

Lincoln Southeast High School Track and Field Handbook

BE THE BEST YOU CAN BE!

Program Core Values

Consistency

- Excellence is a habit, not a singular act. You are what you repeatedly do. Knights will strive to be excellent in all areas of our lives. We will become Excellent by consistently giving maximum effort towards the task at hand. Over time, these intentional actions will become habits and Excellence will become second nature for us.
- People overestimate what they can do in a day and underestimate what they can accomplish in a year. Knights will consistently give our entire focus to the current task at hand so that we can improve. Over time, these days of improvement add up and we will be happy with our results at the end of year.
- Before we can win any medals in a meet, we need to take care of business in the classroom. Student athletes who do not give consistent effort in the classroom struggle to give consistent effort in practices and competitions. We will be great EVERYWHERE.

We Over Me

- Nobody is bigger than the Team
- Track is a unique sport where individuals can be successful but their teams may not be. This is not acceptable at LSE. We are always stronger together than when alone.
- Motivating yourself to improve not only for your own benefit but for 150 more teammates will always be easier. When times get tough, lean on your teammates for support. When your teammate needs help or a little push, give them the support they need.
- Overall, Knights will work hard so as to not let our teammates down, and we will rely on our teammates when we face adversity.

Confidence

- Knights will be supremely confident on meet day. This will not be confused as arrogance, but a calm Confidence inspired by the work we have put in throughout the year.
- Knights believe they can accomplish anything. Knights do not put a 'cap' on what they can achieve. We will never stop growing.
- There is not challenge a Knight is incapable of facing. We will complete challenging workouts and practices that will give us the confidence to tackle any challenge we see in a meet. WE CAN OVERCOME ANYTHING!

Communication

- Coaches will communicate all information to athletes through team meetings, practice, and Google Classroom. Athletes are expected to check Google Classroom daily as practice times/meeting locations can change based on weather.
- Coach Jarosz will send out a Weekly Update email to all parents. Practice/Meet times and locations will be communicated here as well as any other important information. If the schedule is changed, an update email will be sent out to parents.
- If an athlete is going to miss a practice or a meet, a parent/guardian is expected to email Coach **At Least 24 Hours IN ADVANCE**. If a student is sick from school, a parent/guardian must email Coach before practice starts.
- If an athlete has issues with how practices or meets are being operated, please have them speak with their event Coach or Coach Jarosz before stepping in as a parent. Allowing student athletes to solve their own problems will benefit them greatly in their future. However, if the issue is not resolved, please email Coach Jarosz so we can fix the issue together.

Practice Expectations

- Attendance – Every member of the team is expected to show up and get better Everyday. Failure to attend will result in an Unexcused Absence which can affect your participation in our next meet
- Practice How You Play – You can only perform as well as you practice, so show up with the intent to go past your limits and get better
- Accountability – Hold yourself and your teammates accountable for getting better and being the best they can be
- Commit to giving 100% effort to completing your workout goal. Some days you will only be asked to give maybe 70-80% of your max effort. You will give 100% of 80% on these days.

Practice Schedule

- We will have a Team Meeting in the lunch room every Monday at 3:30. Team Meeting will recognize athletes excelling in practice or meets. The team will also get a Word of the Week to focus on.
- Practice starts at 3:30 and ends by 5:00 everyday. BE ON TIME! We have a limited amount of time to get a lot of work done. Get all work in the training room done before. If athletes are late working with a teacher, they must bring a signed pass. If the team is lifting, practice may end around 5:30.
- We will begin warming up at 3:30. We will split up into event groups at this time. Sprinters, Jumpers, Hurdlers will warm up on the North end of the Track. Distance Runners will warm up on the South end of the Track. Throwers will warm up on the practice field.
- We must be off the Track and the in-field by 5:00 so that Soccer can use the field. Event groups must cool down and stretch before they leave.

Meet Day

- Pre Meet
 - Be on the bus at least 10 minutes early
 - Prepare for the meet on the bus. No horseplay or screaming. Keep volume low.
 - Make sure you are eating healthy snacks and staying hydrated
 - **EVERYONE** helps unloads the bus and sets up the tent, then prepare for a pre meet talk from coach
- During the Meet
 - Relax and stay off your feet before your events
 - Speak with your event coach for reporting and warm up times
 - Compete with Confidence
 - Cheer on your teammates
 - Keep the tent clean
- Post Meet
 - Pick up the tent and load up the bus – **Tent Area will be cleaner than when we got there. EVERYONE HELPS!**
 - Have fun on the bus ride back but no horseplay
 - Everyone helps unload the bus
 - **The bus will be cleaner than when we got on**

- o Go home and recover. Eat lots of protein and carbohydrates to refuel your body! Gotta put gas in the tank!

Awards and Lettering

- Awards/medals will be distributed on the bus ride home if the team competes in an out-of-town meet. If we compete in Lincoln, we will distribute Awards at our next team meeting.
- To receive a varsity letter, athletes must Medal in a Championship Meet, or in 3 total Varsity non Championship Meets. Seniors in good academic standing will receive a letter.
- Coach Jarosz will make final decisions regarding Varsity Letters.

Discipline

- Failure to meet the standards of the program will result in discipline consistent with the actions taken. Any action that disrupts the teams' progress towards reaching our collective goals must be taken seriously. Athletes who are hurting themselves, their teammates, and the team itself will expect to lose opportunities to compete in meets. Coach Jarosz will make the final decision.
- Sports are a safe arena for student athletes to develop many intangible skills. If athletes are unable to meet the standards of our program, they will meet with Coaches to make a plan to solve the issue. This is an opportunity to grow and improve yourself. If you make the same mistake in the future, you may not be given a second opportunity. Remember, the coaches are here to help you reach success!

Traditions

- Lincoln Southeast Track and Field has an illustrious history and a bright future. We will work hard for those who worked hard before us. We belong to the School of Champions and will continue these storied traditions.
- A new tradition that will be started is “Knight’s Stripes.” There will be standards for each grade level for each event. If an athlete meets or surpasses the standard for their age, they will receive a reward. The reward has not been decided but current ideas are rubber bracelets and t-shirts. Student input will play into the finalization of this Tradition.

Offseason Training Program

- There will be a training program available for all athletes after school beginning after the Fall and Winter Sports season starts. All athletes not currently in a sport are encouraged to come and get a head start on their conditioning and technique work. There will be running and lifting workouts every Monday, Wednesday, Thursday from 3:30 to 5:00. For technique work, please speak with your event coach for event-specific offseason workouts.