.M.	Friday
High Jump:	Boys	3:00 P.M.	Friday
	Girls	3:00 P.M.	Saturday
Pole Vault:	Boys	9:00 A.M.	Saturday
	Girls	3:30 P.M.	Friday

Track and Field Handbook



Omaha Bryan Boys Track and Field School Records

<u>Event</u>	<u>Athlete</u>	<u>Time</u>	<u>Year</u>
100 Meter	Ross	10.7	1987
200 Meter	Schadron	21.9	1971
400 Meter	Ross	47.9	1987
800 Meter	Kralicek	1:54.8	1972
1600 Meter	Jones	4:27.5	1994
3200 Meter	Coufal	9:37.2	1976
110 High Hurdles	Brown	14.4	1984
300 Int. Hurdles	Brown	38.7	1984
400 Meter Relay	C. McDade, Chima Holman, Arnold	43.1	1990
1600 Meter Relay	Busby, Pace Gregory, Ross	3:20.5	1985
3200 Meter Relay	Hardy, Hupp Jones, Sempek	8:01.13	1993
Shot Put	Tangeman	56' 6"	1981
Discus	Murphy	166' 2"	1987
High Jump	Meyer	6' 9"	1977
Long Jump	Wells	22' 8.5"	1998
Triple Jump	King	46' 5"	1983
Pole Vault	Ripp	14' 8"	1971

Track and Field Handbook



Omaha Bryan Girls Track and Field School Records

<u>Event</u>	<u>Athlete</u>	<u>Time</u>	<u>Year</u>
100 Meter	Donna King	11.98	1981
200 Meter	Donna King	24.71	1981
400 Meter	Denise Lucas	58.9	1987
800 Meter	Andrea Jansen	2:23.06	2005
1600 Meter	Faith Faust	5:33.83	1993
3200 Meter	Amy Contreras	12:11.88	1998
110 High Hurdles	Rhonda Cooper	14.8	1980
300 Int. Hurdles	Chandy Jones	47.62	2012
400 Meter Relay	Reynolds, Holbrook Flowers, King	49.3	1980
1600 Meter Relay	Revels, Devlin Willson, Lucas	4:07.9	1987
3200 Meter Relay	Patterson, Muon Vajgrt, Starks	10:14.28	2000
Shot Put	Brandy Echternach	40' 10"	1995
Discus	Brandy Echternach	149' 3"	1995
High Jump	Katie Starks	5' 8"	2001
Long Jump	Nicole Mitchell	19' 0"	1977
Triple Jump	Nicole Mitchell	37' 5"	1999
Pole Vault	Jamie Rodis	6' 0"	2015

Track and Field Handbook



Omaha Bryan 2015 Boys “Competitive and Elite” Athletes

*Indicates a Personal Record (PR)

100

Donny Nekola	(Gold)	11.47
CJ Smith	(Green)	*11.94
DeShawn Johnson	(White)	*12.24
Cole Mangels	(White)	*12.44
Jacob Wills	(White)	12.44
Jordan Greise	(White)	12.54
Joel Wagman	(White)	12.54
Roberto Jimenez	(White)	12.74
Japreece Lilly	(White)	12.94

200

<i><u>DONNY NEKOLA</u></i>	<i><u>(ELITE – STATE QUALIFIER)</u></i>	<i><u>*22.50</u></i>
CJ Smith	(White)	*25.04
DeShawn Johnson	(White)	*25.14
Joel Wagman	(White)	*25.84
Thomas Flesher	(White)	*25.84
Cole Mangels	(White)	*26.04
Japreece Lilly	(White)	*26.24
Jordan Greise	(White)	*26.24

400

<i><u>Donny Nekola</u></i>	<i><u>(Elite)</u></i>	<i><u>50.84</u></i>
Thomas Flesher	(White)	*59.08

Track and Field Handbook



Omaha Bryan 2015 Boys “Competitive and Elite” Athletes

*Indicates a Personal Record (PR)

1600

Wuor Wiyual (White) 5:22.7

Shot

Jovany Chavez (Green) *42' 11"

Anthony Pocevicious (White) 36' 9"

Olli Nurmos (White) *36' 4"

Disc

Ollie Nurmos (White) *100' 1"

Long Jump

Donny Nekola (White) 19' 2.25"

Triple Jump

Joel Wagman (Green) *38' 7.25"

Jacob Wills (Green) *34' 0"

Roberto Jimenez (Green) *33' 9"

High Jump

CJ Smith (White) *5' 0"

4x100

Mangels, Greise (White) 48.84

Wills, Smith

Track and Field Handbook



Omaha Bryan 2015 Girls “Competitive and Elite” Athletes

*Indicates a Personal Record (PR)

100

Shiela Hall	(Gold)	*13.14
Mesha Dole	(Gold)	*13.74
Da’Jaah Swolley	(Green)	*14.40
Latiece Strong	(White)	*14.59
Faith McDonald	(White)	*15.04

200

<i>Shiela Hall</i>	<i>(Elite)</i>	<i>*26.84</i>
Mesha Dole	(Gold)	*28.82
Sunday Faya	(Green)	*30.64
Da’Jaah Swolley	(Green)	*31.44
Latiece Strong	(Green)	*31.72
Julie Dirkse	(White)	32.14

400

Crista Funkhauser	(White)	1:15.10
-------------------	---------	---------

800

Patricia Jeronimo	(Green)	*2:59.38
-------------------	---------	----------

100 Hurdles

Julia Dirkse	(Competitor-Letter Winner)	*17.90
Sunday Faya	(Gold)	*18.34
Jamie Rodis	(White)	20.64

Track and Field Handbook



Omaha Bryan 2014 Girls “Competitive and Elite” Athletes

*Indicates a Personal Record (PR)

300 Hurdles

Sunday Faya (Green) *53.04

Shot

Maggie Gegzna (White) 24' 5"

Samantha Chavez (White) *24' 0"

Miranda Chavez (White) *22' 9"

Disc

Maggie Gegzna (Green) *76' 10"

Samantha Chavez (White) *68' 1"

Miranda Chavez (White) *68' 0"

Long Jump

Julia Dirkse (Gold) *14' 8.5"

Da'Jaah Swolley (White) *12' 10"

Jamie Rodis (White) *12' 5"

Triple Jump

SUNDAY FAYA (ELITE- STATE QUALIFIER) *35' 10.5"

High Jump

SUNDAY FAYA (ELITE- STATE QUALIFIER) *5' 3"

Track and Field Handbook



Omaha Bryan 2016 Boys “Competitive and Elite” Standards

	<u>White (9th/10th)</u>	<u>Green (JV)</u>	<u>Gold (JV/Varsity)</u>	<u>Competitor (Letter)</u>	<u>Elite (State)</u>
100	12.99	11.89	11.60	11.49	11.3
200	26.3	24.9	23.6	23.19	22.6
400	60.0	56.2	54.7	52.5	50.9
800	2:15.9	2:07.9	2:04.9	2:01.9	1:59.9
1600	5:34.9	5:14.9	4:59.9	4:47.9	4:29.9
3200	11:29.9	11:14.9	10:59.9	10:09.9	9:44.9
110 H	19.9	17.9	16.9	15.9	15.5
300 H	51.5	48.0	44.5	43.9	40.6
Shot	35'0"	40'0"	45'0"	50'0"	53'10"
Disc	100'0"	120'0"	130'0"	140'0"	154'8"
L.J.	17'0"	19'6"	20'3"	21'0"	21'5"
T.J.	30'0"	33'0"	39'6"	40'9"	43'10"
H.J.	5'0"	5'4"	5'9"	6'0"	6'3"
P.V.	9'6"	10'9"	11'10"	13'0"	13'8"
4x100	49.9	47.9	46.5	44.5	43.85
4x400	3:59.9	3:49.9	3:41.9	3:34.9	3:29.9
4x800	9:59.9	9:39.9	9:19.9	8:49.9	8:09.9

Track and Field Handbook



Omaha Bryan 2016 Girls “Competitive and Elite” Standards

	<u>White</u> (9 th /10 th)	<u>Green</u> (JV)	<u>Gold</u> (JV/Varsity)	<u>Competitor</u> (Letter)	<u>Elite</u> (State)
100	15.29	14.5	13.90	13.2	12.8
200	32.9	31.9	29.5	27.9	26.4
400	1:15.9	1:12.9	1:07.9	1:01.9	59.9
800	3:04.9	2:59.9	2:43.9	2:29.9	2:21.5
1600	6:29.9	6:09.9	5:59.9	5:39.9	5:19.9
3200	13:59.9	13:29.9	12:59.9	12:29.9	11:49.9
110 H	21.9	20.2	19.2	18.2	16.2
300 H	57.9	55.9	52.9	49.9	47.7
Shot	21'0"	25'0"	29'0"	35'0"	39'4"
Disc	60'0"	70'0"	82'0"	100'0"	123'7"
L.J.	12'6"	13'6"	14'0"	16'0"	16'10"
T.J.	25'0"	27'6"	29'6"	31'0"	35'8"
H.J.	4'0"	4'4"	4'6"	5'0"	5'3"
P.V.	6'6"	7'6"	8'3"	8'9"	10'3"
4x100	56.9	53.9	52.9	51.9	50.2
4x400	4:49.9	4:39.9	4:29.9	4:18.5	4:04.9
4x800	11:49.9	11:19.9	10:59.9	10:39.9	9:52.7

Track and Field Handbook



Omaha Bryan Athletic Training Room (ATR) Rules Carly and Stacia

Hours: M-F-12-end of last practice/event

Saturday- 1 hour before event/ practices until end of practice/event

Sunday- closed

All athletes MUST SIGN IN prior to use of ATR

No horseplay or profanity

No food or drinks allowed besides water

No shoes on the table

The ATR is not a lounge! You must get in and out and cannot wait around for friends to be done!

You must get all treatment, taping, evaluations done before practice/game

Athletes must be dressed appropriately at all times!

The ATR is not a locker room, leave all personal items outside

Do not help yourself; get permission prior to using anything in the ATR

The ATR office is off limits at all times.

Return all items the way you found them

Athletes coming in during their lunch, need to have a pass from their coach/teacher

No skipping class to come to the ATR

Use of the ATR is a privilege, not a right, so be respectful at all times

The ATR is a medical facility and must be treated as such

Athletes must follow all instructions from the sports medicine staff to aid in prevention and care of injuries

Track and Field Handbook



Omaha Bryan Athletic Training Room (ATR) Rules

Athletes must report injury to coach and get their permission prior to use the ATR for all injuries.

Report all MD visits and injuries to athletic trainer! Must also bring us doctor notes

Athletes with home practices and events who have been previously seen will have first priority.

Athletes with new injuries or who haven't been previously seen will be next

Athletes who are not currently in season will be seen only when in-season athletes are finished

48-Hour Rule: After an athlete has been injured, the athlete must have permission from an athletic trainer to participate in a contest. In general, he/she must be in a full practice for 48 hours before being able to participate in a game.

PREVENTION:

Make sure the athlete drinks plenty of water and keep hydrate.

If an athlete is prone to strains or pulls, make sure the athlete stretches sufficiently. One example involves lower back pain. Many cases of back pain are caused by very tight hamstrings and insufficient stretching.

If an athlete has a tendency to get blisters, wear two pair of socks to prevent blisters.

“An Ounce of Prevention is Worth a Pound of Cure”

Due to the possible spreading of disease, PLEASE DO NOT dip your hands into the cooler to get a drink or the ice machine.

If a fellow athlete is injured during a game or practice, DO NOT move the athlete until trainers are notified and have evaluated the injured athlete.

Track and Field Handbook



“Shin Splint” (Medial Tibia Stress Syndrome) Prevention Routine

Introduction

This program is designed to minimize the risk of medial tibia stress syndrome, and other overuse injuries associated with track and field training and competition. It can be implemented in about 15 minutes and no equipment is necessary. The specific exercise and stretches in this program were selected for their ability to target key areas where weakness or restriction may increase the risk of overuse injury. These exercises and stretches can be used in conjunction with current warm-up and stretching routines. They are not designed to replace current routines, only to serve as supplement.

Lower Leg Strengthening

Toe Walks x25 meters

Walk on toes and ball of the foot only for 25 meters. Walk slowly and under control, emphasizing balance

Heel Walks x25 meters

Walk on heel only for 25 meters. Walk slowly and under control, emphasizing balance.

Double Leg Heel Raises 2x20

Slowly raise yourself from standing flat to on the toes, with your heels off the ground. Lower slowly and under control, emphasizing balance. Repeat for 2 sets of 20 repetitions. This exercise can be progressed by standing on a single leg.

Weight Shift on Toes 2x20

Stand on toes and ball of the feet only and shift weight from the inside of the feet, near the big toe, to the outside of the feet, near the small toe. Rock from inside to outside of the feet slowly and under control, emphasizing balance. Repeat for 2 sets of 20 repetitions.

Track and Field Handbook



“Shin Splint” (Medial Tibia Stress Syndrome) Prevention Routine

Lower Leg Flexibility

Gastroc/Soleus Stretch 2x30 seconds

With both hands on the ground and one foot down, push your weight back trying to touch the heel to the ground. Do this stretch with knee fully extended, followed by the knee bent. Repeat for 2 sets of 30 seconds.

Tibialis Anterior Stretch 2x30 seconds

This stretch has three variations; each one requires more flexibility than the previous. Only one variation should be done in each session, progressing as flexibility improves.

- 1.) Place top of the foot on an elevated surface behind you. Push your weight down so that the top of the foot is pulled away from the shin.
- 2.) Standing on a single leg, bring the foot toward the rear. Grab the top of the foot near the toes and pull the foot away from the shin. In the stretch position the knee should point down, and the toes should point up.
- 3.) Start kneeling with the top of the feet on the ground, toes point back, knees pointing forward. Slowly sit back on the soles of the feet.

Hip Flexibility

Hip Flexor Stretch 2x30 seconds

Begin in a deep lunge position and shift the weight forward until a stretch is felt in the front of the hip. Hold this position for 2 sets of 30 seconds on each side.

Hamstring Stretch 2x30 seconds

Seated, with legs forward and knees fully extended, reach for the toes until a stretch is felt in the back of the thighs. Hold this position for 2 sets of 30 seconds

Track and Field Handbook



“Shin Splint” (Medial Tibia Stress Syndrome) Prevention Routine

I.T. Band Stretch **2x30 seconds**

This stretch can be done seated or standing.

Seated: Sit with the right leg extended. Bend the left knee and cross it over the extended right leg. Rotate the torso so that the right elbow is outside the left knee. Hold this position for 2 sets of 30 seconds, and then reverse for an additional 2 sets of 30 seconds

Standing: Bring the left leg behind the right. Lean the body to the right stretching the outside of the left hip. Reach the left arm over head to increase the stretch. Hold this position for 2 sets of 30 seconds, and then reverse for an additional 2 sets of 30 seconds.

Adductor Stretch **2x30 seconds**

Sit with the knees bent and the soles of the feet together. Lower the knees toward the ground until a stretch is felt on the inside of the thighs. Hold this position for 2 sets of 30 seconds.

Additional Advice:

Get good arch-supportive shoes! It is very important to have stable shoes to keep the foot in proper alignment.

Additional exercise can include toes scrunches with a towel and 4-way ankle strengthening with therabands.

Icing your shins before and after can help as well, and methods include ice bags, ice massage, and ice buckets.

If symptoms continue 3 weeks after beginning this program, then please get evaluated by your athletic trainer.

Track and Field Handbook



Nutrition Guidelines and Preparing for Competition

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 fine. Each athlete through trial and error 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 in the digestive process instead of the competition.

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).

Although protein is necessary for building and maintaining muscles, it takes a long time to break down and is not a short-term energy source. Eating lots of protein before a meet will not do you much good and may have an adverse effect.

Avoid sweets, sodas, and chips during the Track and Field season, but especially before competition. When you do have non-nutritious items, exercise in 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 competition the day before so you are not hung up on this 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.

Track and Field Handbook



Nutrition Guidelines and Preparing for Competition

Plan to begin your physical warm up 45 minutes to 1 hour before competition using the “Warm-Up Routine” as stated in your handbook. Give yourself plenty of time. Again trial and error will be valuable here. Be consistent in your warm-ups 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 its purpose of giving your body the “sense” of what you are going to experience in 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

Working up a sweat BEFORE you get to the start line for your race will help you to maximize performance. Always warm up properly.

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 self-analysis of your form or 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 as an indication of respect for their competition with you.

Take a cool down jog, so that your body will physiologically be aided in recovering. Re-stretch the major muscle groups involved in your activity using the “Cool-Down Routine” stated in the handbook.

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 for future improvement.

Track and Field Handbook



Nutrition Guidelines and Preparing for Competition

NUTRITION REVIEW:

- 1.) Increase the intake and variety of complex carbohydrates. After a hard training session, eat a balanced meal plus additional helpings of complex carbohydrates. Eat more fruit daily
- 2.) Decrease your intake of sugars and fatty foods. Cut back on soda and energy drinks. Instead, bake, roast or broil food.
- 3.) Increase your fluid intake, *especially water*, throughout the day, not just when you are thirsty. Water, fruit juices, low fat milk.

The energy used during a race comes from the glycogen stored in the muscles and liver. Glycogen is a form of sugar that comes from eating carbohydrates. One of the most important things to consider in a pre-meet meal is to eat enough carbohydrates to fill the muscle and liver stores. However, the carbohydrates you eat cannot properly be converted into glycogen and stored in the muscles and liver without water. Therefore, water is a critical part of storing glycogen. Remember, the ability to produce speed and power during a race is dependent on how much glycogen is available to the muscles.

The meals you eat three to four days before a meet should be high in complex carbohydrates and low in fat. The meal you eat the night before the meet should be one-third protein (chicken, fish) and two-thirds starchy foods (rice, potatoes, pasta). *You should drink 12-16 ounces of water with each meal.* In addition, the night before the meet, you should eat a high carbohydrate snack (frozen yogurt, cereal bar, and fruit) and *a glass of water one hour before going to bed.* If you want to have a great race, waiting until the day or night before the race to eat properly is too late!

On the day of the meet, you should be up at least 2 hours before your race and eat at least 1 ½ hours before your race. Your breakfast should also be high in carbohydrates (waffles, pancakes, toast, bagels, breakfast shake) and you should again drink a full glass of water. If your race is later in the day, try to eat three to four hours before the event. A light high carbohydrate snack (frozen yogurt, cereal bar, fruit) can be eaten 1 ½ hours before your race. *Again, water is so important, drink 8 ounces of water thirty minutes before the start of your race.*

Foods that are High in Carbohydrates:

Multi-grain cereals, whole-grain cereals and breads, fresh or dried fruits, low-fat yogurt, bagels, pasta, beans, fruit bars, pretzels, vegetables, rice, toast, waffles, pancakes, bread, potatoes, sports drinks, nonfat milk.

<http://www.socwildcattrackclub.com/Files/WHATYOU SHOULDEATBEFOREAMEET.htm>

Track and Field Handbook



12 Things Mentally Strong People Don't Do

Mentally strong people have healthy habits. They manage their emotions, thoughts, and behaviors in ways that set them up for success in life. Check out these things that mentally strong people don't do so that you too can become more mentally strong.

1. They Don't Waste Time Feeling Sorry for Themselves

Mentally strong people don't sit around feeling sorry about their circumstances or how others have treated them. Instead, they take responsibility for their role in life and understand that life isn't always easy or fair.

2. They Don't Give Away Their Power

They don't allow others to control them, and they don't give someone else power over them. They don't say things like, "My boss makes me feel bad," because they understand that they are in control over their own emotions and they have a choice in how they respond.

3. They Don't Shy Away from Change

Mentally strong people don't try to avoid change. Instead, they welcome positive change and are willing to be flexible. They understand that change is inevitable and believe in their abilities to adapt.

4. They Don't Waste Energy on Things They Can't Control

You won't hear a mentally strong person complaining over lost luggage or traffic jams. Instead, they focus on what they can control in their lives. They recognize that sometimes, the only thing they can control is their attitude.

5. They Don't Worry About Pleasing Everyone

Mentally strong people recognize that they don't need to please everyone all the time. They're not afraid to say no or speak up when necessary. They strive to be kind and fair, but can handle other people being upset if they didn't make them happy.

6. They Don't Fear Taking Calculated Risks

They don't take reckless or foolish risks, but don't mind taking calculated risks. Mentally strong people spend time weighing the risks and benefits before making a big decision, and they're fully informed of the potential downsides before they take action.

Track and Field Handbook



12 Things Mentally Strong People Don't Do

7. They Don't Dwell on the Past

Mentally strong people don't waste time dwelling on the past and wishing things could be different. They acknowledge their past and can say what they've learned from it. However, they don't constantly relive bad experiences or fantasize about the glory days. Instead, they live for the present and plan for the future.

8. They Don't Make the Same Mistakes Over and Over

Mentally strong people accept responsibility for their behavior and learn from their past mistakes. As a result, they don't keep repeating those mistakes over and over. Instead, they move on and make better decisions in the future.

9. They Don't Resent Other People's Success

Mentally strong people can appreciate and celebrate other people's success in life. They don't grow jealous or feel cheated when others surpass them. Instead, they recognize that success comes with hard work, and they are willing to work hard for their own chance at success.

10. They Don't Give Up After the First Failure

Mentally strong people don't view failure as a reason to give up. Instead, they use failure as an opportunity to grow and improve. They are willing to keep trying until they get it right.

11. They Don't Feel the World Owes Them Anything

Mentally strong people don't feel entitled to things in life. They weren't born with a mentality that others would take care of them or that the world must give them something. Instead, they look for opportunities based on their own merits.

12. They Don't Expect Immediate Results

Whether they are working on improving their health or getting a new business off the ground, mentally strong people don't expect immediate results. Instead, they apply their skills and time to the best of their ability and understand that real change takes time.

Source: <http://www.lifehack.org/articles/communication/13-things-mentally-strong-people-dont.html>

Track and Field Handbook



Ten Qualities of a Self-Confident Person

1. ***Dress and look your best at all times regardless of the pressure from your friends and peers.*** Personal grooming and lifestyle appearance provide an instantaneous projection on the surface of how you feel inside about yourself.
2. ***Volunteer your own name first in every telephone call and whenever you meet someone new.*** By paying value to your own name in communication, you are developing the habit of paying value to yourself as an individual.
3. ***Take inventory of your good reasons for self-esteem today.*** Write down what your “BAG” is today. Blessings (who and what you are thankful for) Accomplishments (what you have done that you’re proud of so far) Goals (what your dreams and ambitions are)
4. ***Respond with a simple, courteous “Thank You” when anyone pays you a compliment for any reason.***
5. ***Sit up front in the most prominent rows when you attend meetings, lecture and conferences.*** Your purpose for going is to listen, learn and possibly exchange questions and answers with the key speakers.
6. ***Walk with authority with a relaxed but more rapid pace in public.*** It has been proven that individuals who walk erectly and briskly usually are confident about themselves and where they are going.
7. ***Set your own internal standards rather than comparing yourself to others.*** Keep upgrading your own standards in lifestyle, behavior, professional accomplishment, relationships, etc.
8. ***Use encouraging affirmative language when you talk to yourself and to others about yourself.*** Focus on uplifting and building adjectives and adverbs. Everything you say about yourself is subconsciously being recorded by others and, more importantly, by your own self-image. Do so without being conceited and arrogant.
9. ***Keep a self-development plan ongoing at all times.*** Sketch it out on paper-the knowledge you’ll require, the behavior modification you’ll achieve, the changes in your life that will result. Seek out the real winners in life as friends and role models. Misery loves company, but so does success.
10. ***Smile.*** In every language a smile sends the message that you care about each other.

Track and Field Handbook



Goal Setting

<u>Event</u>	<u>Time/Mark</u>	<u>Meet</u>	<u>Date</u>
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----

Track and Field Handbook



Individual Marks for Each Meet

Bryan High Invite (JV)

Event: _____ Mark: _____ Event: _____ Mark: _____
Event: _____ Mark: _____ Event: _____ Mark: _____

Doane College Invite (V)

Event: _____ Mark: _____ Event: _____ Mark: _____
Event: _____ Mark: _____ Event: _____ Mark: _____

Bob Whitehouse (Bryan) Invite (V)

Event: _____ Mark: _____ Event: _____ Mark: _____
Event: _____ Mark: _____ Event: _____ Mark: _____

Omaha Benson Invite (V)

Event: _____ Mark: _____ Event: _____ Mark: _____
Event: _____ Mark: _____ Event: _____ Mark: _____

Millar West Invite (JV)

Event: _____ Mark: _____ Event: _____ Mark: _____
Event: _____ Mark: _____ Event: _____ Mark: _____

Jo Dusatko Track (Central) Invite (V)

Event: _____ Mark: _____ Event: _____ Mark: _____
Event: _____ Mark: _____ Event: _____ Mark: _____

Harold Scott Track (Lincoln High) Invite (V)

Event: _____ Mark: _____ Event: _____ Mark: _____
Event: _____ Mark: _____ Event: _____ Mark: _____

Track and Field Handbook



Individual Marks for Each Meet

Bellevue West Invite (V)

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Papillion High Invite (JV)

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Metro Championships (V)

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

JV Metro Championships (JV)

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

District Meet (V)

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

State Meet (V)

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Season Personal Records (PR)

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Event: _____ Mark: _____

Track and Field Handbook



Individual Notes

Track and Field Handbook



Individual Notes

Omaha Bryan High School

Track and Field



2016

ATHLETE GUIDELINES

I welcome questions or concerns from parents; however I request that you first communicate with your son/daughter. If he/she feels the concern or question is valid, then **he/she** should approach me first. If you are still not satisfied with my response then I ask that you bring your questions/concerns to me. You need to make sure that it is at an appropriate time and in an appropriate way:

1. Not occur during a practice or a game
2. Not concern any player other than yours.
3. Not occur in a confrontational manner.
4. Be addressed to Coach Cuddy only.

Coach Cuddy can be reached by calling the high school, 402-557-3100. If these guidelines are not followed, the coach has the right to terminate the meeting.

This form is to be signed and dated by an athlete/parent/guardian.

My signature below verifies that I understand and have read this handbook start to finish, **including** the parent guidelines. I agree to follow the policies set forth in the Bryan High School Track and Field Handbook.

Signature of Student, Parent or Guardian

Print Name Above

DATE