

# 2012 BELLA VISTA HIGH SCHOOL

## TRACK AND FIELD GUIDE



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**ANGIE CHARLES (CLASS OF 2011)**

**SECOND ALL TIME IN THE POLE VAULT – 12-8.25**

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### 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: Wade Nichols

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

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

# 2012 Bella Vista Track and Field Schedule

<u>DATE</u>	<u>DAY</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
February 15	Wed.	Inter-squad Meet	Bella Vista	3:00 PM
March 3	Sat.	Clarke Massey Relays	Cordova High School	8:45 AM
March 7	Wed.	Ponderosa	Bella Vista	3:30 PM
March 10	Sat.	King/Gilbert Invitational	Granite Bay High School	9:00 AM
March 14	Wed.	C.V.C. Center Meet 1	Bella Vista High School	4:00 PM
March 17	Sat.	C.A.L. Invitational **Dublin Distance Carnival	Whitney High School Dublin High School	9:00 AM
<b>March 24</b>	<b>Sat.</b>	<b>Bronco Invitational</b>	<b>Bella Vista High School</b>	<b>9:00 AM</b>
March 28	Wed.	C.V.C. Center Meet 2	Oakmont High School	4:00 PM
<b>April 13</b>	<b>Fri.</b>	<b>**BV Distance Carnival</b>	<b>Bella Vista High School</b>	<b>5:00 PM</b>
April 14	Sat.	Depth Charge	Folsom High School	9:00 AM
April 18	Wed.	C.V.C. Center Meet 3	Casa Roble High School	4:00 PM
April 20	Fri.	*Woody Wilson Invitational	U.C. Davis	4:00 PM
<b>April 28</b>	<b>Sat.</b>	<b>*Meet Of Champions</b>	<b>TBA</b>	<b>11:00 AM</b>
May 4	Fri.	Nevada Union Invitational	Nevada Union High School	4:00 PM
May 5	Sat.	*Fr/So Sac Town Races	Whitney High School	9:00 AM
May 11	Fri.	C.V.C. Finals	Rio Linda High School	4:00 PM
May 16	Wed.	Division II Section Trials	Bella Vista High School	3:00 PM
May 18	Fri.	Division II Section Finals	Bella Vista High School	3:00 PM
May 24	Thur.	S.J. Section Masters Trials	Elk Grove High School	3:00 PM
May 25	Fri.	S.J. Section Masters Finals	Elk Grove High School	3:00 PM
June 1	Fri.	CIF State Meet Trials	Buchanan High School (Clovis)	3:00 PM
June 2	Sat.	CIF 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 – Wade Nichols

Athletic Director – Michelle Bebout  
 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.  
 \*\*Distance runners only (800 meters, 1600 meters, 3200 meters)

**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 CVC 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](mailto: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. **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 all of the events your coach has entered you in. 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 your letter award. You have a meet schedule (click for schedule - [http://www.bvtrack.com/tf\\_season\\_schedule.htm](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 Valley Conference (CVC) Center meet or the CVC Finals (usually Wednesdays or Fridays) 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. 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/email or have a parent or guardian call/email the school/head coach 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. You are responsible for any equipment assigned to you. Do not wear any part of your uniform to practice or P.E. 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	\$30.00

**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.

## LETTERMAN AWARD

To earn your varsity letter you must achieve at least one event standard below while competing in the varsity division. In addition you can have no more than five unexcused absences from practice and must compete in every meet that you are entered in.

Boys Standards	
100 meters	11.89
200 meters	24.25
400 meters	54.99
800 meters	2:09.99
1600 meters	4:44.99
3200 meters	10:29.99
110m (39") hurdles	17.75
300m (36") hurdles	44.99
High Jump	5-08
Pole Vault	10-06
Long Jump	18-08
Triple Jump	38-00
Shot Put (12 lb)	38-00
Discus (1.6k)	100-00

Girls Standards	
100 meters	13.99
200 meters	28.99
400 meters	66.99
800 meters	2:44.99
1600 meters	5:59.99
3200 meters	12:59.99
100m (33") hurdles	19.25
300m (30") hurdles	54.99
High Jump	4-06
Pole Vault	7-06
Long Jump	13-08
Triple Jump	28-06
Shot Put (4k)	26-00
Discus (1.0k)	70-00

### 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. 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, or varsity), 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](http://www.bvtrack.com).

In addition, if the team wins the CVC 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 CVC Finals meet will also receive a distinctive "all-league" patch for their letter jacket.

During the CVC center meet season and for the CVC 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](http://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: \_\_\_\_\_