



HOLD THE VISION

DROP THE EXCUSES

TRUST THE PROCESS

2020 Track and Field Season

Attitude

Blue Smoke student-athletes know that hard work is the only reason for personal success. You will *work hard, but work smart*. Hard work will be focused work. There will be days when the practice may not be designed physically demanding, but mentally demanding. It may be a form day, when the focus will be on technique development. While this may or may not be physically demanding, a mental demand is always expected.

You will also learn that true competitors are not comfortable unless they are being challenged. This means that your comfort zone is really being physically uncomfortable. Being physically and mentally challenged on a daily basis becomes a way of life, not just once in a while.

Another habit you will develop is one of discipline. Discipline doesn't mean being punished. It is a way of life. Being disciplined means focusing on the task at hand and not being distracted. It also means that you realize there is an appropriate time for distractions, and when it is inappropriate.

Finally, there is PMA. **Positive Mental Attitude**. You will develop a deep understanding of how your attitude affects your behavior and performance. While you may not like some of physical challenges being presented to you, you know deep down that they are making you a better athlete and a better person. You know that when times get tough, picking up a teammate produces better results than picking on a teammate.

REMEMBER, WE CHOOSE OPPORTUNITY, NOT OBLIGATION!

What are you afraid of???

Getting an injury? *It eventually heals.*

Passing out? *You will still be alive.*

Not being able to breathe? *You can once you are done.*

Feeling the pain? *It will eventually go away.*

The competition?? *Are you afraid of yourself?*

Whatever it is, don't be afraid to get out there and compete. Because as soon as you cross the finish line, you should know you have nothing left.

BLUE SMOKE TRACK FIELD
2020 MEET SCHEDULE

Date	Meet	Competing levels	Place	Meet Start	Bus Time
2/14/20	Glenbard East Triangular	All levels	Glenbard East	4:30 pm	3:00 pm
2/22/20	Auburn Invitational	TBA	Rockford Auburn	9:00 am	7:00 am
2/25/20	Glenbard South/Willowbrook	All levels	Willowbrook	4:30 pm	3:00 pm
3/7/20	Charger Invitational	Top three in each event	University of Illinois	10:00 am	6:00 am
3/9/20	Mustang Relays	Varsity 4x2,4x4,4x8 relays	North Central College	6:00 pm	per Coach Raak
3/13/20	Batavia Distance Madness	Distance Only	Batavia	4:30 pm	Mini bus
3/13/20	Burlington Central Invite	Varsity top two	Burlington Central	4:30 pm	3:00 pm
3/17/20	Glenbard South F/S-JV Invite	All F/S	Glenbard South	4:30 pm	3:15 pm
3/21/20	DuKane Conference Indoor Championships	Varsity and F/S top two in each event	Batavia	9:00 am	7:45 am
4/5/19	Les Hodge Invitational	All levels	Batavia	TBD	TBD
4/14/20	STC North	All levels	STC North	4:30 pm	3:15 pm
4/18/20	VanDeveer Invitational	Varsity and F/S top two in each event	Geneva	9:15 am	
4/21/20	STC East	All levels	Geneva	4:30	
4/23/20	West Aurora Throwers Meet	Throwers only	West Aurora	4:30	Mini bus
4/25/20	Peterson Prep	Varsity	Kaneland	10:00	8:30
4/28/20	Coed vs Batavia	All levels	Batavia	4:30	3:15 pm
5/1/20	Wilcox Invitational	Varsity and frosh/soph top three in each event	Oswego	4:30	3:00 pm
5/5/20	Wheaton-Warrenville South	All levels	Geneva	4:30	
5/8/19	Kane County Invitational	Varsity+frosh relay	TBA	4:00	2:30 pm
5/9/19	STC North Fr/JV Quad	All who did not compete in Kane County. Select Varsity	STC North	10:00 am	8:30 am
5/15/20	DuKane Championships	Varsity and F/S top two in each event	Glenbard North	4:30 pm	3:00 pm
5/21 or 22/2020	IHSA Sectional Championships	Varsity - Top two in each event	TBA	TBA	TBA
5/28-30/2020	IHSA STATE CHAMPIONSHIPS	Qualifiers from Sectional	EIU	TBA	TBA

REQUIREMENTS FOR PARTICIPATION

1. Must be completed before the first day of practice – January 27th, 2020
 - a. **Current Sports Physical (since June 1, 2019)**
 - b. **Must register on geneva.8to18.**
 - i. **Parents be sure to check both Parent and Student check boxes on all three legal forms.**
 - c. **Must have updated physical on file.**
 - d. **Participation fees paid via Geneva Webstore. Track is under both wither and spring sports.**
 - e. **Uniform obligations from 2019 season cleared.**

FIRST DAY OF ATTENDANCE EXPECTATIONS

1. **All veteran track and field athletes are required to start on the first day of practice unless prior arrangements are made with the head coach, or they are in a winter sport.**
2. All first year track and field athletes are expected to be at the first day as well. However, first year athletes may be granted more latitude in meeting this requirement.
3. All track and field athletes participating in an IHSA winter sport are exempt from the starting date requirements. They must be in contact with the head coach as to when their season ends and are expected to begin on the 6th school day after their last competition.

PRACTICE AND MEET ATTENDANCE

All team members are expected to report on time to all practices and meets unless they are excused in advance by a track coach.

NOTIFICATION OF AN ABSENCE

1. An absence from a meet or practice will be excused if a coach (preferably the head coach) is notified via email, text, or phone call *in advance* of the absence. This notice may be made by a parent/guardian or the athlete himself.
2. If the notice is not given in advance, then a written note from the parent is required within 24 hours after the absence.
3. If practices are missed for any reason throughout the week you have missed opportunities to be evaluated and to improve and maintain your competitive training. If this situation occurs, participation in the upcoming meet(s) could be evaluated and determined by the event coach and the head coach.

PRACTICE TARDINESS OR ABSENCE DUE TO ACADEMIC REASONS

It is the policy of this program that academics comes first. With that being said, it is an expectation that all team members will make every effort possible to avoid conflicts between academics and team responsibility. It is expected the student-athlete will prescribe to the following guidelines when missing part or all of practice –

1. All effort will be made to make arrangements with the teacher to meet outside of practice time.
2. If the above cannot be met, then the head coach will be notified in advance (text, email, personal communication) that the team member will be tardy or missing practice.
3. When tardy or absent from practice, the team member must produce a pass from the teacher he was receiving help from.
4. If tutoring is required on a regular basis, then a plan must be put in place between the team member and the head coach.

ABSENCE PENALTY

- A. UNEXCUSED PRACTICE PENALTY
 - a. First offense – WARNING
 - b. Second offense – SUSPENSION FROM THE NEXT MEET
 - c. Third offense – REMOVAL FROM THE TEAM
- B. UNEXCUSED MEET PENALTY
 - a. First offense – SUSPENSION FROM THE NEXT MEET
 - b. Second offense – REMOVAL FROM THE TEAM

ALL RELAY TEAM MEMBERS MUST BE PRESENT THE PRACTICE BEFORE A MEET OR THEY MAY BE SCRATCED FROM THAT RELAY TEAM. HOWEVER, THEY MAY PARTICIPATE IN AN INDIVIDUAL EVENT

MEET EXPECTATIONS

1. Competition Attendance
 - a. Team members are required to be at the competition from the beginning of the meet until the conclusion of the meet
 - b. Dual Meets: Entire team is required to be in attendance
 - c. Major Invitationals: only those competing and alternates are required to attend. Non-competing team members are encouraged to attend and support the team
 - d. VanDeveer Invitational: ALL TEAM MEMBERS REQUIRED TO ATTEND
 - e. Competition attendance penalties
 - i. First offense: personal warning
 - ii. Second offense: 1 meet suspension
 - iii. Third offense: dismissal from the team

2. Competition Transportation

All team members are expected arrive together and depart together. We arrive as a team, and leave as a team.

3. Competition Attitude

Blue Smoke team members compete fiercely; with everything they have 100 % of the time. When it comes to competition, there can be only one credo, as stated by Yoda; "Do or do not, there is no try". We interpret this as there are no excuses. The track, the weather, the event is the same for everyone. What separates the difference between 1st place and 2nd place or 5th and 6th place is attitude and perseverance.

**When you are wearing the *Royal and White*, you represent yourself, your team, your family and your community.
Compete fiercely and respectfully.**

CONDUCT OF TEAM MEMBERS

We expect our athletes to take pride in conducting themselves as fierce competitors as well as display a respect for each other, the opponent, and the sport itself.

The following behaviors will not be tolerated:

1. Lack of respect towards teammates, coaches, officials, opponents and school facilities. The following are examples but not limited to,
 - a. Hazing/bullying – in person or social media
 - b. Publicly arguing with officials or coaches
 - c. Vandalism, theft or destruction of GHS or opponents school property, or personal property.
2. Unsportsmanlike conduct
3. Public profanity
4. Failing to give expected effort.

Penalties

1. First offense – coaches' discretion
2. Second offense - Suspension from the next meet
3. Third offense – Removal from the team.

VIKING TRACK AND FIELD AWARDS

YEAR END AWARDS

Numerals – Freshmen only

Minor Letter – Sophomores only

Major Letter – Juniors/Seniors

Most Valuable Track Athlete – Voted on by team members

Most Valuable Field Athlete – Voted on by team members

Most Improved Track Athlete – Voted on by coaches

Most Improved Field Athlete – Voted on by coaches

REQUIREMENTS FOR AWARDS

1. Participate in 90% of practices
 - a. Absences from school do not count into this.
 - b. Absences due to medical appointments do not count into this.
2. Miss no more than 2 meets (injury or illness not included)

FRESHMEN AND SOPHOMORES MAY EARN A MAJOR LETTER IF:

1. Compete at the varsity level at the conference or sectional meet
2. Compete at the varsity level in at least 60% of the major meets
 - a. 5 out 8 major meets

Blue Magic

Blue magic. That phenomenon happens when a team comes together to make something great happen. This greatness could not happen with a bunch of individuals. It could not happen when teammates compete for themselves. It can only happen when a group comes together to compete and succeed for each other.

Every time a Blue Smoke Track and Field Team comes together, the objective is to make the ***Blue Magic*** happen. Sometimes a team member may have to sacrifice his individual goals to elevate the team to achieve the ***Magic***. But to a true warrior, it is not a sacrifice. It is part of his life, his soul, his very being. He does this willingly and without hesitation. Because, to him the team is everything. He is nothing without the team, and the team is nothing without him. ***Blue Magic*** happens when the sum of the parts is greater than the whole.