



TRACK & FIELD

BOULDER HIGH SCHOOL

TRACK & FIELD TEAM POLICIES

This team policies document is not exhaustive, and all students are required to abide by these policies in addition to governing NFHS, CHSAA, BVSD, and BHS Athletics Policies and Guidelines.

OUR MISSION/PURPOSE

We are building a program that prepares student-athletes for success on and off of the track.

“The magic is in the work.”



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I. PHILOSOPHY AND VISION

Track and Field is a unique sport where athletes compete not only against others but also against themselves. While not every athlete will have the opportunity to compete at the CHSAA State Championships or on the Varsity team, every participant will have the chance to improve and achieve new personal records (P.R.) with each race, jump, vault, or throw.

Track and Field is primarily a mental sport where attitude defines success. Participation in the sport allows student-athletes to develop the skills necessary for their specific events while also learning how to reach their fullest potential through hard work, a positive attitude, self-motivation, dedication, consistency, discipline, and effort.

II. COACHING STAFF

| | |
|----------------------------|--|
| Dr. Tony Pinter | Boys Head Coach (Sprints, Relays, Jumps, Throws) |
| Theresa Ellbogen | Girls Head Coach (Mid-Distance/Distance) |
| Wayne Carroll | Sprints, Relays |
| Dwight Gilbert | Hurdles |
| Mary Vincent | Jumps, Pole Vault |
| Chris Thorson | Pole Vault |
| Geo Tam | Distance |
| Austen Dalquist | Distance |
| Carlos Fernandes II | Distance |
| Devin Clark | Distance |
| Emery Bradlina | Mid-Distance/Distance |



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Shannon Aberton Athletic Trainer

Ryan Bishop Athletic Director

III. POLICIES

All athletes are expected to adhere to the following team policies, as well as all governing policies and regulations established by NFHS, CHSAA, BVSD, and BHS for athletic participation. Failure to comply may result in disciplinary action, up to and including removal from the class or team.

GRADES

If you have any F's, you don't compete that week. Simple as that. Grades are checked on Tuesdays and Fridays.

PUNCTUALITY

Athletes are required to arrive on time for all practices, meets, invitationals, and team meetings. Remember: **"Early is on time, on time is late."**

If an unavoidable situation arises, it is the athlete's responsibility to notify their head coach immediately via email.

LEAVING PRACTICE

Do not leave practice without checking with your head coach first. Repeated instances of this will result in dismissal from the team.

OUTSIDE TRAINING AND COMPETITION

Athletes may not participate in outside training or additional meets during the Track & Field season (February–May) without prior permission from their head coach. That includes training for other BHS sports.



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DRESS CODE

Proper athletic attire, including running shoes, is required for all practices and meets, regardless of injury status.

TECHNOLOGY

You do not need to bring your phone to practice. Leave it in the locker room.

Similarly, you do not need headphones/earbuds. Practice the way you compete – you can't wear that stuff while competing, so why wear it while at practice?

PERSONAL RESPONSIBILITY

Athletes are expected to demonstrate personal responsibility both on and off-campus by:

- Attending practices every day, and participating to the best of their ability in those practices (this includes being prepared to practice)
- Reporting all injuries to their event coach (including sore muscles, blisters, and minor bruises). Coaches will assess injuries before referring athletes to the Athletic Trainer or recommending external treatment.

FIELD ACCESS

Access to warmup and competition areas is restricted to coaching staff, authorized volunteers, campus faculty, and competing athletes. Parents and non-competing students are not permitted on the field during practices or meets.

TRANSPORTATION

If you aren't on the bus, you don't compete. Athletes are not permitted to drive themselves or friends to meets, except in extremely rare circumstances that require the explicit permission of their head coach.

If your parents wish to take you home after your final event of a meet, you need to get your head coach to meet with them at the meet briefly before you leave. That means you,



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the athlete, need to find your head coach and bring them to your parents. You, and only you, are then allowed to leave the meet. No, your friends can't leave too.

FUNDRAISING

Fundraising enables us to provide snacks and discounted clothing to all athletes, and to help develop our program. All athletes are expected to participate in fundraising efforts, which might include selling fundraising items or sharing information about local fundraising nights at businesses.

ZERO-TOLERANCE POLICY

The Track & Field program enforces a strict zero-tolerance policy regarding:

- Alcohol, drugs, smoking/vaping, and other harmful substances.
- Weapons or dangerous items.

QUITTING THE TEAM

Athletes who quit the team or are dismissed must submit a letter to their head coach if they wish to be considered for readmission in future seasons.

COMMUNICATION WITH COACHES

In the spirit of developing self-sufficient human beings, all communication to head coaches should come from the athlete, **not the parent**.

It is the athlete's responsibility to communicate about absences from practice.

EXCEPTIONS AND VIOLATIONS

All exceptions to team policies are subject to approval by the Head Coach, though exceptions will be rare. Violations of team policies or school regulations will be reviewed by the coaching staff, and appropriate penalties will be determined as necessary.



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IV. MEETS

Our team participates in two types of meets: mid-week full team meets and weekend invitationals.

As part of our commitment to excellence and team cohesion, athletes are expected to prioritize participation in Track & Field meets above any other outside activities, including club practices or games, church activities, or other engagements. Dedication to the team is essential for maintaining its integrity and success.

By adhering to this policy, we reinforce the importance of each athlete's contribution to the collective success and integrity of our team.

MID-WEEK MEETS

Mid-week meets are opportunities for all athletes to compete. Athletes are allowed to sign up for whatever events they wish to participate in at those meets. The head coaches will enter as many athletes as they can, depending on particular participation limits for a given meet.

WEEKEND INVITATIONALS

Invitations are selective, varsity-level meets held on weekends (Friday and/or Saturday). Coaches will determine what athletes are competing in what events.

V. VARSITY LETTERS

To earn a Varsity Letter, an athlete must meet one of the following criteria:

1. Complete an event in a varsity-level meet and place in a points-scoring position.
2. Seniors are eligible to earn a letter if they have participated in our program for at least 2 years prior to their senior year.



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VI. SPRING BREAK

Spring break is a break – the first few weeks of the season are intense. However, this doesn't mean that you should stop working out.

The coaching staff will provide workouts for you to complete if you are traveling. If your travel is to do some type of athletic activity (like skiing), then you do not need to worry about working out.

In the event that the coaching staff are available for workouts during the spring break week, that will be communicated the week prior to spring break.

VII. MISCELLANEOUS

All athletes are expected to conduct themselves in a manner that reflects positively on themselves, their coaches, their parents, and Boulder High School. Athletes must uphold the high standards of behavior expected of all Boulder High students, both on and off the field.

While this document outlines many of the policies and expectations for participation in Track & Field, it is impossible to anticipate and list every potential infraction. Any attempt to circumvent these policies or exploit loopholes will not be tolerated.

Athletes are expected to adhere not only to the **letter of the law** but also to the **spirit of these policies**, demonstrating integrity, responsibility, and respect at all times. Those who fail to meet these expectations will be subject to disciplinary action, including potential removal from the team.

By participating in practices and competitions, athletes agree to abide by all the policies and expectations outlined in this document. The coaching staff will hold each athlete accountable to these standards to maintain a safe, supportive, and successful team environment.

These policies are in place to ensure the safety, integrity, and cohesion of both the individual athlete and the team as a whole. Together, we strive to build a program that embodies excellence, discipline, and Panther Pride.



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