2021 AAHS Track and Field Handbook

Welcome to the 2021 Track and Field team at Air Academy High School!

We are excited for the upcoming season and are pleased that you have chosen to join us!

Track and Field is both challenging and rewarding – you’ll learn to push yourself to your limits – and then beyond them. We (your coaches) believe that Track and Field will help you grow as a young man or woman. You will ultimately graduate from the program as a stronger person. We are a highly qualified staff with decades of track and field and coaching experience. We see our job as coaches as being similar to classroom teachers. We will establish a baseline of expectations and goals – for the team and for each individual on it – and we will hold each other accountable as we work together to achieve them. We aspire to win championships as we do so!

**Your coaching staff is…**

Boys Head Coach/Throws/Jumps - Kim Whitaker 443-783-3904 [kimberly.whitaker@asd20.org](mailto:kimberly.whitaker@asd20.org)

Girls Head Coach/Distance/Sprints/Relays - Chuck Schwartz 719-651-4782 [chuck.schwartz@asd20.org](mailto:chuck.schwartz@asd20.org)

Assistant Coaches:

Throws - Lee Routsong

Jumps/Sprints – Clint Whitaker

Hurdles/HJ-Barry Clark

Middle Distance/Distance – Catherine Webber

**Covid 19 Guidelines**

Covid Guidelines are given to us (as of April 19th) from El Paso County, CHSAA and District 20. They are always subject to change.

Athletes will need to bring a mask to practice. Athletes and coaches (at this point) will not be required to wear the mask outside at practice. Athletes and coaches WILL be required to wear a mask inside a building at all times. Athletes and coaches are certainly welcome to wear a mask if needed. Social distancing expectations are still a prudent advisement to avoid prolonged contact between people in any settings. Any locker rooms have a maximum use occupancy of 5 people at any given time and all must wear masks.

We are NOT allowed to provide water to athletes. In certain cases, we can give pre-packaged water bottles but they will not be provided on a consistent basis. Athletes need to bring their own water bottles.

**Additional Covid 19 Guideline from our Athletic Trainer Bethany Crittenden:**

**Inclement weather-** Once your season officially starts on Monday, we can move groups inside to wait out the weather. They will have to wear masks inside and we will have to keep them spread out in groups of 100.

**Treatments-** We will not be able to have kids take ice baths or use the hot packs during the season for injury treatments. They can take ice bags to go after practices and games but cannot hang out in or outside of the building. If they really want to take an ice bath they can fill their bath tubs at home with cold water. If they keep it on the coldest setting it will come out of the faucet close to the same temperature as the ice baths here.

**Injury check-ins-** Instead of having them sign-in at the podium when they enter the training room for injury evaluations and treatments I will have to check each one in and do the COVID screen. They will instead need to form a line outside of the training room if there are more than 5 athletes inside the training room already and I will call them in.

**Water-** The team cannot provide any water bottles or coolers for players per the El Paso County health department. All players must bring enough water for themselves for all practices and games. This will mean that they will need to bring multiple water bottles each day, especially as the weather warms up.

**COVID-19 Positive Athletes-** If an athlete tests positive for COVID-19 the district is requiring a medical clearance note from their primary care provider before they can resume physical activity.

**Check in’s for practice and Meets – We will require all athletes to check in with their cell phone at practice using a QR Code. This will track everyone’s attendance and will involve answering a health screening prior to being admitted to practice. We will also require all athletes to work in a group ideally 25 athletes or less to ensure that we keep athletes from potential exposure and from potential quarantines. The rule of thumb is if you are within 6 feet for 15 minutes – if we have an exposure you are subject to a quarantine/potential quarantine. We will try to have smaller, separated groups to avoid chances of exposure.**

**Athletes who exhibit symptoms of Covid or who have had contact with Covid testing positives should NOT come to practice or meets! If you are in doubt, stay home and call a coach!**

**2021 Varsity & JV Schedule…**

All schedules are posted on our website, kadetstf.weebly.com

The track schedule will continue to develop. We are planning on adding more JV meets or perhaps capitalizing on opportunities as they develop. Many of the larger, traditional meets have been cancelled or altered in 2021 and scheduling is an ongoing process.

Every high school meet is run under there perspective COUNTY guidelines. County government and CHSAA dictate the guidelines for how meets are run in 2021. EVERY county has different Covid impacts and different guidelines. A meet that is run in El Paso County could have entirely different guidelines and protocol than Pueblo County or Jefferson County (as 2 examples). This has been a major factor in our scheduling process-El Paso County has very open guidelines than many counties and is hosting a lot of meets.

Milesplit is the Internet home of all things Colorado XC/T&F. It has meet schedules, results, rankings and articles. Every athlete has a profile on Milesplit with all of their meet results.

Maxpreps complies the state event rankings which are used to determine entry/advancement into the state meet.

<https://www.maxpreps.com/state/track-field/colorado.htm>

**Communication:**

Communication will be through our school website, Track and Field website, Remind text, and email.

● <https://airacademy.asd20.org/Info/Athletics/Pages/default.aspx>

● www.kadetstf.weebly.com

● Remind for Kadets Track and Field 2021: text @kadetst to 81010

We will use Remind updates frequently and post up to date information at kadetstf.weebly.com

For information specific to B/G Track please respond to appropriate event coach

**Athlete & Parent Personal conduct…**

● Athletes are expected to demonstrate positive behavior and good sportsmanship at all times.

● Athletes are responsible for communicating questions, comments, and/or concerns with the coaches - including but not limited to discussions regarding absences and injuries.

● Athletes are responsible for transportation to off-site practices and local meets.

● Athletes must maintain academic eligibility throughout the season. An athlete with 2 F’s at eligibility check (every two weeks) will be ineligible for the following 2 weeks. Ineligible athletes are required to attend all practices and team meetings. However, ineligible athletes may not ride the bus and/or attend any team meets. Two or more D’s may result in holding the athlete out of competition until the grades have improved.

● Athletes must communicate with their teachers prior to missing class due to competition.

Athletes must exhibit positive behavior at all times during the school day. Consequences will be given if detentions and/or suspensions occur.

● Athletes are responsible for the care and return of all team issued uniforms and warm-ups. Athletes assume monetary responsibility for any and all lost items at the end of the season.

24 Hour rule: Parents/Guardians please follow the 24 hour rule when discussing any issues with the coaching staff.

**At practice…**

● Coaches reserve the right to sit a runner from practices and/or meets due to injury, unexcused absences, lack of practices, behavior, etc. All missed practices due to medical issues must be followed up with documentation from a medical professional given to the trainer before return to practice or competition.

● Practice will be held Mondays-Fridays from 3:15 to ~5:30 p.m. Athletes must arrive on time. Athletes are expected to be at practice ​every​ day. If an athlete is ill (doesn’t attend school or leaves early) this is considered an excused practice. If an athlete has a conflict, they are required to speak with a coach prior to the absence and/or bring a note from a teacher.

● **Athletes must wear appropriate running attire including: running shoes, watch (​required for distance runners​), water bottle and clothing items (prepare for cold weather).**

● Athletes are to use caution and be courteous while running on roads and trails.

Athletes will need a cell phone for arrival to practice and meets to check-in and take the health screening. Athletes will need to secure their phone for practice in a safe place. We don’t allow phones out in practice except for special purposes. Cell phones and electronic devices are not allowed during practice or on the infield at meets.

**At meets…**

● If transportation is an issue, please bring it to our attention.

● Rides to and from meets should be planned in advance. Due to Covid and Season D occurring AFTER the school year, we will not be offering bus transportation to meets in Colorado Springs. We will likely have a bus to the St. Vrain meet later in the season. Athletes must always check-out with a designated coach before leaving a meet. If an athlete has ridden a bus to the meet, they may not ride home with non-family members unless prior approval is emailed by the athletic director to the Head Coach. See below for additional **Transportation policies.**

***● At this point, we will not be setting up a team canopy or camp at meets to avoid close, prolonged contact between athletes.***

● Parents are encouraged to cheer and support athletes other than in the team camp area. Taking and sharing pictures is most welcome.

**Outside coaching…**

● At Air Academy High School we have a dedicated and passionate coaching staff. It is both inappropriate and against our rules and CHSAA rules to work with a coach outside of the AAHS program, even if this coach is a parent. Outside programs and coaches may not share the same goals as our team. Our training regimen is designed to prepare athletes to race their best during the official high school season with a peak at the State meet. Inconsistency in coaches leads to inappropriate training, which puts athletes at a much more significant risk of injury and poorer performance. In our experience, athletes who work with an outside program also do not become as close with their teammates,​ which is a significant disadvantage and can negatively impact team spirit. CHSAA rule 2110 states that "Members of any high school sport team may not practice with any non​-school group without prior approval of the high school principal." Practicing with an outside group can interfere with the eligibility of an athlete and the team.

**Team Selection Process**

Coaches will be responsible for deciding the teams for each meet and will take into consideration meet and practice performance, attendance, injuries, consistency, etc.

**Lettering…**

● Varsity lettering is at the discretion of the coaches. Athletes must compete in ½ of the Varsity meets and/or State meet participation. Factors considered include meet performance, practice attendance, work ethic, attitude ,support and mentorship to teammates, (lack of) disciplinary issues and longevity.

**Uniforms…**

● Athletes are responsible for the cost of damaged or lost uniforms.Fees will be attached for items not returned at the end of the year.

All athletes will be required to purchase the bottom half of the uniform.

**Injuries and Use of the Training Room…**

Although we do all that we can to prevent injuries with our athletes, injuries can still happen.

● Injured athletes are still required to come to practice if advised by the trainer.​ Our trainer will provide appropriate cross training and drills to assist you in your efforts in getting better.

● Report all injuries as soon as they happen.

● If you need to report to the training room – please see the above Covid 19 Guidelines. No ice baths available during the season.

**Meet Day Information/Expectations…**

● Athletes are expected to wear team issued attire. No club, past high schools, college gear will be allowed.

● Coaches will announce the required athlete arrival times for each meet.

\* No cell phones or electronic devices are allowed on the infield at any track meet.

● These items are not allowed at meets: frisbees, stereos, footballs, etc.

● Sportsmanship is required at all times.

**Transportation …**

**Bus transportation (at this point) will be extremely limited. Our schedule is almost entirely meets in Colorado Springs and Fountain so our district will not provide transportation to meets in Colorado Springs and Fountain. We will likely have a bus available for “out of town” meets. Keep in mind that bus transportation poses a potential quarantine threat. We will update you on what that looks like during the season. Due to Covid Guidelines – on any bus ride, masks will be required for the duration of the trip and athletes must use the appropriate social distancing required by the transportation department.**

**If we do use a bus:**

● Athletes are expected to be on the bus to all meets unless they have prior approval from the coaching staff.

● Athletes will need to arrange their own rides when there is no bus, a 1 way bus, or when there is an off-site practice.

● There will not always be a bus home after meets. Athletes may need to arrange rides home.

● Bussing info will be posted on the website and sent via email/Remind each week.

**Hydration, Nutrition, and Sleep…**

● Information will be provided throughout the season on this important aspect of training. Athletes are expected to come to practice having eaten a healthy breakfast and lunch, as well as taking the proper care to hydrate throughout the day. It is imperative that athletes come to meets with the proper food and drink to support their efforts. **Water bottles should be with the athletes at all times.**

● Sleep is also an important aspect of training. In order to receive the full benefits of training athletes should be getting 8 to 9 hours of sleep a night.

● Successful athletes, are athletes 24 hours a day!

**Social Media…**

Athletes will refrain from making comments on all forms of social media. Consequences will be discussed if infractions occur. Please do put yourself in compromising groups sites, pictures, chat rooms, blogs, Tik Tok , etc.

I have read and understand the AAHS Athletic Department & Track and Field Athlete and Parent Expectations.

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_