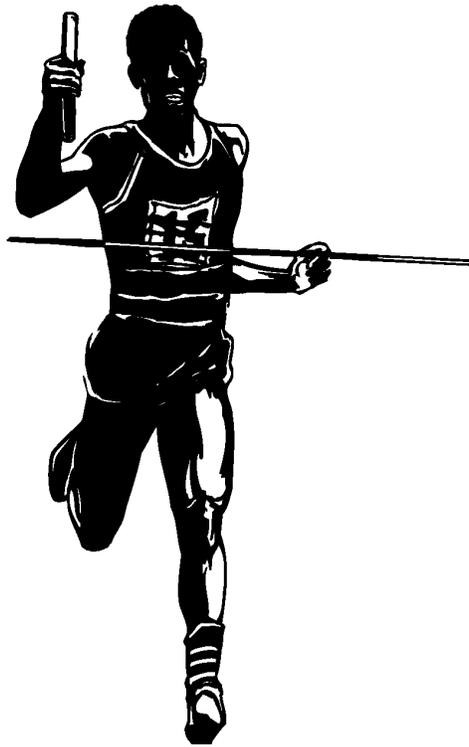


# Verona Boys Track & Field



2026

## Verona Boys Track & Field

Athletes & Parents/Guardians,

Thank you for your interest in the Verona Wildcat Track & Field program. The coaches are excited for the upcoming season. Inside this packet is information that will give you an understanding about the boys track and field team. If you ever have any questions please contact myself, or your son's event coach.

Thank you,  
Joff Pedretti  
VAHS Head Boys Track & Field Coach

Contact Information:

Joff Pedretti (head coach/hurdles): [joff.pedretti@verona.k12.wi.us](mailto:joff.pedretti@verona.k12.wi.us) cell: 608-698-8503 (text preferred unless emergency)

John Campbell (throws): [john.campbell@verona.k12.wi.us](mailto:john.campbell@verona.k12.wi.us)

Shawn Harris (sprints): [shawn.harris@verona.k12.wi.us](mailto:shawn.harris@verona.k12.wi.us)

Matt Cooper (distance/mid-distance): [cooperm@verona.k12.wi.us](mailto:cooperm@verona.k12.wi.us)

Max Herkert (jumps): [herkertm@verona.k12.wi.us](mailto:herkertm@verona.k12.wi.us)

Kyle Jefferson (sprints): [jeffersk@verona.k12.wi.us](mailto:jeffersk@verona.k12.wi.us)

Tyler Francis (mid-distance): [francist@verona.k12.wi.us](mailto:francist@verona.k12.wi.us)

## Wildcat Boys' Track & Field Website

Go to [www.veronatrackandfield.com](http://www.veronatrackandfield.com)

What You'll Find on the site:

- Our team's meet schedule and results
- Head coach's comments of meet highlights during the season
- History/Tradition of Wildcat Track & Field
- School records, class records, home field records
- All-Time lists, updated through the season
- VAHS Alumni who are competing in college currently
- Links to other important Track & Field sites
- Our Youth Programs

## **Verona Wildcat Track & Field Procedures**

### **In order to participate on the track & field team you must do the following:**

Step 1: Complete the 2026 Boys T&F Team Survey at [https://www.veronatrackandfield.com/results\\_links/](https://www.veronatrackandfield.com/results_links/)

Step 2: Complete VAHS Athletics Registration Process [HERE](#) (See detailed steps below)

Step 3: Attend Pre-Season Meeting on Thursday, February 12th from 12:05-12:35 in the VAHS Field House – if there is a conflict, see Coach Harris or Coach Francis in person before the season starts to pick up the paperwork.

Step 4: Attend 1st Practice on Monday, March 9th in VAHS Field House with completed paperwork from the pre-season meeting or from Coach Harris.

#### Detailed Steps for completing Step 2 above:

1. Since this is new, everyone should be NEW ATHLETE, unless you have used Arbiter Registration before
2. Fill out all information, and hit submit
3. You will get sent an email to the account you created the account with to active your account.
4. Once activated, you can search for Verona Area High School in Wisconsin and find our site.
5. Once registration is open, you will be able to register each student, one at a time. Please select all sports they hope to compete in for the 2025-26 school year.
6. Fill out all forms, and attach a digital copy of the physical if you have one available.
7. Not all questions are required, just those with a red star by them!

**Please note, if you are having issues with the site, Arbiter asks you to work with them directly** – If you need assistance with your online registration, please reach out to Arbiter Registration Support at 800-311-4060 or [registration@arbitersports.com](mailto:registration@arbitersports.com)

If you have additional questions, contact Mrs. Saley ([saley@verona.k12.wi.us](mailto:saley@verona.k12.wi.us)).

Questions regarding eligibility can be directed to our Athletic Director, Mr. Stiner.

His office is in the athletics area, near the field house.

Contact information: [stinera@verona.k12.wi.us](mailto:stinera@verona.k12.wi.us) and 608-653-1340

# Great Athletes Make Great Teams!

“That’s the funny thing about really great athletes. Being better than everyone else doesn’t make you great. Your athleticism and talent have nothing to do with being great. What really puts you in the GREAT category, what separates the truly great athletes from everyone else is that they make everyone around them better. A winner makes his teammates better. He brings up their level of play. He makes them feel better about themselves. He understands that for a team to be successful everyone must play their role to the best of their ability. Therefore, the champion treats his teammates with respect and importance. He values their contribution to the team regardless of how small their role may be.”



## Track & Field 101

### How Does High School Track & Field Work

- At Dual Meets/All-Comers Meets - ANYONE can compete, yet the focus is typically on JV athletes. When there are multiple heats or flights, the faster runners/farther throwers & jumpers will be in the earlier heats/flights.
- At Dual Meets/All-Comers Meets – there is no scoring.
- At an Invitational- Typically, only the top 2 Varsity athletes in each event get to compete, however, coaches try to line up things to provide as many opportunities as possible. At an Invitational- Scoring is 10-8-6-5-4-3-2-1
- We will do physical testing/time trials/throw-offs etc. during the 1st week of practice to help determine who will be Varsity for our 1st meet.
- Unlike most teams- everybody will continue to have the opportunity to shift into a Varsity spot as the season continues. No spot is set in stone- so it is possible for a JV athlete with less experience/talent to move into Varsity position if they outwork someone in front of them.
- Like most sports- we don't expect freshman or sophomores to compete on varsity, however, they will if they have demonstrated their ability is at that level.

### Team Clothing

- The school provides athletes with a uniform top and bottom that they return at the end of their season.
- All team members are expected to purchase a team jacket and team t-shirt. We do our best to keep these the same so boys don't have to purchase new items every season. We never want the inability to purchase these items to be the reason for someone not being able to participate in our sport. If the cost is too much for your family, contact Coach Pedretti
- In addition to required gear, team members also have the choice to purchase optional gear such as tights, track pants, etc. We get these items at a discount and sell them at cost.
- The parent/athlete meeting during the first week of practice is the only opportunity to purchase items. We will try to have sample sizes of clothing for guys to try on.

### Tips for Practice Clothing

- Wisconsin has unpredictable weather. Athletes should have clothing for warm weather and cold weather ALL SEASON LONG! Just because we hit a streak of days above 70 or 80 degrees doesn't mean we can't go back to a day around 40-50 degrees. ALWAYS have a sweatshirt, cap, gloves, at least one pair of track pants in your locker!
- Sprinters and jumpers are recommended to have two pair of track pants at all times OR have full tights underneath track pants.
- If an athlete ends up with extra clothing that they don't need for a day, it is likely they will be able to help out a friend who was less prepared.
- We also encourage athletes in running and jumping events to have a wristwatch with a stopwatch function.

### Tips for Meet Clothing

- Meets are different from practices because we are outside longer, there is more time between events, and typically it is dark by the end of the meet. For all of these reasons, athletes should have even MORE warm clothes than they would have at a practice.
- A lot of guys assume that they will be fine at a meet with just the regular team gear (team jacket and track pants), but at most meets a sweatshirt, cap, gloves and second pair of track pants (or tights) is helpful.
- Look at the low temp for a day, if it is below 60 we recommend bringing a winter jacket in addition to regular team gear.

### **Tips for Team Clothing/Gear**

- If wearing tights underneath uniform, it should be BLACK and recommended NOT have different color stitching.
- Wash track gear in cold water, on delicate cycle, with NO fabric softener, then air dry or tumble dry with NO heat. This will help protect it from damage.
- Remove hip numbers from uniform IMMEDIATELY after each competition where they are used. When hip numbers remain on shorts/jerseys too long the adhesive leaves a sticky residue and is very difficult to remove.
- When shoes get wet, they tend to dry faster if you stuff crumpled up newspaper inside of them and leave in a warm and/or sunny area.
- When carrying different sized spikes, use empty plastic container (remove labels from old medicine containers).

NOTE: Not following “tips for team clothing/gear” advice on team uniforms will increase the chance of a uniform being damaged. Families are responsible for the replacement cost with a uniform that has been damaged.

### **Tips for Injury Prevention**

- Most injuries can be prevented by following the tips for practice/meet clothing (above) and our footwear recommendations (below). We STRONGLY encourage you to follow those guidelines.
- Injuries can also be prevented by following the warm-up and cool-down procedures of the coach. Never skip a step in the warm-up and always complete cool-down and stretches after practice/competition.
- Duration of injuries can be shortened when they are treated immediately. When an athlete suspects injury, they should notify the coaching staff immediately and see our school’s athletic trainer.
- If our athletic trainer doesn’t feel the athlete can fully participate in practice, then the injured athlete’s practice becomes reporting to the athletic trainer, completing their exercises/stretching, and checking in with event coach daily. If there is a team meeting, they are expected to attend and be on time.

### **Tips for Icing and Heating**

- Ice bag is for muscle injuries and should be done for 20 minutes with an hour between icing.
- Ice bucket should be done for 20 minutes for shin splints or tendonitis after practice.
- Ice massage can be done for 6-8 minutes (until numb) for shins or specific areas with an hour between.
- Don’t use heat until recommended by the athletic trainer. Introducing heat to an injury too early can increase inflammation.

### **Other Parent Tips**

Have son take all track equipment home the night before a meet to pack everything up together to make sure it’s there- this saves both parents and athletes a lot of stress on meet days.

Avoid using technology with your son at a meet to avoid disqualification. Coaches are allowed to show video to athletes during competition in coaches areas. Parents can show video/pictures to their child in the stands where spectators sit after competition. Don’t show video in an area that can lead to disqualification.

Communicate with coaches if your son is planning on competing in track & field in college (by end of junior year). There have been cases in the last few years where I have been able to assist student-athletes get into a college they would not have been able to get into without their high school track & field experience, or have been able to help ‘upgrade’ their scholarship offer. Keep us in the loop!

## Footwear

### Running Shoes

- Getting quality shoes for athletes in running and jumping events is crucial in reducing the chance of injuries. These shoes will be used at all practices, and for warm-ups and cool-downs from meets.
- Athletes in running or jumping events are HIGHLY encouraged to get their shoes from a running shoe store such as Fleet Feet, Movin' Shoes, Berkeley Running Company, etc. The quality of foam in the shoe is higher at these stores. Additionally, the people who work at those stores are significantly more knowledgeable about fitting an athlete's unique foot needs to the shoe that will reduce their chance of injury.
- When getting running shoes the fit and comfort should be the #1 priority. Color and style factor should play no factor in what shoe they get.
- Running shoes should ONLY be used for track & field practice, not for daily use or for PE class. Use of running shoes outside of practice will wear the foam down more quickly.
- Distance runners should replace their running shoes about every 400-500 miles. Sprinters/jumpers should replace running shoes after the season ends.
- After someone retires a pair of shoes, they can then use them for daily use (walking around, PE class, yard work, etc.)
- Getting running shoes from a department store (Kohls, Dick's, Target) is taking a gamble with injuries since not every staff member is trained in this area and the quality of the foam in their running shoes varies from above average to below average.

### Throwing Shoes

- It is recommended that all throwers have a stable athletic shoe for practices. For most throwers, they would also be able to throw in these for both meets and practice.
- Specialized throws shoes are available, but typically is only helpful for more experienced throwers. If you are unsure if your son would benefit from throws shoes, contact John Campbell (throws coach).
- Occasionally we have throwers that also participate in sprinting events. Any throwers who plan to do a significant amount of sprinting (training with sprinters or jumpers three or more days a week) should get a pair of running shoes for training.

### Competition Shoes (Track Spikes)

- Shoes with spikes for running/jumping events are highly encouraged.
- Some spikes are made for very specific purposes, while others are more general and can be used for a variety of events. While it is safe for distance runners to get distance spikes, sprinters/jumpers that are new to the sport are encouraged to get a general spike (mid-distance) rather than one made for a specific event because they often try many events. Getting a 100/200 specific sprint shoe should be avoided unless the athlete already has a general spike that can be used in jumping/hurdling events.
- Spikes are occasionally used in practices when speedwork is being done. Athletes with track spikes should have them at practices.
- Because track spikes aren't used every day, they can often last 2-4 seasons before needing replacement.
- If a team member has a pair of spikes that have been outgrown or no longer use, but are still in good condition, we encourage them to donate them to the team. Donated shoes can be checked out to someone on the team for one season.

## Verona Boys' Track and Field Expectations

<b>General Expectations</b>		<b>Expectations for leader/emerging leader</b>
Practice Conflicts	Notifies coaches of practice conflict with as much advanced notice as possible so that the workout or technique work can be rescheduled.	Minimizes/eliminates conflicts by taking care of business ahead of time and sets an example for others by making practice a priority.
Meets	Attends all meets they are scheduled to compete in and stay and support teammates until all events have completed.	Attends ALL meets until completion while rallying groups to support teammates who are still competing for the team.
Weekend Practices	Comes to all weekend practices- if there is a conflict see "practice conflict" section for veterans.	Attends all weekend practices, and also reminds other teammates of the time and day of practices.
Other activities/ involvements	Makes the track and field team a priority in the spring season by not taking part in activities that would jeopardize training or meet performance.	Makes the track and field team a priority during the spring season and helps teammates see the importance of making it a priority as well.
Spring Break	Comes to all practices while in town- if it is anticipated that a practice or meet will be missed- see "practice conflict" section.	Attends all practices during spring break and helps organize a team activity for the week (grill out, movie, etc.).
In-Season Lifting	Lifts after practice when scheduled with lifting card. If in strength/conditioning class, they lift with a different card.	Lifts after practice with team and assists teammates at times to make sure they are lifting with proper technique.
Pre-Season Preparation	Trains by following their event coach's off-season program if not competing in another sport.	Trains in off-season, but also organizes other teammates who aren't in other sports to train w/them as a group.

### Common Excuses that are Non-Excused Reasons to Miss Practice

*Every year we go over this list on the 1<sup>st</sup> day of practice and some seasons we get a new excuse that we add to the list for the future. If we add anything to this list for the current season, we will announce that update in one of our weekly team meetings.*

- #1- "I'm sore" or "I'm tired." Coaches answer- we are working hard, you are supposed to be sore sometimes. If you are tired, go to bed earlier (perhaps by watching less TV or not playing video games).
- #2- "I'm hurt" or "I'm injured." Coaches answer- then see the athletic trainer, the stretches/exercises they give you is your practice. Check in with coaches when you are finished with the athletic trainer's activities.
- #3- "I have a group project." Coaches answer- Let your group know you are in a sport and what time your practices are usually over. You can meet after that time, or before school.
- #4- "I don't have a ride." Coaches answer- if you live farther away, ask Coach Pedretti to add you to the late bus list. You can also ask a teammate if they or their parent can give you a ride. In some cases, coaches can give a ride when someone has asked around and unable to find a ride.
- #5- "I'm going to the State Basketball Tournament." Coaches answer- if you are playing in it, you are obviously excused. If you would like to watch the tournament, get tickets to a session that doesn't conflict with track & field practice.
- #6- "I've got a lot of homework tonight" Coaches answer- balancing school with practice is part of being a student-athlete. Find other things to cut out of your schedule (TV and video games). If you are struggling in a class meet with Coach Pedretti to develop a plan- simply not showing up to practice with little/no notice demonstrates poor communication and isn't acceptable.

Others: "I have a haircut." "I have tickets to a Brewer's game." "I'm going fishing."

Also- if someone is feeling well enough to make it until the end of their final class of the day, they are not sick. If a coach feels an athlete is not well enough to practice, they will dismiss them.

*Note: If you do have an excused reason to miss a practice, the individual who is missing needs to deliver that message to the coach. It is no other team members responsibility to deliver that message for someone. Most coaches can be contacted by email and/or cell phone. Communicating in advance is always best!*

# School Attendance Policy

Student-athletes must be in class for ADVISORY and all afternoon classes to attend practice and to participate in competitions occurring that day. **The following excerpt is from the Code of Conduct, which all athletes sign before participating, and it is expected that all coaches/athletes uphold:**

"Students must be in school by the start of their A+ period class to be eligible on the day of a performance (PARENT EXCUSED ABSENCES DO NOT WAIVE THIS REQUIREMENT – ONLY DOCTOR PROVIDED MEDICAL EXCUSES WHICH ARE DESIGNATED AS AN “X” IN POWERSCHOOL). Those students unable to complete the school day due to illness will not be allowed to participate. Any unexcused absence will result in the student being restricted from participation. \*\*Exceptions will be granted by the principal, associate principal, or activities Director ONLY once the unexcused absence is discovered or resolved."

Each day at approximately 3 PM an email is sent to Coaches with that day's attendance. Any student that has an absence marked for Advisory or any other class (with the exception of an "X" for medically excused by a doctor or an "F" for a funeral) will not be allowed to practice or participate. Excessive Tardies/Lateness/Walkouts will be addressed as needed.

## **Typical Codes you will see in your attendance on PowerSchool:**

A = Absent = cannot practice

E= Tardy Excused

T=Tardy under 10 min. late

I= Illness = cannot practice

L=Over 10 min. late

M=Medically excused by a parent = coach's discretion

**X = Medically excused by a doctor's note - CAN PRACTICE**

P = Parent excused = cannot practice

G=General excused = cannot practice

W=Walkout = cannot practice

**F=Funeral - CAN PRACTICE**

## Track & Field Coaches Philosophies

### Philosophy on Other School Sports:

We encourage all of our track & field student-athletes to participate in other sports through VAHS in the fall and winter sports seasons. In most cases, our most successful athletes are in one or two other sports outside of the track & field season. We do offer pre-season training opportunities for out of season athletes in the winter for all event groups, but if an athlete in a winter sport (basketball, wrestling, hockey, swimming) then that sport takes priority over all pre-season training options.

### Philosophy on Preparing for Track & Field Season:

As stated before, the #1 way a student-athlete can prepare for the track season is participating in a fall and/or winter sport. There are many other opportunities for athletes as well. For sprinters, jumpers, and throwers, these include: Flying V's Track & Field Club, Winter Training Club, track & field camps, and summer/school Strength & Conditioning. For distance/mid-distance we encourage summer running mileage, Winter Warriors, and summer endurance strength camp.

### Philosophy on Spring Break:

For most guys on the team, the season is 9-10 weeks in length. **When someone leaves for break, they miss 10% or more of their season. That is a significant chunk of time, and makes it much more difficult for an athlete to reach their potential.** In many cases, we've seen an athlete leave for break and come back performing the times/marks they were getting two weeks before leaving, while the guys that stay around continue to progress forward. In the cases where athletes have left and continued to have successful seasons, they communicated with coaches in advance, got workouts, identified a track facility near their vacation spot, and committed a portion of their day to practice. Even when training is continued, the technical instruction in sprints/relays, hurdles, jumps, throws cannot be replicated and that extra "push" one receives on those harder workouts from the presence of their teammates is missed.

**If an athlete is leaving over break for a family vacation they should communicate that to their event coach in advance. If there is a meet at the end of spring break, spots will first be given to athletes who were present for most of spring break practices,** however, we will NOT take a JV athlete to a varsity competition unless we feel their time/distance will fit the field of competition.

### Philosophy on Donating Blood In-Season:

While donating blood is a noble thing to do, doing so while in-season is strongly discouraged. The coaches on the staff who donate blood on a consistent basis avoid donating blood during season due to the amount of energy it takes out from just the activity of coaching. For an athlete, the effect of this energy drop is even more substantial. For distance/mid-distance athletes, donating blood during any part of the training cycle (in season or pre-season) is extremely detrimental to performance. Team members who feel strongly about donating blood are encouraged to do so when the season is over rather than the school blood drive that takes place during the spring.

### Philosophy on Club Sports (Update):

We encourage all team members to participate exclusively in track & field during the 2-3 months of the spring sports season. We will allow a team member to participate in a club sport during the season as long as they communicate their club practice/game schedule to their event coach & head coach by the the 1st week of practice. Honesty and communication are the key to avoid injuries and conflicts, so anyone not communicating their club status will be subject to team consequences. In some cases, opportunities to compete on varsity can be limited

depending on what the combination of the club schedule is to our track & field schedule. **If a team member's club participation extends into the final weeks of the season, that could also impact the coach's decision for tournament selection at the end of the season.**

**Philosophy on Jobs/Working In-Season:**

We believe having a job has benefits and can help increase one's responsibility, yet with all the time that goes into school and sports, being a successful student-athlete can be very difficult while working. Because of this, we encourage student-athletes not to work a job during the season or significantly reducing hours if possible. We recognize that this may not be an option with some families, so there is no team consequence for someone working during the season as long as practice expectations are met.

# LEAVE YOUR MARK

Five years after graduation, very few students at VAHS will remember who you were. Fifteen years from now, most or all of the records that you or your teammates set will be broken. When that time comes, the only person that will **TRULY** know if you left a mark is yourself. So be honest with yourself, push yourself to be your best every day in every aspect of your life. The most important mark you make will likely not be a time, a distance, or a height, but rather the way in which you made those things happen- the **WAY** you competed, the **WAY** you prepared, the **WAY** you treated your teammates, classmates, and community.

Every person on this team has the ability to leave a mark regardless of athletic ability. And once your mark has been placed, you join the Wildcat Track & Field tradition because you have in some way inspired the next group of athletes to inspire the next group of athletes and so on... and in that way, you should forever feel a part of the success that continues years after you are finished competing.

*What are you doing right now to leave **YOUR** mark?*



# Verona Boys' Track Letter Table

## Team Contribution Points

Automatic Contribution Points\*: Compete at State, Break School Record, All-Conference, Senior who demonstrates leadership and finishes season in good-standing. (20 pts)

### At Invites:

1. 1pt for every Invite competed as Varsity = \_\_\_\_\_
- 2 Add 1 pt for each point scored at Invites (or 1/2 pt for each pt scored on relay) at Invites (see Meet Results sheet – “Meet Letter Points” tab) = \_\_\_\_\_
3. Freshman or Sophomore record- 10 pts per event
4. Medal at Conf. Championship (4<sup>th</sup>-8<sup>th</sup> individual event; 4<sup>th</sup> and 5<sup>th</sup> in relay event)- 10 pts
5. Place at WIAA Regional- 10pts
6. Junior who demonstrates leadership and finishes season in good-standing. 10pts
7. Letter effort (check other sheet)- 5/10 pts per event (one time only). Event(s): \_\_\_\_\_
8. Points carried over from dedication points section (points above the minimum of 22) \_\_\_\_\_

\*Must still meet requirements in other columns to earn Varsity letter.

## Dedication Points

1. Let coaches know of absences in advance- 6pts  
(-1 pt each time not notified in advance)  
(-1 pt each unexcused absence)
2. Stays at meet until ALL teammates have competed at each meet they are a participant - 6 pts  
(-1 pt for leaving meet with 1 days advanced notice)  
(-2 pts for leaving with day of meet notice)  
(-3 pts left meet without notifying coaches)
3. Comes to every spring break practice- 2pts  
(1pt if attends over half of SB practices)\*
3. Arrives at practices, bus departures, and team meetings on time- 3pts
4. Participates in no other athletic clubs/intramurals during the track season. – 3pts. (WIAA school sports are OK)
6. Maintains academic eligibility through entire season- 3 pts
7. Is not suspended for any on or off the track behavior - 3pt
8. Participates in a team approved community service event during the season. (Must get advanced notice prior to event if different than what was sent by coaching staff.) – 2pts
9. Hands in uniform, cleans out locker, and this form back into coach before or at the State Track & Field meet- 2pts

*\*Excused absence communicated in advance will not count against this section.*

*30 of 30 earned would result in an athlete receiving the "Commitment Award" at the end of the season.*

**Total = \_\_\_\_\_ 20 minimum**

**Total = \_\_\_\_\_ 22 minimum**

**Name** \_\_\_\_\_

**Your Signature** \_\_\_\_\_ **(All above is accurate)**

\*\* Must turn in this form and have it signed to be eligible for any awards! Anyone academically ineligible will not be eligible for any VAHS track & field awards.

## TRACK & FIELD LETTER EFFORT POINTS

Points may be acquired in the following ways:

a) Competition points 10-8-6-5-4-3-2-1 in invites- (relays points always count as 1/2 points at any competition)

b) Effort points: These are one-time points per season.

8/15 points per event listed below. Example an athlete who runs 24.0 or better in the 200M and jumps 19' in the long jump would earn 10 total points plus any place points.

Event	Gold Standard (15pts)	Silver Standard (8pts)
100m	11.3	11.8
200m	23.0	24.0
400m	52.0	54.0
800m	2:02.0	2:06.0
1600m	4:35.0	4:45.0
3200m	10:00.0	10:15.0
110H	16.0	18.0
300H	43.0	45.0
Long Jump	20'0	19'0
Triple Jump	40'0	38'0
High Jump	6'0	5'8
Pole Vault	11'0	10'0
Shot Put	45'0	42'0
Discus	135'0	120'0

## HOW TO BE A SUCCESSFUL WILDCAT TRACK & FIELD ATHLETE

### To be successful in the classroom:

- Show up to class on time
- Hand your work in on time
- Be polite to your teachers
- Ask for help when you need it
- Do extra credit when it is offered

### To be successful in the sport track & field:

- Listen to the coaches
- Do the work that is expected
- Complete the workouts with your best effort
- If something is keeping you from being your best- communicate that to the coaches
- Ask a coach or teammate if you are unsure about something at practice
- Do what you can to make the team better
- Be consistent in your daily routine
- Get consistent sleep at night
- Balance schoolwork with social life and free time
- Say no to video games
- Dress for the weather like a track & field athlete, not like a day on the beach
- Think about what you are eating

### Eating Well

- Eat a good breakfast- whole grains are best (cereal, bagel, oatmeal)
- Have a small (100-200 calorie) snack between meals (granola bar, apple, etc.)
- Don't skip meals
- Drink plenty of water throughout the day to stay hydrated (8- 8oz glasses), and have a water bottle at practice
- Avoid soda, sugary drinks, and high caffeine "energy drinks"
- Limit junk food, fast food, processed food, and foods high in fat as much as possible
- Try to have at least 1 fruit and least one cup of vegetables a day
- Re-fuel within 30 minutes of the end of your workout with a 200 calorie snack and/or chocolate milk (sports drink is ok, but chocolate milk is better)
- Make a plan of when and how much to eat during a meet. If you never re-fuel during a competition you'll run out of steam. Have too much and you'll be sluggish.

# Big 8 Conference Track & Field Dual Meet Schedule

## Order of Events

All running event times are approximate. Events will be run ahead of schedule when possible, but could be pushed back if there are delays from weather or other delays. Athletes should report to the clerk of course on the first call. **NO TAPE ON RUNWAYS. TAPE IN RELAYS MUST BE REMOVED AFTER YOUR RELAY EVENT! SPIKE RULES: 1/4 INCH PYRAMID ONLY! NO PINS OR CHRISTMAS TREES**

### Field Events- Varsity 4 attempts- JV 3 attempts- NO FINALS!

4:30 pm **FIELD EVENTS BEGIN-** In Big 8 Field Events are NOT always in the same order...

**On ODD Years**

the Boys Pole Vault, Triple Jump and Discus will begin immediately, with Boys High Jump, Long Jump and Shot Put starting **AFTER** completion of the girls competitions in those events.

-----  
**On EVEN Years**

the Boys High Jump, Long Jump and Shot Put will begin immediately with Boys Pole Vault, Triple Jump and Discus, **AFTER** completion of the girls competitions in those events. Even dates Timetables are just estimates\*



### Running Events

4:30	Girls 100 HH	V, JV1, JV2, etc.
4:37	Boys 110 HH	V, JV1, JV2, etc.
4:45	Girls 100M Dash	V, JV1, JV2, etc.
5:00	Boys 100M Dash	V, JV1, JV2, etc.
5:15	Girls 1600M	Varsity & JV one section
5:30	Boys 1600M	Varsity & JV one section
5:45	Girls 4x200M	Varsity & JV one section
5:50	Boys 4x200M	Varsity & JV one section
5:55	Girls 400M	V, JV1, JV2, etc.
6:00	Boys 400M	V, JV1, JV2, etc.
6:05	Girls 4x100 Relay-	Varsity & JV one section
6:10	Boys 4x100 Relay-	Varsity & JV one section
6:15	Girls 300M LH-	V, JV1, JV2, etc.
6:25	Boys 300M IH	V, JV1, JV2, etc.
6:35	Girls 800M	Varsity & JV one section
6:45	Boys 800M	Varsity & JV one section unless numbers dictate 2
6:55	Girls 200M	V, JV1, JV2, etc.
7:15	Boys 200M	V, JV1, JV2, etc.
7:35	<u>3200 M-Girls and Boys Varsity &amp; JV one section. -Cross country style finish by number</u>	
7:50	Girls 4x400 Relay-	Varsity & JV unless more than 8 Teams
8:00	Boys 4x400 Relay-	Varsity & JV unless more than 8 Teams



\*Note: Times are approximate- when going against larger teams events may take longer.

## Verona Boys Track & Field Team Guidelines

1. I will understand, accept and follow the Verona Area School District Activities Code of Conduct. Team Captains who violate the Code of Conduct will lose the title of Captain.
2. I understand that being a member of this team, that this is a privilege, not a right. I will accept and follow any rules listed below. Any additional rules not listed here but added throughout the course of the season will first be communicated to all team members, then followed appropriately.
3. I understand I need to be Alcohol, Drug, E-cigarette/Vape & Tobacco Free – ALL YEAR LONG! **AND** need to hold teammates accountable to being Alcohol, Drug, E-cigarette/Vape & Tobacco free by encouraging each other to make the right choices by removing yourself (and them) from situations where these substances are present.
4. I will return all equipment and uniforms issued to me in good condition, or it will be my responsibility to financially replace it.
5. Keep the locker room and your locker clean! Away facilities used must be treated with respect and kept clean.
6. Team members are expected to be in team warm-ups and uniforms at all meets. We are a team!
7. You are expected to attend all team practices, meetings and meets that I am assigned to without unexcused absences. I must notify a coach in advance, if possible, if I am going to be late or miss a practice, meeting, or meet. \*Excused absences and tardies will not impact athletes participation in meets. Excused absences and tardies include family emergencies, medical appointments, school functions, etc. Typically, our most successful athletes find ways to adjust other activities around our team practices. Any unexcused absence could result in missing a meet, or being dismissed from the team. Because relay members are a team and must practice together anyone missing practices either *excused* or *unexcused* may be replaced in a relay.
8. You must ride the team bus to all away meets unless you and your parent/guardian complete the Transportation Release Form in advance of the meet and get it to the Athletic Director. \*Although riding the team bus home to/from away meets is an important time for team unity, athletes may leave from an away meet, if necessary, with their own parent/guardian after a parent has been released by their coach. Athletes may leave with another athlete's parent(s) only if they complete the Transportation Release Form in advance of the meet. Any other travel arrangements must be approved by the head coach and have the written approval of an administrator.
9. During a track meet, I will stay and support my teammates until the conclusion of the meet. \*Only for reasons approved by a coach will you be released early from a meet. These reasons include school functions, medical appointments, family emergencies, etc. This guideline includes those athletes that leave with their parent(s). It is important that if you do leave with your parent(s), you wait until the conclusion of the meet, unless you have a valid reason to leave early. For an invitational, not being able to stay until the end of a meet can result in being replaced by another teammate for your events or missing the next invitational.
10. You should NEVER leave a team activity until the coach has released you. Failure to adhere to this rule will result in disciplinary action and could result in team consequences or dismissal from the team.
11. If at any time an emergency situation results in you been unable to contact your coach ahead of time, you should call Coach Pedretti at 698-8503 ASAP and leave a message. NEVER DEPEND ON A TEAMMATE TO DELIVER A MESSAGE FOR YOU!! It is your responsibility as a young man to communicate with your coaches.
12. Any athlete, who taunts, baits, uses inappropriate language or argues with teammates, opposing athletes, coaches, officials, or fans will be subject to disciplinary action by the coaching staff. Any repeated violations will result in suspension or dismissal from the team.
13. Parents are expected to follow proper sportsman like conduct. Please refrain from vocally criticizing athletes, coaches, officials, and fans at ALL times. Remember your actions are a reflection of your family and our track program. Positive contributions are always welcome. Any questions concerning your son can be directed to my email [pedretti@verona.k12.wi.us](mailto:pedretti@verona.k12.wi.us) Please no calls at home unless of an emergency nature. Please **DO NOT** contact administrators, or board members about team management issues- this is not their job.
14. You must report any injury to your coach or our trainer immediately. If you are injured and require treatment or rehabilitation, never miss a scheduled training room meeting. (This is your practice while injured)
15. You are expected to do your best in the classroom as well as on the track. Our coaching staff will monitor your grades and conduct at school. Equally important are your actions and conduct away from school. Please avoid any situations that would embarrass you, your family, your team, or your school.
16. Any issue that may arise during the season that is not mentioned in these guidelines or team handbook will be dealt with in an appropriate manner.
17. My parent(s) and I understand that there are risks involved in track and field. I will check any equipment before I use it and I will do my best to ensure my safety and the safety of others in all practice and meet situations.