

FIREBIRDS

ATHLETICS DEPARTMENT

MIDDLE SCHOOL TRACK & FIELD



Coaching Staff

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2023-24 SCHOOL YEAR SEASON DATES

Placement Dates: March 18th through 20th, 2024 at the WCA MS/HS Courtyard (time and distance trials for event placement).

Season Dates: March 18th - May 4th, 2024

Track Meets: The NCIL will host four meets throughout the season - [2023 NCIL Meet Schedule and Information](#).

General Practice Dates & Times:

Practice is generally held Mondays, Tuesdays and Fridays from 3:20 p.m. to 4:30 p.m. at the MS/HS Courtyard.

Practice and meet times are subject to change. Please see our [Athletic Calendar](#) for official dates and times.

Team Photos: April 14th, 2023 @ 3:30 p.m.

Banquet Date: The Windsor Charter Academy Middle School Track & Field Team is hosting its annual end of season party/banquet on Tuesday, May 9th, 2023 from 3:30 - 4:30pm. We will run, as a team, Eastman Park where pizza and dessert will be served.

EXPECTATIONS & GUIDELINES

PARTICIPATION REQUIREMENTS

Step 1: Register the student-athlete on the [8to18 website](#).

Step 2: Submit a Sports Physical to Ms. Lindsay Yost, WCA Athletic Director at lindsay.yost@windsorcharteracademy.org.

Step 3: Pay the Athletic Participation Fee in [Infinite Campus](#)

Step 4: Submit an Athlete Participation Form & Goals. This must be signed by both the athlete and parent and turned in to one of the coaches.

Maintaining eligibility. To remain eligible to practice and compete, student-athletes must:

- Meet the WCA Academic Requirements for participation
- Pass 2.5 credits in the semester prior to the season.
- Attend classes each day during the season.
- No more than 1 F or 2 Ds on a weekly academic report during the season.
- Follow all other rules and policies outlined in this document and the [WCA Parent & Athlete Handbook](#).

GENERAL PRACTICE INFORMATION:

Day/Times: Monday, Tuesday, Friday 3:15 - 4:30 PM

Location: Students will start & end all practices at the MS Courtyard.

Note: Practice and meet locations, dates, & times are subject to change due to inclement weather or other factors. Please see our Athletic Calendar for the most up-to-date information.

PRACTICE & MEET RULES

Attendance. Athletes are expected to attend daily practices and competitions.

- Absences will need to be cleared with a coach in advance by a parent email or phone call.
 - In case of an emergency or illness, a parent will need to call or email a coach directly.
- Unexcused absences will not be tolerated.
 - Athletes who have 1 unexcused absence will be placed on probation and will not be allowed to compete in the next competition.
 - Athletes with 2 unexcused absences will be dismissed from the team.
- Leaving a practice or a meet early without a coach's permission will count as an unexcused absence. A parent or guardian will be required to sign a sign-out sheet when picking up their student-athlete from competitions.

Be Punctual. Attendance will be called at 3:15 PM.

Be Prepared. Arrive at practice each day ready to participate. Athletes will need to bring:

- Running Shoes
- Athletic Clothing (shorts, shirt; rain poncho, lightweight gloves, beanie, sweats [as needed])
- Water Bottle
- Sunblock

Warm-up. Warm-ups are required for all athletes but may vary depending on the intensity of the workout. In general, warm-ups will include:

- A half-mile (800 M) easy jog
- 10 - 15 minutes of team stretching
- 5 - 10 minutes of active strides

Give your Best Effort. Each workout has a specific purpose and athletes will be expected to complete the entire workout without deviation from the coach's plan. If you are to improve and become your best, you must learn to exit your comfort zone in workouts. Socializing without practicing and sitting out (without reason) will not be tolerated.

Be Respectful. Athletes should demonstrate respect & good sportsmanship in their attitude, work ethic, and interactions with other athletes and coaches.

- Harassment, bullying, verbal or physical aggression towards a coach or other athletes will not be tolerated and will result in dismissal from the team.

Cool-down. Cool-downs are required for all athletes but again may vary depending on the intensity of the workout. In general, cool-downs will include:

- Push-ups, Sit-ups/Crunches, & Step-ups
- 5 minutes of light jogging
- 10 minutes of light stretching

Aches & Pains are common to all athletes. Learn through experiences which are mild, harmless, or typical to training and which are signs of a possible injury/may be more serious.

- Ice all aches (e.g., shins, achilles tendons, knees, etc.) as soon as possible after practice and races.
- Report all potential injuries to a coach as soon as possible.

Be Safe. It is imperative that athletes keep themselves and others safe at practice and at meets. The following are strict guidelines:

- Stay alert. Failure to pay attention can place yourself and others at risk.

- Say Something. If an athlete feels unsafe, they should tell a coach or a trusted adult immediately.
- Athletes should always be within eyesight of a coach and stay in designated areas.
- When running off campus, athletes should run no more than two abreast on the left side of the road (unless there is a wide shoulder) and stay out of the normal flow of traffic.
- When throwing or jumping, athletes should stay in designated safety zones while awaiting their turn and return to a designated safety zone immediately after their turn.
- Failure to follow safety guidelines may result in immediate probation or dismissal from the team.

TRAINING RULES & GUIDELINES

Banned Substances. Use of Illicit Drugs, Alcohol, or Nicotine is strictly prohibited and will result in an automatic suspension from the team and will be reported to WCA administration.

Sleep. Get 8 - 9 hours of sleep per night to allow your body to recover, repair, and rebuild.

Diet. Eat healthy, well-balanced meals. Avoid skipping meals and eliminate foods with little or no nutritional value.

Water/Hydration. Drink plenty of water during the day (e.g., 80 to 120 fluid ounces) including before, during, and after practice by keeping a water bottle with you. Dehydration can ruin a workout or competition, not to mention become a life-threatening situation. Do not wait to drink until you're thirsty...

Shoes. Purchase a high-quality pair of running shoes. Do not purchase racing spikes or flats until you have a good pair of training shoes.

Prioritize. As a middle school student-athlete, you have a lot going on in your life. To be successful, it is important you carefully plan and set goals to meet your obligations on and off the field. If you need help planning and balancing priorities, talk to a parent or a coach.

ATHLETE PARTICIPATION FORM FOR WCA MIDDLE SCHOOL TRACK & FIELD

Student Athlete Assent: By signing this form, I acknowledge that I have read, understand, and agree to follow the rules and guidelines contained in this document and within the WCA Parent & Athlete Handbook.

Student Athlete Signature

Date

Student Athlete Printed Name

Parent Consent: By signing this form, I acknowledge that I have read, understand, and agree to abide by and support my child in adhering to the rules and guidelines contained in this document and within the WCA Parent & Athlete Handbook.

Parent/Legal Authorized Representative Signature

Date

Printed Name

GOAL SETTING

As coaches at WCA, we are committed to helping you become your best self and recognize setting specific, measurable, & realistic goals is essential to your success in the classroom, on the field, and in life. Goals are an organized plan that give you direction, allow you to measure and track your progress, and increase your motivation to reach beyond your current abilities and circumstances. They will also help your parents and coaches to know how to best support you along the path of athletic success.

In order for goals to benefit you, we would like you to set three levels of goals before the start of the season: Long-term, Intermediate, and Short-term goals.

Long-term Goals represent a high level of achievement you hope to attain in 5+ years (e.g., Break the School Record, Become a State Champion, Obtain a College Athletic Scholarship, Participate in the Olympics). Please list 1 - 2 specific, long-term goals:

Intermediate Goals represent an intermediate level of achievement you hope to attain in the next 1 - 2 years (e.g., Finish in the top 3 on my team in an event, qualify for the district championships). Please list 1 - 2 specific, intermediate goals:

Short-term Goals are confidence building steps you can achieve this week, month, or season (e.g., increase your weekly mileage, set a personal best, improve on a specific aspect of your event). These need to be adjusted as frequently as you achieve them. Please list 1 - 2 specific, short-term goals:

PRINCIPLES OF GOAL SETTING

The following are principles to consider when setting and pursuing your personal athletic goals:

Set Your Own Goals. Ask for advice and seek others' help, but only commit yourself to goals you really want and are willing to work hard to achieve.

Aim High. Set challenging, but realistic goals that inspire you and will require dedication and hard work on your part.

Visualize & Expect Achievement. Frequently visualize yourself achieving your goals and expect you will achieve them – This will increase your belief, motivation, and inspire you to greater effort.

Commit. Write your goals down and post them where you will be constantly reminded of your commitment (e.g., on a mirror, in your locker). Share your goals with a coach, a parent, or a teammate who is invested in your success and will hold you to your commitments.

Reflect on Your Progress. Keep track of your progress and routinely schedule time to review your accomplishments and setbacks (every month or two). Then make adjustments to your plan with the help of a coach.

Keep Your Eye on the Goal. Never lose sight of your goals by momentary distractions or spending too much time thinking about past failures or successes. Your success will grow by learning from the past and taking steps in the present with your eyes focused on the future.

Enjoy the Journey. The most important part of setting a goal is the journey towards achievement. It is the process of striving (your daily attitudes and actions) that will allow you to reach your potential.

Integrity is the Key. Your success will best be measured by your daily commitment, resilience, and honest effort towards your goals and aspirations. If you fail to achieve your goals but have worked and competed with integrity, you have succeeded. If you achieve your goals by breaking rules or taking shortcuts, you have failed. *"The highest reward for man's toil is not what he gets for it but what he becomes by it."* –

John Ruskin

2023 WCA MIDDLE SCHOOL TRACK & FIELD MEET SCHEDULE

Track Meet #1 -Wednesday, April 12th, 2023 @ **Twin Peaks**

Track Meet #2 - Wednesday, April 19th, 2023 @ **Twin Peaks**

Track Meet #3 - Wednesday, April 26, 2023 @ **Twin Peaks**

Track Meet #4 - Foothills /NCIL League Championship -Thursday, May 4th, 2023
@ Twin Peaks Classical Academy

[Foothills/NCIL Meet Information](#)

Entries will be through

Entries will be through <http://co.milesplit.com> PSWD: FoothillsNCIL23

You must enter your roster and entries by 12:00 pm May 2nd, 2023

Order of Events

Coaches Meeting: 2:45

Field Event Start: 3:00

Running Event Start: 3:30

Girls followed by Boys

1600m Run

100m 30"/110m hurdles 33'

100m Dash

800m Relay

400m Dash

400m Relay

800m Run

200m Hurdles 30''

200m Dash

1600m Relay

Boys Shot (4:00-5:00)/Girls Shot follow boys [boys (8 lbs.) / girls (6 lbs.)]

Girls Discus (4:00-5:00)/ Boys Shot follow girls (1Kg)

Girls High Jump (4:00-5:00)/Boys High Jump (Start after girls)

Boys Long Jump (4:00-5:00)/ Girls long jump follow boys

Girls Triple Jump (4:00-5:00)/ Boys triple jump follow girls

Team Event Roles/Responsibilities: Timing: Each school supplies **two (2)** individuals.

Hurdles: All	Starter: West Ridge	Staging: Ridgeview	Relays: HCA
Announcing:	Results: WCA/Immanual	Discus: St. Joseph	Shot Put: Ascent
Long jump: LCS	Triple jump: Jefferson Academy		High Jump:

Individual competitors may compete in a total of 4 events including finals. Those four events may NOT be four running events, but must be a combination of running and field events. Each school has a maximum of 6 athletes per event at each meet.

1. Entries will be through <http://co.milesplit.com>. (pswd: NCIL) You must enter your roster and entries by 12:00pm on the day before the meet. Instructions are included for meet entry.
2. 6 athletes will be allowed in each event except high jump. 4 entrants will be allowed in high jump. A team may enter 2 teams for relays.
3. Athletes may camp, locations are to be determined.

*Open pit for field events. Athletes have 1 hour to complete trials. 4 trials will be allowed per athlete in long jump, triple jump, shot put, and discus. Starting height for high jump will be 3'8" girls, 4'4" boys. High jump will move to the next height 10 minutes after all present jumpers have made or missed their attempts at that height. Athletes who are gone for other events will be allowed to jump their remaining trials at the new height. WE WILL NOT WAIT EXCESSIVELY FOR ATHLETES THAT ARE NOT AT THE HIGH JUMP.

If you have any questions please contact Whitney Grace/Athletic Director, Ridgeview Classical Schools at 574-210-7942 or Lindsay Yost/Athletic Director, Windsor Charter Academy at 970-759-6104.

Schools Attending:

Windsor Charter Academy
Ascent Classical - Northern Colorado
Loveland Classical
Ridgeview
West Ridge
Heritage Christian
Dayspring
St. John
St. Mary
St. Joseph

*Skyview

*Ascent Classical - Douglas County

*Jefferson Academy