

HIGHLANDS RANCH HIGH SCHOOL TRACK AND FIELD

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HRHS TRACK AND FIELD TEAM PHILOSOPHY

Track is a very unique sport because it is both a team sport as well as an individual sport. We will always emphasize the team first. All rules are set to better the team; no individual is bigger than the team. A team (whether in athletics, at work, or home) is supportive of its individuals. We strive for a family atmosphere. Pursuit of individual goals and celebrating individual accomplishments within our 'team-first framework' help make Highlands Ranch Track special. At Highlands Ranch High School we believe that the ***team is paramount***. ***Individual goals and team goals do not necessarily conflict, but when they do, decisions will be made for the good of the team.***

Often team means creating and accepting an atmosphere where the accomplishments of others are valued and celebrated alongside our own, and the accomplishments of the team are valued and celebrated above any individual accomplishments. We need to respect the individual and the team, by supporting every member of the team, from Manager to Coach, and everyone in between.

Track has something to offer everyone. Participation in track helps to develop many important life skills such as; perseverance, dealing with difficult situations in a positive manner, teamwork, handling success with humility, and developing and maintaining a healthy body/lifestyle. Participation in track teaches many important life lessons, perhaps most importantly the fact that hard work and tenacity are rewarded with improvement.

As Coaches we will strive to treat every athlete in a fair manner. We realize each athlete is an individual and comes from a different set of circumstances, but the coaching staff will endeavor to treat each fairly.

TEAM ACCOMPLISHMENTS

Consistent success is the true measurement of any program. Highlands Ranch High School Track teams have won 12 Girl's and 11 Boy's Regional titles during the past 28 years. Our young **Women** have won two State Championships (1997 & 1998), finished second twice (1999 & 2000), third twice (1996 & 2001), the Top 5 five times (2001,2008-2011), and the Top 10 four times (1995,2002,2004 & 2005). Our **Men** have also won two State Titles (1997 & 99), finished second four times (1996, 1998, 2000 & 2003), third twice (2006 & 2019), and Top 10 three times (2001,2002 & 2013).

HRHS TRACK INFORMATION

WELCOME to a new season. This handbook is designed to help both players and parents who may encounter problems or questions during the course of the season and school year. We hope that this resource will be of value to you as the season progresses. Again, welcome to Highlands Ranch Track and Field!

PHYSICAL EXAMINATION, PARENT PERMISSION & PARTICIPATION FEE:

Before a student athlete may practice or compete they must be registered online through the HRHS website, https://highlandsranch-ar.rschooltoday.com/home, with a copy of a physical examination which declares them fit for athletic competition through May 2025. In addition, athletes must have paid the activity fee of $200. Please note that the participation fee is not refundable if they quit or are removed from the team.

PRACTICE TIMES:

All practices begin at **3:00 p.m. sharp** every weekday unless notified otherwise. Always come to practice with the following items: personal water bottle (please do not share with anyone), rain gear, warm layers, hat, gloves, spikes (runners), training shoes, and a **POSITIVE ATTITUDE**. Dress for all types of weather. An athlete must have 5 practices before they can participate in a scrimmage or a meet. Practices are usually finished before 5:00 but can last longer depending upon events, weather, and specific training program.

MEETS:

Non varsity meets are usually scheduled for Wednesday &Thursdays, and are for freshmen through seniors. They begin at **3:30** and usually go until dark (7 p.m.) Buses are not provided for non varsity meets. **All JV team members are expected to stay the entire meet to support their teammates.**

Varsity meets are mainly on Saturdays and usually last from 8:00 am to 3:00 pm. The State Championship meet is a three day event. (Thursday through Saturday). **ALL Varsity team members are expected to stay for the entire meet to support their teammates.**

SPRING BREAK

Please note that **we will compete in meets** while maintaining our daily practice schedule **during spring break**. Some school districts have their break earlier or later in the month so several good meets are scheduled at this time. Track team members are expected to be present both at practices and meets during the spring break.

PARTICIPATION

All boys and girls will practice together and many times junior varsity athletes may also work alongside our varsity track athletes. In terms of varsity competition, our first and foremost objective will be to enter our top competitors (as determined by practice and/or meet results) in events to help us to win or be competitive in the meet, regardless of the athlete's grade.

The junior varsity program is designed for a positive experience and to help young athletes find a niche on our teams. Coaches will give every athlete competitive opportunities within the framework of the team concept through our junior varsity meets.

COMPETITION POLICY

All athletes are expected to stay until the end of the meet. Everyone will be expected to help with setting up and tearing down our track team area.

Tips on Being a Supportive Parent

1. If your son/daughter has a problem or question, they should communicate with the event coach and/or head coach immediately. If it is not resolved, a parent should contact the coach at an appropriate time ***(usually not during or immediately after a meet).***

2. Do not expect your son/daughter to improve *every* meet. It is an unreasonable expectation and rarely possible. Do expect them to give full effort. When they have a subpar performance or result, they probably need your support more than ever. Leaving without talking to them, or berating them is NOT helpful. It is important to stay ***POSITIVE!***

3. Please ***DO NOT*** add workouts to their schedule unless you discuss it with their coaches. Our workouts are designed to peak our athletes at the end of the season. Additional workouts, in most cases, will work against the athlete, and increase their risk of injury.

4. Track can be a humbling experience for athletes and their parents. A 'poor' performance (or simply having a bad day) in most team sports is often unnoticed or hidden, but in track the last runner in a race has no place to hide. It is extremely important to stay positive and be supportive. Let them know how much you love them and appreciate their efforts regardless of their ability and performance.

5. Urge your daughter/son to eat right, dress warm (even if the weather looks nice at the time), keep good hours, get plenty of sleep, be a good citizen and great teammate.

6. Monitor their workload. Track is a hard work and teaches many of the same lessons that having a job does like time management, commitment, organization, teamwork and honesty.

7. Please support all our track athletes in all events at meets.

8. We encourage your attendance at your child's meets, and the team appreciates your support as well. Please allow the coaches to do the "coaching" and try to limit extended conversations until your child is done competing. In events where parents are allowed to be close to the action (field events), please give your child some "space" while they are warming up and competing. We also want boyfriends/girlfriends to keep their distance until the athlete is done competing; we appreciate your support in this area.

9. We will try to match an athlete's events with their area of interest. However, due to reasons of safety, team discipline, and competitiveness, ***the coaching staff will have the final say*** in which events athletes practice for and compete in, as well as training methods, groups, and schedules. Please feel free to talk to the coaches if you have questions about what events we are entering them in, or what exactly are good marks for their events.

10. By becoming a part of the Highlands Ranch Track and Field program your daughter/son has made a commitment to the coaching staff and their teammates. Please ***DO NOT*** put your child in the difficult position of missing meets or a significant amount of practice by scheduling vacations and appointments. This causes much harm to team unity and causes resentment in those who are honoring their team commitments.

TEAM RULES

Follow this simple rule and all will be well:

<u>If it's right, do it. If it's wrong, don't! If you're not sure, it's wrong, so don't do it!</u>

1. Attend all track functions/activities designated as team activities by the coaches (practices, meetings, dinners, lifting, etc.)

2. If you will be absent from a track practice/activity, you must ***personally*** contact Coach Krauss or your event coach. Communicate!!!

3. No swearing or taunting. We will represent our track team, school, and community with class.

4. No use of tobacco (includes chewing tobacco and vape), alcohol, or non-prescription drugs. Violations will be handled in accordance with the school policy (code of conduct).

5. Must wear the proper attire for meets, practices and functions.

6. Practices, team functions, meetings, and meets are mandatory to all track athletes. Athletes are expected to be on time and prepared. If you do not attend practice or are late, your opportunity to compete at our meets may be diminished and you may be suspended for up to an entire meet. If a player has 3 or more unexcused absences during track season, the Head Coach has the right to dismiss the athlete from the program for the season. Excused absences include medical emergency, family emergency, or family illness. **All excused absences must be reported to Coach Krauss or event coach.** Missing practice or leaving practice early for a job will be considered unexcused. The amount of time an athlete is penalized is ultimately at the discretion of Coach Krauss. Scheduled appointments and doctor visits should not interfere with track practice.

TRACK & FIELD HRHS AWARDS

CERTIFICATION OF PARTICIPATION

Is earned by all who complete a full season of track and field.

VARSITY LETTER

The Athlete must participate for the entire season and attend required practices. Injured athletes must attend all practices, be undergoing therapy, or make arrangements with Coach to be absent. Athletes must exhibit a good attitude, be a good citizen, and be coachable. The Athlete must stay in good academic standing. The Athlete must compete in the majority of varsity competitions, or score points in the Varsity League Championship Meet, or the State Championship Meet.

FALCON NEWCOMER OF THE YEAR

Presented to the female and male who accumulate the most points in their first year of varsity competition in invitational, league, and state meets.

HEART OF THE CHAMPION

Selected by their teammates as the male and female who best exemplifies the spirit of the HRHS Track program

FALCON THINCLAD OF THE YEAR

The male and female who leads their respective teams in points and/or top three finishes in invitational, league, regional and state meets.

PERSONAL RECORDS(PRs)

Individual improvement is really what participating in Falcon Track and Field is all about. Personal records are always celebrated and rewarded.

SCHOOL/ STATE RECORD

Breaking a school record is a major achievement that drives and inspires our team long after the record holder has graduated. We owe these standard bearers our gratitude and respect. Setting a new state record is rare, and in track and field the ultimate accomplishment. State record breakers have earned the right to be considered the BEST OF ALL TIME in the 5A division or in the case of an All Colorado record, the whole state.

TOP TEN PERFORMANCES OF ALL TIME

The top ten HRHS relay and individual performances of all time in each event are updated at the conclusion of each season.

Men's Varsity Qualifying Standards 2025

110 Hurdles /16.5	300 Hurdles / 46	High Jump / 5'8
100/ 11.8	200/ 23.5	400/ 53.00
800/ 2:08	1600/ 4:55	3200/ 10:50.00
Long Jump/ 18'	Triple Jump/ 38'	Pole Vault/ 10'
Shot Put/ 40'	Discus/ 115'	

Women's Varsity Qualifying Standards 2025

100 Hurdles/ 18.3	300 Hurdles/ 49	High Jump/ 4' 6"
100/ 13.8	200/ 28.0	400/ 65.0
800/ 2:40	1600/ 6:00	3200/ 13:00
Long Jump/ 14"	Triple Jump/ 29'0	Pole Vault/ 6'
Shot Put/ 30'	Discus/ 90'	

Sleep and High School Athletes

Sleep is a general phenomenon that sounds horrible on paper. It involves the involuntary loss of consciousness for a third of your life, you feel awful when trying to omit it, and die if you're somehow successful, but it is vital for health and proper functioning in academics and athletics. It is likened to a reset button, since beyond the revitalizing effect felt when sleep is properly conducted, it clearly distinguishes one day from the next.

The topic of sleep should be emphasized more for young people, since beyond a normal change in the hours slept, there are also many new reasons of questionable importance to omit a night's sleep, whether it is cramming for a test or simply pulling a recreational all-nighter.

Sleeping in and staying up late appear to be normal adolescent behaviors and are by no means abnormal nor should they be fought against.

Surprisingly, sleep deprivation (we're talking about losing 2-3 hours over a single night and reporting "I had poor sleep" rather than completely removing sleep) is not really associated with reduced physical performance in controlled testing. If you plop somebody into a leg extension machine or give them a handgrip test, sleep deprivation will not affect their performance.

However, as soon as you give your sleep-deprived subject a hand-eye coordination test or anything that requires the sixth sense (proprioception) to be activated, they will start to fail. The negative effects of sleep deprivation on athletes seem to be more neural than anything else Activities requiring more precise motor function, would be affected in a greater way.

After several months with near-daily poor sleep, the subject is more likely to have adverse changes in body composition. A well-rested subject in the off season building muscle and losing fat is going to have a better time than a poorly-rested counterpart, who will most likely build less muscle, even if their workouts and diets are comparable. Subjects that sleep less may also have relatively more body fat.

BASIC SPORTS NUTRITION

1. Drink Water:	8 glasses minimum per day
2. Eat 2 pieces of fresh fruit per day:	Apples, oranges, bananas, etc.
3. Eat 1 fresh salad per day:	Rich colored veggies, light dressing
4. Eat 6 oz. of lean protein per day:	Lean meat, grilled fish/chicken

FUEL SOURCES

#1: **Glucose and Glycogen** which come from cereals, grains, pasta, rice, pancakes, waffles, potatoes, fruits, and vegetables. These foods break down into your #1 muscle fuel source.

#2: **Protein** builds and repairs muscle tissue and cells. Lean meat, chicken, turkey, fish, beans, and legumes all break down into amino acids, which build and repair torn tendons, ligaments, and muscle tissue. After competition and weight training a protein meal is the perfect choice.

#3: **Fats** regulate body temperature, hormones, and vitamins A, D, K, & E. Fat is not used as a primary fuel source in anaerobic sports. As a matter of fact, a high fat diet before competition will sit in an athlete's stomach and slow down neuromuscular contractions, dehydrate and give the athlete gastrointestinal distress. Anaerobic athletes need to follow diets that are low in fat and high in complex carbohydrates.

Quantity/ Quality/ Timing/ Combining Foods:

- A stomach is the size of your fist. A snack should be 1 fistful, a meal 2 fists
- Eat a snack (banana & o.j.) every 3 hours to replace lost glucose
- Eat a real meal every 5 hours for glycogen and protein for tissue repair
- Eat fresh/alive foods –ask- "Has this food ever been alive in its life?" If yes, that's good.
- How many calories do I need? It depends on your size, weight, metabolism and sport/position.
  Speed/skill positions need anywhere from 3,000-4,000 calories per day
  Bulk/power positions can eat anywhere from 4,000-6,000 cal/day
- Athletes need to eat **6 mini meals** a day for the quality, quantity and combination of foods they need
- **Variety** is the key and learn to eat from the new FOOD triangle
  - **9-11** servings of grains, breads, cereal, pasta, rice, etc
  - **3-5** servings of colorful fresh vegetables
  - **3-5** servings of fresh fruit
  - **9-12 oz** of protein daily
  - **2-4** servings of low-fat dairy products
  - **1** serving of fats, sugars, etc.

All-Day Events:

Athletes should consider the amount of time between eating and performance when choosing foods at all-day events.

One hour or less before competition:
*fruit and vegetable juices such as orange, tomato, or V-8's
*fresh fruit such as apples, watermelon, peaches, grapes, oranges

Two to three hours before competition:
*fruit juices/fresh fruit
*breads, bagels, muffins (limited amount of butter/ cream cheese)

Three- four hours before competition:
*fruit juices/fresh fruit
*breads, bagels, muffins
*light spread of peanut butter or 1 slice of cheese for breads, light cream cheese/butter
*bowl of cereal with lowfat milk

4+ hours before competition:
*sandwich with 2 slices of bread and 2 oz of lean meat
*fresh fruit/veggies
*lowfat milk

Snack foods:

Concession stands tend to offer high-fat, sugary foods which are less-than-optimal choices for top performance.

YOU should snack on:

- Fruit yogurt
- Frozen yogurt, ice milk
- Cereal and milk
- Pudding
- Breads, bagels, crackers, muffins
- Pretzels
- Fig Newtons, oatmeal or raisin cookies
- Dried fruits
- Fresh fruits/veggies
- Fruit/veggie juices

BROWN BAG SNACKING:

- Always carry around a water bottle and sip from it constantly
- Always have bananas, apples, or oranges available
- Raisins, dried fruits, and trail nut mixes are great snacks
- Bagels, muffins, granola bars and power bars are also good choices
- ***NEVER GO LONGER THAN 5 HOURS WITHOUT EATING***

HOW TO EAT AT A RESTAURANT:

- K.I.S.S. –Keep It Simple Stupid
- Decide in your mind whether you want pasta or protein as your major food choice
- Go to a restaurant that serves wholesome, fresh, variety of foods
- Order in your head before you get to the restaurant – you will be less tempted to order bad things.
- Order low-fat condiments on the side of your food choices
- Always order a fresh salad (light dressing) or fresh vegetables to compliment every meal
- Avoid cream soup, fried or high-fat food choices
- Share your dessert if you must have one.

THINGS THAT WILL NEGATIVELY AFFECT HEALTH AND PERFORMANCE

ALCOHOL (ethanol) is an addictive substance that:

- Can stay in body for 24-48 hours
- Dehydrates the body
- Slows down one's metabolism and reaction time. It makes one mentally and physically sluggish/fatigued
- Interferes with coordination, strength, speed, stamina, speech, depth of perception, timing, and problem solving
- Is a gas which interferes with oxygen and nutrient transportation
- **DO NOT DRINK ALCOHOL – it's illegal if you are under 21!**

FAST FOODS:

- Will sit in a stomach 4-8 hours (on average) and slow down an athlete's neuromuscular timing

EFFECTS OF ERGOGENIC AIDS ON YOUR LIFE AND PERFORMANCE

Ergogenic aids are stimulants that can throw an athlete's performance off

- **CAFFEINE** is an addictive substance that:
  -Too much dehydrates the body and interferes with fine motor skills
  -Too much can cause: insomnia, cardiac irregularity and indigestion

-NO MORE THAN 1 CUP BEFORE PERFORMANCE/200mg-at least 1 hour before event

- **NICOTINE:**
  -an addictive substance that dehydrates the body and throws perception and timing off
- **SUGAR:**
  -the blood sugar rush sends glucose into the blood stream, then the body sends insulin into the blood stream to lower the blood sugar count
  -best time to eat sugar –end of a meal
  -NO CANDY BARS BEFORE/DURING TRACK MEETS
- **SUDAFED, etc**.
  -stimulates and dehydrates an athlete's system –DO NOT TAKE BEFORE MEETS
- **SODAS/OTHER CARBONATED DRINKS:**
  -generally cause bloating and can make an athlete gaseous
  -steal body waters to dilute the sugars
- **DO NOT POP VITAMIN PILLS, SPORTS DRINKS, ETC.**
  -they tend to upset an athlete's stomach
- **VITAMINS**
  -as an athlete, use a vitamin supplement if you do not have a well balance diet

MEALS OF CHAMPIONS!!

BREAKFAST:

- A variety of fruits, juices, cereals, oatmeal, pancakes, waffles, breads, muffins, etc.
- Scrambled eggs or scrambled egg whites as a protein choice
- The key is to combine fruits, grains, and complex-carbohydrates
- Fruit juices (100% juice) –apple, orange, grapefruit, etc.
- Fresh fruit –grapefruit, oranges, bananas, apples, prunes, strawberries etc..
- Cold cereals –Total, Wheaties, Nutri-Grain, Corn Flakes, Raisin Bran, Cheerios…
- Hot cereals –oatmeal, cream of wheat, grits
- Scrambled eggs with toast and jam
- Margarine, maple syrup, honey, jams
- Low-fat yogurt, fruit and granola
- Low-fat milk, tea, coffee, water
- NO SAUSAGE/BACON/HAM OR HIGH FAT FOOD CHOICES!

LUNCH:

- The key is to eat a low-fat, high protein and complex-carb lunch
- Protein sandwiches- turkey, chicken, lean meat, ham, roast beef (NO MAYO!) add lettuce and tomato
- Fresh green salad- tomatoes, carrots, broccoli, oil and vinegar or light dressing
- Chicken Caesar salad- with whole grain bread
- Water based soups- minestrone, chicken noodle, beef barley, tomato
- Pasta- no cream or meat sauces
- Grilled- chicken, fish, or lean meat
- Potatoes (baked), rice, or steamed veggies
- Low-fat yogurt

DINNER:

- Eat a protein meal to build and repair lean muscle tissue
- Choose a complex-carb or pasta meal (muscle energy and energy storage)
- Combine light protein and carbs (combo of tissue repair and energy)
- Spaghetti with marinara sauce
- Salad choices- light dressing
- Breads, rolls, muffins, etc.
- Fresh fruit
- Grilled chicken, lean meat, light gravy on the side, lean steak
- Lean roast beef with low-fat gravy
- Steamed veggies or rice
- Baked potato –low fat cottage cheese
- Yogurt
- NO FRIED FOODS
- Desserts- low-fat yogurt, cake, oatmeal cookies, fresh fruit, jello, etc.
- DRINK WATER, 100% juices, low-fat milk, coffee, tea, etc.

FALCON TRACK COVENANT

I, _____, as a member of the Highlands Ranch High School track team, commit to the following:

1. Achieving excellence in practice, at meets, at home and in the classroom.
2. Demonstrating undying loyalty to my teammates and coaches.
3. Handling success or failure with the grace of a true champion.
4. Will not use alcohol or illegal drugs.

I understand that if I have an unexcused absence from practice or a meet that I may be ineligible for the next meet.

I will notify a track coach prior to missing practice for a legitimate reason.

I will accept my removal from the team upon my third unexcused absence.

I may be removed from the team if I use tobacco, alcohol. Or illegal drugs during the season.

I understand that any unsportsmanlike conduct by myself during practice or meets will result in my being suspended for the next meet, an increased workload, or my removal from the team.

I will show respect to all teammates, coaches, and officials. I will uplift and not demean. I understand that failure to do so will result in my being suspended for the next meet, an increased workload, or my removal from the team.

I accept the responsibility of supporting my teammates and coaches while representing my team, school, and community in a positive manner.

Signed: _____ Date: _____

As the parent/guardian of the above track team member I will not enable her/him to break this covenant:

Parent/guardian:_____

Date:_____