

2010 BELLA VISTA HIGH SCHOOL

TRACK AND FIELD GUIDE



1981 GIRLS 4 X 100 RELAY TEAM

HOLD SCHOOL RECORD — 49.67. FROM TOP —
JILL MOSS, CRIS NICHOLAS, CAROL BANKS,
DENISE MAAS

COACHING STAFF

Head Track and Field Coach: Dave Unterholzner (jumps/hurdles)
Distance Coach: Brett Sargent
Sprint Coach: Jim Ashen
Shot Put/Discus Coach: Matt Weir
Pole Vault Coach: Clay Taft

Main Office Phone: 971-5052; Boys Physical Education: 971-5032; Athletic Directors: 971-5093

B.V. Track & Field Web Site - <http://www.bytrack.com>

2010 Bella Vista Track and Field Schedule

<u>DATE</u>	<u>DAY</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
February 24	Wed.	Inter-squad Meet	Bella Vista	3:00 PM
February 27	Sat.	Clarke Massey Relays	Cordova High School	8:45 AM
March 3	Wed.	Ponderosa	Bella Vista	3:30 PM
March 6	Sat.	C.A.L Invitational	Bella Vista	9:00 AM
March 10	Wed.	C.A.L. Center Meet 1	Bella Vista	3:00 PM
March 20	Sat.	La Febvre Relays	Placer High School	9:00 AM
March 24	Wed.	C.A.L. Center Meet 2	Bella Vista	3:30 PM
April 10	Sat.	Bronco Invitational	Bella Vista High School	9:00 AM
April 16	Fri.	*Woody Wilson Invitational	U.C. Davis	4:00 PM
April 17	Sat.	Depth Charge	Folsom High School	9:00 AM
April 21	Wed.	C.A.L. Center Meet 3	Bella Vista	3:30 PM
April 23	Fri.	Bronco Distance Carnival	Bella Vista	5:00 PM
April 24	Sat	Field Event Extravaganza	Placer High School	10:30 AM
May 1	Sat.	*Meet Of Champions	Hughes Stadium	11:00 AM
May 7	Fri.	*Nevada Union Invitational	Nevada Union	4:00 PM
May 8	Sat.	*Fr/So Sac Town Races	Whitney High School	9:00 AM
May 13	Thur.	C.A.L. Finals	Bella Vista	3:30 PM
May 19	Wed.	Division II Section Trials	Bella Vista	3:00 PM
May 21	Fri.	Division II Section Finals	Bella Vista	3:00 PM
May 27	Thur.	S.J. Section Masters Trials	Hughes Stadium	3:00 PM
May 28	Fri.	S.J. Section Masters Finals	Hughes Stadium	3:00 PM
June 4	Fri.	State Meet Trials	Buchanan High School (Clovis)	3:00 PM
June 5	Sat.	State Meet Finals	Buchanan High School (Clovis)	4:00 PM

Coaching Staff

Head Track & Field Coach – Dave Unterholzner (Jumps)
 Distance – Brett Sargent
 Sprint Coach – Jim Ashen
 Shot Put/Discus Coach – Matt Weir
 Pole Vault Coach – Clay Taft

Athletic Director – Steve Coburn
 Principal – Peggy Haskins
 School Colors – Red,Black,White
 Mascot – Bronco

* Only selected relay teams/individuals to compete in the meets with an asterisk before them.

Invitational meets in bold print are hosted by Bella Vista High School

Bella Vista Main Office Phone 971-5052; Boys P.E. 971-5032; Girls P.E. 971-5033; Athletic Directors 971-5093

BELLA VISTA HIGH SCHOOL TRACK AND FIELD GUIDE

I. Our Goals:

- a. To improve on last year's Varsity and Frosh/Soph team records.
- b. To become CAL champions.
- c. To qualify more athletes to the divisional and section championships than any other school.
- d. To work hard.
- e. To have fun.
- f. To learn something about ourselves.

II. Our Ways Of Achieving These Goals: Rules and Guidelines

A. Practice Rules:

1. Before beginning the most important thing to remember is that track and field is a sport. It is not a "recreation" or "part time sport". With that said... You must be at all practices **on time (3:10 PM)**, with proper equipment, and prepared to workout. If coming late becomes a problem then you will not be able to compete in upcoming meets or you will be suspended from the team.
2. If you are not able to attend practice, you must notify an on-campus coach or one of the team captains. If you are unable to contact anyone please call or email (or have your parents call or email) 971-5032 or dunterholzner@sanjuan.edu and leave a message so we know where you are.
3. Absences from practice must be excused by the coaching staff. Valid excuses for absences from practice do not include serving school detention, working at your after school job, doing homework, other club sports teams etc. Any school detention should be served up to one hour at a time and then you should come to practice. **The coaching staff will be waiting for you.** If you miss a practice without an excuse my response will be something like: "**Your name here**, by missing practice on Tuesday without an excuse, you have chosen not to compete this week and I will honor your decision."
4. Attendance at practice means completing the entire workout, including warm-up and cool down, as assigned by your event coach. Leaving early and not completing the workout is considered an absence. **Two (2) consecutive unexcused absences will result in automatic dismissal from the team.** WE WILL PRACTICE RAIN OR SHINE. IT NEVER RAINS OUT A PRACTICE AT BELLA VISTA HIGH SCHOOL!!!
5. All team members must be dressed appropriately during practice. You should have the proper shoes, shorts, and shirt to work out in everyday along with some sweats for cold days. In addition, when the weather gets warmer athletes should remember to dress modestly. No sagging or rolling down of shorts and no plunging necklines.

B. Meet Rules:

1. To get credit for participating in a meet, you must compete in at least two (2) and not more than four (4) events. In the field events, you must complete all of the jumps or throws that your event coach has determined best for you and in the running events you must complete each race you enter unless you are injured during the competition.
2. During a meet you cannot pull yourself out of an assigned event unless you receive permission from the head track coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head track coach.
3. Failure to show up for any meet without the prior approval of the head track coach means automatic forfeiture of attendance points. You have a meet schedule (click for schedule - http://www.bvtrack.com/tf_season_schedule.htm), make sure your work schedule, academics, appointments, etc. work around it. Nothing will cause resentment, bitterness, and bad feelings more than leaving three teammates on the starting line during a relay meet. If you are scheduled to compete in a Saturday meet, **make sure you are there!**

4. Club sports teams (soccer, volleyball etc.) are not a reason to miss meets. If you choose to miss a weekend track and field invitational so you can go to your soccer game you will not be invited to the next weekend invitational. If you miss two weekend invitationals for the same reason you will be restricted from them the rest of the year. If you miss a Capital Athletic League (CAL) Center meet or the CAL Finals (usually Wednesdays or Thursdays) for this reason you will be dismissed from the team.

C. Academic Eligibility:

1. Academics should be your number one priority – **that is what school is all about**. As a member of the team, however, you have agreed to complete your studies in the evening and weekends – **not during practice time**. You can accomplish both goals by **organizing yourself**.
2. In order to maintain your eligibility on any team at Bella Vista High School, you must maintain certain academic standards (2.0 GPA with no more than one F, and a 2.0 GPA in citizenship). If you are having academic problems in any class, let the coaching staff know as soon as possible so that arrangements can be made to assist you in improving your grades. Don't wait until the four-week grade checks to let the coaching staff know that you are having an academic problem. By that time, it may be too late to maintain your athletic eligibility.
3. If you have grade problems during the season you will be allowed one intervention period where you will be required to attend tutoring three days a week. After your tutoring is over for the day you will be expected to join the team practice. During your academic intervention you are eligible to practice and compete in meets. You are only allowed one (1) intervention per year. If you have already served an intervention for another sport you cannot do it again during this school year. If you are not eligible for an intervention you will be ineligible to compete in meets until the next grading period but you can still practice. See the BV athletic handbook for more information.

D. Sickness/Injuries:

1. All injuries must be reported to the coaching staff. If it is serious enough you will be expected to see your family physician or a sports medicine physician, which we can refer to you. If you need to miss practice because you are sick let a coach or captain know before you leave school. If this is not possible call or have a parent or guardian call the school and leave a message of your whereabouts.
2. Because of problems in the past with the spread of viruses (colds, flu, mono) among the team, all athletes will be expected to provide their own water and food to meets and practice. All athletes are strongly encouraged not to share water bottles, jugs, etc. with any other member of the team.

E. Behavior:

1. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found to have been involved in this activity.
2. Finally, no one person is above the **team**. Fighting, "trash talking" to teammates or opponents, mouthing off, refusing to do the workouts, leaving meets early, showing disrespect for any adult, coach, members of an opposing team, or your fellow team members will not be tolerated. Everybody on the team is important – no matter how fast he runs, and deserves your **respect** and **encouragement**. If any of the above become a problem you will receive one warning and after that removed from the team.

F. Uniform Rules:

1. You must wear the complete Bella Vista High School track uniform at all meets. This includes the singlet, shorts, and sweats assigned to you. You may wear additional sweats underneath your uniform sweats to keep warm, as necessary, but your Bella Vista High School sweats must be the outermost layer of clothing. **If you choose to wear undergarments (spandex, compression shorts etc.) under your shorts and singlet they must be a solid black – no exceptions!**
2. The following is from the National Federation Track and Field rules book concerning uniforms:

SECTION 3 COMPETITOR'S UNIFORM

ART. 1 ... The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
- b. Each competitor shall wear a track top or one-piece uniform issued by the school
 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 2. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
 3. The top shall not be knotted or have a knot-like protrusion.
 4. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the top or one-piece uniform.
 5. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.
 6. Bare midriff tops are not allowed.
 7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect. **(CIF requires jersey to be tucked in).**

NOTE: Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

- c. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
 1. The bottom or one-piece uniform may have the school identification.
 2. Loose-fitting, boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
 3. French or high-cut apparel shall not be worn in lieu of uniform bottom.
 4. The waistband of a competitor's bottom shall be worn above the hips.
 5. A single manufacturer's logo/trademark/reference, no more than 2¼ square inches with no dimension more than 2¼ inches, is permitted on the bottom or one-piece uniform.
 6. The American flag, not exceeding 2 x 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.
- d. Any visible garment(s) worn underneath the uniform top or bottom shall be a single, solid color and unadorned except for:
 1. A single school name or insignia no more than 2¼ inches with no dimension more than 2¼ inches;
 2. A single visible manufacturer's logo as per NFHS rules.

NOTE: If more than one garment is worn under the uniform top or bottom, all must be the same color under the uniform piece.

ART. 2 ... Additional restrictions for relay races.

- a. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
- b. Any visible garment(s) worn under the top and other visible garment(s) worn under the bottom must be unadorned and of a single (and the same) color. Visible garments worn under both the top and bottom do not have to be the same color. If worn by more than one team member (two or more) that garment(s) must be the same color, but not necessarily the same length.

ART. 3 ... Jewelry shall not be worn by contestants.

- a. Medical alert medals are not considered jewelry and must be taped to the body and alert may be visible.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.

PENALTY: (Arts. 1,2,3) For an illegal uniform or wearing jewelry, the competitor is disqualified from the event.

ART. 4 ... Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

PENALTY: This shall ladd to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

3. You are responsible for any equipment assigned to you. If your uniform is lost or stolen you must reimburse the Bella Vista Track Club the following amounts:

<u>Equipment</u>	<u>Amount</u>
Singlet (top)	\$30.00
Shorts	\$20.00
Sweat top	\$50.00
Sweat bottoms	\$20.00

Sweat top and bottom care: Machine wash cold, gentle cycle (separately). Do not bleach. Line dry. Do not dry clean. **Tank Top & Shorts Care:** Machine wash cold with like colors, remove immediately after wash, do not bleach, tumble dry low, do not iron.

General Athletic Apparel Care: All athletic garments should be laundered immediately after they have been worn. Do not allow perspiration soaked garments to lie in a pile or rest on top of each other for any period of time—garments that cannot be laundered immediately after wearing should be hung individually on plastic or wooden hangers. Do not soak nylon or lycra garments. Do not overload machine—make sure water level in machine is higher than garment level. Do not use fabric softeners—fabric softeners deteriorate garments with spandex. Remove garments from machine immediately after washing—this will help avoid color bleeding, particularly on color-blocked garments. Do not soak or wash in sink—this will cause the colors to bleed. Be sure garments are completely dry before storing—store in cool, dry places, away from direct sunlight & fluorescent light to prevent mildew or yellowing. Do not dry clean or iron garments—dry cleaning and ironing can discolor athletic uniform fabrics and damage imprinting.

In addition you will be held monetarily responsible for any equipment, such as shotputs, discuses, or starting blocks that you lose or flagrantly break. All equipment and uniforms must be returned to the head coach within five (5) days of the completion of your track and field season. Uniforms must be washed before they are returned.

AWARDS POINT SYSTEM

Your letterman award is determined by the number of points earned throughout the season. A minimum of 150 letterman award points must be earned. Points must be accumulated from the following categories:

Participation Points (*To earn letterman award at least 90 points must come from this category:*)

- 5 points for each full week of attendance at practice (14 practice weeks) 70 points possible
- 5 points for participation (at least 2 individual events) **or**
10 points for participation (3-4 events) in Capital Athletic League Meets (4 CAL Meets) 20-40 points possible
- 5 points for each athlete who stays for entire meet to cheer teammates/help clean up at home meets. A sign out sheet will be available at end of meets. 40 points possible

Performance/Achievement Points:

- 5 points will be awarded for each meet in which you set a personal record (PR) in at least one event. A new PR is set each time your performance is better than before (15 qualifying meets). 75 points possible

Team Service Points (*To earn letterman award at least 15 points must come from this category:*)

- Pre-season initial track clean up - up to 10 points possible
- Pre – Sacramento Meet of Champions (packets/programs) - up to 5 points possible
- Sacramento Meet of Champions - up to 10 points possible
- Individual team service project - Athletes can come up with their own project Points TBD

Special Awards:

A number of special awards are also given at the awards banquet. These awards go to the team captains (captain's pins) and trophies to the most outstanding track athlete, most outstanding field athlete, most valuable athlete. A senior award plaque is given to seniors who have successfully completed four years as members of the Bella Vista Track and Field team in good standing.

Plaques are also given to those individuals with track and field performances which rank them among the top ten (10) on the school all-time performers list or have improved their ranking if previously ranked in the top ten (10), set a school class record (e.g., frosh, soph, junior, or senior), or were a member of school record setting relay team. These tables can be found on the Bella Vista High School Web site – www.bvtrack.com.

In addition, if the team wins the CAL team championship, each athlete who finishes the season in good standing will receive a league championship t-shirt. Athletes placing first and second at the CAL Finals meet will also receive a distinctive "all-league" patch for their letter jacket.

During the CAL center meet season and for the CAL championship meet, an athlete will be chosen as the "Athlete of the Week" by the coaching staff. This award is based not only on how well you performed at the meet that week, but also on your improvement from the previous week and your work ethic during the week's workouts. A special t-shirt will be awarded to this individual.

Hall of Fame Award

The Hall of Fame Award is the most prestigious of the track and field awards that an athlete can receive at Bella Vista High School. Information on how to receive this award can be found at www.bvtrack.com.

PLEASE FILL OUT THE PAGE BELOW. MAKE SURE THAT YOU AND YOUR PARENTS OR GUARDIAN SIGN IT AND RETURN THIS PAGE TO THE HEAD BOYS TRACK COACH IN ORDER TO RECEIVE YOUR UNIFORM.

We have read and agreed to abide by the rules set forth for the Bella Vista High School boys track and field program. We also acknowledge that there are certain inherent risks involved in participation in track and field competition as an athlete or as an official or a volunteer; We are aware that by signing this document that we freely agree to take such risk.

Date _____

Athlete's Name: _____

Athlete's Signature: _____

Parent or Guardian's Name: _____

Home Address: _____

Home Phone Number: _____

E-mail Address: _____

Parent or Guardian's Signature: _____