

Buena Girls Track & Field

Head Coach Girls	Michele Burns
Sprints/Relays Coach	Nathan Sommars
Throws Coach	Anthony Guzman
Distance Coaches	Michele Burns / Chelsea Wallace
Hurdles Coach	Sarah Pinkstaff
Stats / Records / Web Page	John Beattie
Web Page /Technical Support	Erin Sapp
Athletic Director	Shaun Strople
School Colors	Columbia Blue/ White/ Black
Mascot	Bulldogs
League	Pacific View
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Team Web page	http://www.buenahighcctf.com

DAY	DATE	OPPONENT	Meet Time	BUS TIME
Tues	2/18/20	Parent Mtg	6 pm	n/a
Sat	02/22/20	805 Distance @Buena	4:00 pm	n/a
Wed	02/26/20	WHS/MP @ West	3:00 pm	1:00 pm
Fri	03/06/20	Don Green Dist @ MP	3:00 pm	1:00 pm
SAT	03/07/20	Don Green @ MP	9:00am	7:00am
Thurs.	03/12/20	PVL vs. Pacifica* @ Buena	3:00 pm	n/a
Sat	03/14/20	Simi Valley Invite**	9:00am	6:45am
Fri/Sat	03/14/20	Redondo HS**	TBA	
Sat.	03/14/20	Ventura Invite**	8:00 am	n/a

The SAT is taking place on March 14th please tell your coach if you aren't going to be available for competition

Thurs.	03/19/20	PVL vs VHS & Oxnard* @Buena	2:00	1:45
Sat.	03/21/20	Easter Relays** @SBCC	TBA	n/a
Sat.	03/21/20	Mt. Carmel**	TBA	n/a
Thurs.	03/26/20	PVL vs Rio Mesa* @ Buena		
Fri	03/27/20	TEAM Pictures		
Sat.	03/28/20	Spartan Relays @ Rio Mesa	9:00am	n/a
Thurs.	04/02/20	PVL vs CIHS*	3:00	n/a
Fri	04/10/20	Tiger Invite**	TBA	11:00 am
Fri./Sat.	04/10 & 4/11	Arcadia Invite**	TBA	n/a
Fri	04/17/20	Mt. Sac**	TBA	
Sat.	04/18/20	Gordon Stewart F/S Invite @Buena	8:00am	n/a
Fri.	04/24/20	Ventura County Meet** @MP	2:45	12:45
Thurs.	04/30/20	League Finals** @RM	2:00pm	1:00pm
Sat.	05/09/20	CIF Prelims**		
Fri.	05/23/20	Masters Meet**		
Fri./Sat.	5/30-5/31/20	State Meet**		

*PVL League Meet

**Must Qualify

PHILOSOPHY of TRACK & FIELD

There is no bench in track and field. Every athlete has a chance to compete in an effort to help their team win. The philosophy of the coaches is simple. We are here because we love the sport of track and field, and we love helping kids improve their physical and mental strengths. We expect you to strive for your best at every moment. Everyone is welcome to compete on the track and field team at BUENA, and we will try to match athletes in events with their area of interest. However, due to reasons of safety, team discipline, and competitiveness, the coaching staff will have the final say in which events athletes practice for and compete in, as well as training methods, groups, and schedules.

Each member of our staff is an experienced coach. We strive to meet the highest technical standards of our profession, so that we may pass them on to our athletes. Additionally, we will strive to understand the latest research on physiological principles and how that applies to writing workouts and building a season plan so our athletes are at their physical peaks when the time comes. We set up your workouts to make you the best that you can be. We ask that you follow these prescribed workouts and check in with us when they are finished. We cannot compete for you, so you need to make sure that you are following our guidelines. If a practice calls for a full recovery, **TAKE IT**. If it calls for little recovery, be ready to go when the coach has instructed.

Track and Field is mistakenly known as an individual sport. Our program will focus on the true team concept. Every athlete entered in a “true team” meet scores points, and therefore is vital to the overall success of our team. The experience of shared success is always better than that of individual success. Often TEAM means creating and accepting an atmosphere where the accomplishments of others are valued and celebrated alongside our own, and the accomplishments of the TEAM are valued and celebrated above ANY individual accomplishments. WE need to respect the individual and the TEAM, by supporting EVERY member of the team, from Manager to Coach, and everyone in between. **Don't let your teammates down.**

Track and field success is a journey that must be taken individually. Each of you will have an individual plan, formed within the team plan. That is why goals need to be set for short, medium and long range. They need to be seen on a daily basis by you, the athlete, and shared with your coach. Talk to your event coach about their goals for you and see if they match up with yours. We can't help you if we don't know where you want to go.

The knowledge gained of oneself and the effects of what proper training does for the body, mind, and soul can only have a positive influence on the participant. The dedication, discipline, sacrifices, and cooperation required by an athlete establishes special values and attributes that will not only enhance their quality of life in later years, but also the lives of those that come in contact with them. Ultimately our goal is to win, but the real success is not measured in the number of wins or records, but in the private battle to make oneself the very best that they can be.

Finally, you need to have faith in coaches, teammates, and most importantly yourself. While we do keep a team score, and relays are about teams, YOU are the only one that can get yourself to the end of the competition. If you have prepared honestly, you will succeed.

Buena Track and Field Rules and Grades

The Buena T&F Team is a class and you will get a grade for your participation. Your grade mainly depends on your attendance and attitude during the season. Your coaches and your team expect you to be at every practice and meet prepared and on time.

- I. Be on Time
 - a. Practice starts at 2:30
 - b. Meets: Prior to announced time
- II. Be Responsible
 - a. In class and on campus Behavior
 - i. On Time to all classes
 - ii. Positive participation in classes
 - iii. Obey school rules
 - b. Off campus behavior
 - i. Wear BUENA issued track and field gear to and from meets.
 - ii. Behave in community
 - c. Meet Day expectations- **must complete practices to compete**
 - i. Attend all classes
 - ii. Stay on campus for lunch
 - iii. Wear Proper TEAM dress for day of meet
 - d. Report injuries/ conflicts
 - i. Schedule appointments (hair/dentist) AFTER practice
 - e. Practice
 - i. Approach Practice with a positive attitude
 - 1. Do team activities together
 - 2. Do the entire workout
 - 3. We practice daily- rain or shine. Be there or miss meet
 - ii. 2 unexcused absences could lead to dismissal from the team
 - iii. It is your responsibility to discuss conflicts with your coach **PRIOR to practice**
 - f. Equipment
 - i. Properly clean and maintain all team equipment
 - 1. Equipment needs to be turned in at conclusion of season
 - ii. Help take out and put away various equipment
 - 1. Treat all equipment with respect or pay for it!
 - g. Challenge yourself-mentally and physically
 - i. Improve in some way everyday
 - ii. Work to make weaknesses strengths
 - iii. BELIEVE YOU CAN AND YOU WILL!
 - iv. Cooperate
 - 1. Sacrifice by doing events to help YOUR TEAM
 - h. WORK HARD BUT HAVE FUN

Remember to obey all traffic, legal and safety requirements when participating in track and field.
SAFETY SHOULD BE YOUR FIRST CONCERN!

Safety for track and field:

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. All athletes must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
3. Shot/discus thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot/discus.
4. Before attempting any throwing event, make sure the throwing sector and landing area are free of people and obstructions
5. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
6. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes. (cool downs)
7. When passing other runners during practice, always call "track."
8. Runners engaged in street work as a method of distance conditioning run only on the course/route prescribed by the coach.
9. Run in groups- if some gets hurt or is ill. Stay with the injured athlete and send someone to get help.
10. Runners must obey all traffic signals / rules of the roads.
11. No Cell phones / air pods / head type devices while running off campus or on the track or field during practice and / or competition

Buena Track and Field Grading Policy

- Attendance is MANDATORY- this is a class.
- Ability to follow team rules and expectations
- Completion of weekly practices, goal setting, and other weekly assignments
- Completion of tests (meets).
- Positive Attitude and Complete Efforts
- Improvement

Points are deducted for the following

- -5% FOR EVERY UNEXCUSED ABSENCE
- -2 % FOR EVERY TARDY
- -3% For not being dressed out for practice
- -10% for missing a PVL Meet
- -5% for leaving meet early (unless approved by head coach)
- -1 to -10%for violating team rules at coach's discretion
- Quitting the team = drop 2 letter grades

Varsity /Junior Varsity Letter Requirements:

The Varsity / JV letter for **Buena Track and Field** is awarded for both talent and effort. It is designed to be a valued award for hard work, dedication, and ability. The achievement of a Varsity / JV letter is not a right, but rather the result of a personal responsibility to act and behave all season with BULLDOG PRIDE. A letter can be earned by anyone from any grade level.

To be *eligible* to earn a Junior Varsity letter (recognized with a certificate at the banquet) in Track and Field, the athlete must do the following.

1. Follow all team rules and expectations – earn an A in the track and field class
2. Positive attendance at all practice sessions and required meets
3. Continued overall improvement in your events.
4. Competes in every PVL Duel / Tri meet. If an athlete cannot compete due to injury or illness, the athlete helps at the duel/ tri meet.
5. Completes the season in good standing with the team, coaches, and school administration.
6. Coaches' Discretion

Varsity Letter Requirements:

1. Maintain a **“BULLDOG VARSITY ATTITUDE”** throughout the season. A varsity attitude is demonstrated by an above-average commitment to the team’s goals, to the sport and to one’s individual improvement. (Attitude, work ethic, attendance, good student and citizenship, willing to make sacrifices, dependable, team leader and role model, follows team policies)

2. Earn a JV letter plus an additional 10 points from below.

- Score 10 Varsity points in Channel League Meets, Varsity Invitational, and / or Varsity League Finals;
- Compete in the varsity event at League Final; 10 points
- a performance at any level – F/S, JV, or Varsity, that equals or betters the CIF qualifying mark for 2nd and 3rd place finishers in league finals (See resources page) 10 points
- Compete in CIF 10 pts

3. If 10 points are not achieved, the coaching staff will look at the following standards, the coaching staff will look at the athletes “Bulldog Varsity Attitude” and previous years of lettering in track and field.

***An athlete who quits the team or is removed from the team will forfeit any claims to a Letter.
Coaches have final say in determining Letter awards***

Do you know the way to Duel Meets, Invitionals, CIF?

Maybe you have just come out for track and field or you are a seasoned veteran. Whoever you are, you might be a little confused by the sport. There are invitationals, there are dual meets. There are varsity meets, frosh/soph meets, junior varsity meets and qualification meets. There are league championships, county championships, and CIF championships. What does it all mean?

Let's start with the basics. During the regular season, there are basically two types of meets, invitationals and dual/ tri meets. Within these two groups, there are other subgroups. We will start with dual meets where athletes compete either at the Varsity or Junior Varsity level. These are competitions between two different teams such as Buena and Rio Mesa. Buena is in the Pacific View League which includes Channel Islands, Oxnard, Pacifica, Rio Mesa, and Ventura. Team scoring for each level and event is 5 points for 1st, 3 points for 2nd, and 1 point for third. In the relays only 1st place earns 5 points. The team with the best dual meet record against other Pacific View League teams will become the Pacific View League championship team.

Invitationals take on many forms. The basic premise of an invitational is that you are invited. There are usually at least 4 teams and some invitationals host 40 or more teams. There are different types of invitationals. Some may focus on class only (freshmen against freshmen, sophomores against sophomores, etc) races and events. Others might focus on specific events such as a Distance Classic or a Throwers Meet. Still others have very strict qualification standards, allowing only the elite of the elite to compete while another meet might let in any caliber of athlete. Some invitationals are scoring while some are just set up for individual competition. Some invitationals, such as the Ventura County Championships and Arcadia, may have two different levels of competition going on during the day. At these two meets, they have an Open session earlier in the day and an Invitational session in the evening.

All right, so you understand the difference between an invitational and a dual meet. But how do you get to CIF? The Road to CIF is paved through the Pacific View League Finals. First of all, in order to qualify for CIF, you must qualify in the **varsity division** of the Pacific View League Finals. In order to compete in the varsity division, you must have achieved certain qualifying marks throughout the season. At the PVL Finals, you must finish in the Top 3 in an event. Second and third place finishers must also meet a qualifying standard.

Once you finish in the top 3 and meet the qualifying standard, you get to go to CIF Prelims. That is held the week after League Finals and all of the other qualifiers in your division meet at a common site to compete for CIF Finals spots. To make the finals, you must have one of the top 9 marks in your event at Prelims.

At Finals, the top 9 compete against each other for 6 CIF medals. You may also qualify to go to the Masters' Meet at Finals. A Masters' Meet qualifier must be one of the top 9 marks in all 4 Divisions of CIF. You may win your division but not qualify for Masters'.

The purpose of the Masters' Meet is to determine who goes to the State Meet. Those top 9 qualifiers compete head to head the week after CIF Finals. The top 5 finishers at the Masters' Meet qualify for the California State Meet.

At the State Meet, the Southern Section gets 5 entries per event out of the total 27 entries throughout the state. On Friday, those 27 entries race to see who qualifies for the coveted 9 finals spots. On Saturday, those top 9 spots compete for 6 state medals and the chance to be California Individual State Champion!

PACIFIC VIEW LEAGUE TRACK AND FIELD ORDER OF EVENTS

Running Events:

1. Girls 400m Relay
2. Boys 400m Relay
3. Girls 1600m Run
4. Boys 1600m Run
5. Girls 100m HH
6. Boys 110m HH
7. Girls 400m Dash
8. Boys 400m Dash
9. Girls 100m Dash
10. Boys 100m Dash
11. Girls 800m Run
12. Boys 800m Run
13. Girls 300m IH
14. Boys 300m IH
15. Girls 200m Dash
16. Boys 200m Dash
17. Girls 3200m Run
18. Boys 3200m Run
19. Girls 1600m Relay
20. Boys 1600m Relay

Field Events (boys and girls)

- Long Jump
- Triple Jump
- High Jump
- Shot Put
- Discus

Track and Field Ventura County Championships Qualifying Times

Event	V Girls	V Boys
100	13.44	11.88
200	28.24	24.24
400	65.50	54.50
800	2:35	2:06
1600	5:48	4:48
3200	12:55	10:30
100/110 Hurdles	18.00	18.00
300 Hurdles	54.00	44.50
Long Jump	14-06	19-00
Triple Jump	29-00	38-00
High Jump	4-08	5-08
Pole Vault	6-06	9-06
Shot Put	29-00	41-00
Discus Throw	80-00	110-00

2020 PVL Qualifying Standards

Girls FR/SO	Girls VAR	Event	Boys FR/SO	Boys VAR
54.99	52.25	4 X 100	47.99	45.25
14.49	13.99	100	12.49	11.89
29.99	28.99	200	25.99	24.49
70.99	68.99	400	59.99	56.99
2:50.00	2:45.00	800	2:20.00	2:10.00
6:20.00	6:10.00	1600	5:20.00	5:00.00
14:30.00	13:45.00	3200	12:00.00	11:00.00
20.00	19.00	100/110H	20.00	19.00
58.00	55.00	300H	50.00	46.00
4:39.99	4:19.99	4X400	3:49.99	3:34.99
13'00"	14'00"	Long Jump	16'00"	18'00"
27'00"	29'00"	Triple Jump	34'00"	37'00"
4'02"	4'06"	High Jump	5'00"	5'06"
7'00"	8'00"	Pole Vault	9'00"	11'00"
25'00"	29'00"	Shot Put	36'00"	40'00"
75'00"	85'00"	Discus	85'00"	110'00"

2020 CIF-SS TRACK AND FIELD

MINIMUM STANDARDS FOR 2ND AND 3RD PLACE IN LEAGUE FINALS - 2020
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	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS
EVENT	FAT	HT	FAT	HT
100	10.95	10.7	12.38	12.1
200	22.29	22	25.33	25.0
400	50.70	50.4	58.71	58.4
800	1:59.39	1:59.1	2:20.91	2:20.6
1600	4:25.29	4:25.0	5:12.65	5:12.4
3200	9:38.73	9:38.5	11:21.76	11:21.5
110/100H	15.38	15.1	15.71	15.4
300IH/LH	40.97	40.7	47.13	46.8
400R	43.47	43.2	49.70	49.4
1600R	3:27.96	3:27.7	4:06.29	4:06.0
HJ	6-00		5-01	
PV	12-08		9-06	
LJ	21-00		16-11	
TJ	42-04		34-11	

QUALIFYING STANDARDS FOR AT-LARGE AND FREELANCE ENTRIES - 2020

	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS
EVENT	FAT	HT	FAT	HT
100	11.54	11.3	13:34	13.1
200	23.44	23.2	27.34	27.1
400	53.24	53.0	1:04.34	1:04.1
800	2:06.04	2:05.8	2:35.54	2:35.3
1600	4:41.24	4:41.0	5:40.44	5:40.2
3200	10:30.54	10:30.3	12:45.04	12:44.8
110/100HH	17.24	17.0	18.54	18.3
300IH/LH	44.04	43.8	51.94	51.7
400R	45.04	44.8	53.14	52.9
1600R	3:41.04	3:40.8	4:31.04	4:30.8
HJ		5-08		4-06
PV		9-00		7-00
LJ		19-08		15-00
TJ		38-08		29-06
SHOT		41-10		25-06
DISCUS		115-05		84-00

YOUR INVENTORY TO BE A SUCCESSFUL ATHLETE

1. Earnestly want to succeed and DO SOMETHING ABOUT IT!!
2. Set worthy goals
3. Everything worthwhile in life has a price. In athletics, the price is hard work and competitive effort. The rewards are worth more than you could ever pay!
4. Consider practice a privilege, not a chore
5. Accept personal responsibility for your success
6. Be prepared for success. With preparation comes LUCK'
7. Know WILL POWER, not chance, turns dreams into reality
8. Have a high frustration tolerance. Don't be discouraged by temporary setbacks. Learn from your mistakes and look to your competition with optimism.
9. Develop your ability to the maximum. Compete to improve yourself, not defeat your opponents or teammates. You have no control over talent, but you certainly have total control over DESIRE AND EFFORT!
10. Determine your season long training routine and then stay with it
11. Profit your mistakes as well as the mistakes of others.
12. Deal with positive thoughts. Avoid negative thoughts and defeatist attitudes.
13. Successful athletes have "guts". They don't have head problems.
14. Be totally reliable and responsible in training matters.
15. THE BEST EXCUSE IS THE ONE YOU NEVER MAKE. Never say why you can't: Find a way so you CAN!
16. Successful athletes set positive examples for others
17. Successful athletes have fewer injuries than less successful ones.
18. Successful athletes are enthusiastic! They generate their own enthusiasm.
19. Successful athletes RESPOND to the ideas of their coach.
20. Successful athletes are cooperative with coaches and TEAMMATES.

Athletes who fail tend to be cynical. They believe their coaches are not leading them properly. They are unwilling to be impressed or inspired. This is expected of the phony, the snobbish, the pseudo-intellectual who is unable or unwilling to take the responsibility for his/her own successes or failures. THE FIRST STEP in success is believing in that success and being willing to follow the program necessary to achieve that success. Allow yourself to be inspired and be WILLING TO TAKE THE RISK TO BE SUCCESSFUL. Believe in yourself and your coaches. HOW DO YOU RATE YOURSELF ON EACH OF THESE POINTS. AS YOU INCREASE THE POSITIVE, SO WILL YOU ENJOY GREATER SUCCESS. Take a weekly inventory of these points.

YOUR SELF MOTIVATION

When self-motivation becomes a reality, you are well on the way to becoming a champion. There are over 100 athletes out for track and field on a regular basis. There are 6 coaches. Therefore, each and every coach will have little individual time to work with you on a daily basis. Those athletes who show a strong work ethic and a positive attitude usually end up getting most of the coaches' time. If your goal is to get that special coaching, please take the time to read and believe the ingredients to cook up that special season for you!

1. Establish specific, measurable goals within your reach. Record them on paper and **REVIEW THEM DAILY!**
2. Use positive imagery. Imagine yourself as having successfully achieved your goals.
3. Identify all the barriers between you and your goals. Include nonathletic barriers such as time, work, homework, family commitments etc.
4. Develop a specific, realistic step-by-step plan of action to overcome each obstacle between yourself and your goals. Most successful people make a plan to achieve their success!
5. Establish sensible deadlines for the execution of your step-by-step action plan. If you have not done any conditioning or technique work prior to the beginning of this season, do not expect to pick up where you left off last season.
6. Develop a burning desire and determination to achieve your goals through execution of your action plan **REGARDLESS** of the opinions or criticism of others. Do not let others place limitations on your abilities.
7. Never recognize the possibility of ultimate defeat. Practice positive thinking. **REJECT** negative people or anyone adverse to your success-directed purpose.
8. Keep yourself on target by **DAILY REVIEWING** your recorded goals, your action plan for goal attainment and your deadlines for step-by-step accomplishments.
9. **BELIEVE IN YOURSELF!** Regardless of athletic ability, any athlete can be a success if he/she is **willing to step out of the comfort zone and challenge his/her limitations.**
10. **ACCEPT YOUR LIMITATIONS AND THEN EXCEED THEM!**
A great athlete is a precious rarity. In order to win, his/her toughest battle is always within him/herself. All athletes, regardless of athletic ability, question their ability. If an athlete can DREAM of victory and IMAGINE success, then he/she can motivate him/herself to do the necessary work to achieve that success. For the athlete who can MOTIVATE HIM/HERSELF, ATHLETIC IMMORTALITY may be just around the corner! Success will certainly lead you to more success!

Paraphrased from Motivation and Coaching Psychology by Fred Wilt

BE A COMPETITOR

Nothing can compensate for the lack of will to perform when the situation demands that desire!

Only can you provide this will. No one else can help at the moment of truth. The penalty for lack of will is usually defeat. (Mental and/or physical)

"Quitting" is any time the athlete gives up hope of doing his/her best. The difference between a winner and a loser is often the effort to try. The winner tries and therefore REGARDLESS of results is a winner. There is no failure like ceasing to try!

Proper training is an extremely important part of being a winner. It does not guarantee success, but it certainly increases the possibilities.

Providing the "potential" is there, mental factors such as courage, will-to-win, subconscious desire for victory, capacity to suffer, fearless determination, frustration tolerance and good old intestinal fortitude (otherwise known as "guts") must be combined with proper training to transform potential into reality and give any assurance of success. These mental factors can only come from WITHIN the athlete.

YOU MUST WORK AT DEVELOPING YOUR INNER MOTIVATION. THIS IS A LEARNED SKILL!

Paraphrased from *Motivation and Coaching Psychology* by Wilt and Bosen

AS AN ATHLETE, YOU SHOULD KNOW

1. ALL THE RULES PERTAINING TO YOUR EVENT
2. ABOUT A LEARNING IMPROVEMENT CURVE AND THE “PLATEAU”
3. HOW TO PREPARE MENTALLY FOR COMPETITION
 - a. FOCUS RATHER THAN GOOF OFF DURING MEET
4. THE IMPORTANCE OF GOOD HYGIENE, DIET AND A CLEAN LIFE
5. HOW TO AVOID ACCIDENTS AND INJURIES WHILE ON THE TRACK
6. HOW TO DO THINGS PROPERLY
7. WHAT IT TAKES TO SUCCEED: A POSITIVE ATTITUDE, WORTHY GOALS, ACQUISITION OF SKILL AND TECHNIQUE, STRENGTH, ENDURANCE, AGGRESSIVENESS AND A WILLINGNESS TO STEP OUT OF THE “COMFORT ZONE”.
8. MOST IMPORTANT PRACTICE RULE TO REMEMBER: PERFECT PRACTICE MAKES PERFECT. USE YOUR PRACTICE TIME EFFICIENTLY TO ACHIEVE MAXIMUM RESULTS ON MEET DAY.
9. GET REALISTIC SHORT, MEDIUM AND LONG TERM GOALS.

HOW AND WHY WE WARM UP FOR AN EVENT

We warm up for two reasons: to get the most efficient physical performance and to prevent injury.

A good warm up stimulates the circulatory and respiratory systems, brings greater amounts of blood to the large muscles and lowers the innervation (stimulation) threshold of muscle fibers.

Warm up for practice and competition are identical except you don't include any strength or endurance exercises in your pre-competition warm up. (Such as push ups or sit ups)

A good warm up will take approximately 30 minutes. It should begin with some easy jogging, followed by an extensive dynamic stretching routine and terminating with a series of strides (1/4 to 9/10 speed). Sprinters and hurdlers should check blocks and take at least one practice start. Field event people should check their approaches and take some easy practice efforts. **DO NOT IMPRESS YOUR OPPONENTS WITH OUTSTANDING TOSSES IN WARM UPS. SAVE THE BEST MARKS FOR THE RECORDED PORTION OF THE COMPETITION.**

The warm up terminates approximately 10 minutes prior to competition. During this time, you can relax and gather your thoughts concerning the ensuing competition.

If you are in more than one event, a complete warm up is not necessary prior to each event. However, do not make the mistake of sitting around until your next competition. Set up ample time to get loose and ready for the next event.

A good cool down is also important at the conclusion of each event or at the end of practice. This should include easy jogging until your pulse rate is normal, followed by slow stretching. If you do not do this portion, your body will certainly let you know the next day.

DON'T UNDERESTIMATE THE IMPORTANCE OF A GOOD WARM UP AND COOL DOWN!!

BULLDOG TIPS FOR EACH EVENT

STARTING

1. Your state of mind is most important. Concentrate on exploding out of the blocks with any sound.
2. "ON YOUR MARKS"
 - a. Fingers just behind the line. Thumbs and fingers parallel to the line.
 - b. Hands slightly wider than shoulder width, elbows straight
 - c. Blocks should not cramp you. Block saddle should be 12 inches behind starting line. Then adjust foot placement
 - d. Allow eyes to fall comfortably down the track
3. "SET"
 - a. Bring weight rhythmically forward until it is over the hands. Then elevate hips until the back is parallel to the ground. Hips may be slightly higher than shoulders. Hands, arms and shoulders hold weight.
 - b. Head, neck, abdomen and shoulders should be in a straight line.
4. "BANG"
 - a. First step should be as long as possible without causing you to stand up
 - b. Arms should be driven vigorously, but kept from the mid-line of the body, basically forward
 - c. By third step, you should be up and running full stride
5. In all races over a 400, a standing start is usually employed.
6. In hurdles races, blocks must be adjusted until the hurdler can clear the first hurdle without breaking stride.

SPRINTING

1. Flexibility and proper running mechanics will enable sprinter to increase stride length and stride frequency, the secret to better speed.
2. Point your feet straight ahead.
3. Forget breathing, it will come naturally.
4. Good posture is essential and must be practiced DAILY! The same criteria applies as in walking posture, with the exception being that the arms and knees are much higher in sprinting.
5. High knee lift with good foreleg reach helps improve stride.
6. Relaxation is the key to everything.
7. Bound forward--not up!
8. When finishing a race, assume the finish line is ten yards past the actual finish line.

RUN THROUGH THE FINISH LINE!

9. Take plenty of time to slow down after finishing a race. Carelessness here could mean injury.
10. ALWAYS WARM UP GRADUALLY BEFORE ATTEMPTING A FULL SPEED SPRINT.
PROPER WARM UP PREVENTS SEASON ENDING PULLS!

RELAY RACES

1. The baton may extend over the starting line, but may not touch the ground beyond the starting line. Start with the baton in the hand in which it will be handed off.
2. All relay legs over a 400 will involve a **visual baton exchange**. The incoming runner holds the baton eye level in the right hand. The outgoing runner grasps the baton in the left hand. The incoming *runner* should be on the inside of the lane. The outgoing runner must start with **both feet inside the 22 yard exchange zone**. It is the outgoing runner's responsibility to make sure he/she gets the baton.
3. In sprint relays (legs under a 400), the team with the best exchange will win, other factors being equal. Take all the practice necessary to make passes consistently correct,
4. In sprint relays, a "**blind**" *exchange* is used. In these races, the outgoing runner may start anywhere in the exchange zone, but the baton must be passed within the actual exchange zone.
5. **NEVER QUIT** in a relay race. There could be a disqualification; another team may drop the baton; or cramps, pulled muscles and other problems could plague the team and then you are back in the race. A relay team member has a special responsibility to the other members on the team.
6. On the 400 relay, it is the incoming runner's responsibility to get the baton to the outgoing runner. On longer relays, it is the outgoing runner's responsibility to make sure the incoming runner finds him/her and gets the baton to him/her.
7. **NEVER THROW OR TOSS THE BATON**. That is an automatic disqualification and immediate increase of the coach's blood pressure!

400 RELAY RESPONSIBILITIES—OUTGOING RUNNER

1. Must set out the check mark accurately. Know your lane and steps before going out to the zone.
2. Must watch the check mark closely, being aware of the incoming runner through peripheral vision only.
3. Must be started running as soon (BUT NEVER BEFORE) as the incoming runner reaches the check mark. Practice the exchange enough to have confidence in your mark!
4. Must run out aggressively and with maximum effort using both arms in a normal sprinting action.
5. Must put back the arm at a time that has been previously decided (rather than putting it back on a verbal command).
6. Must keep your arms as still as possible to present a clear target for the incoming runner.
7. Must continue running at maximum effort until baton is placed in the hand.

400 RELAY RESPONSIBILITIES--INCOMING RUNNER

1. Must be mentally prepared to run to the end of the exchange zone.
2. Must place the baton in the hand that has been presented, even if that hand is moving and several attempts are needed.
3. Make sure the outgoing runner gets the baton!
4. Must stay in the proper lane until all other runners have passed.

HURDLING

1. Starting: if you are a right foot leader, your left foot should be forward in the blocks and vice versa. You should attack the 1st hurdle with a sprint!
2. Hurdling requires speed, balance, coordination, agility and aggressiveness.
3. Flexibility is especially important in this event
4. Work to get to 3 steps in the highs. This will improve times and success.
5. 15 to 17 steps in the intermediates is the usual requirement for success.
6. Getting over the hurdle:
 - a. Drive your knee into the hurdle. Lead leg straightens over the hurdle but does not lock
 - b. Trailing leg "tethers" (flattens out slightly) and is pulled straight through, with the knee going to the chest!
 - c. Body lean is more extreme over the highs than lows or intermediates and is vital to maintaining momentum.
 - d. Lean with the opposite arm of the lead leg (left leg, right arm)
 1. Read the watch!
 - e. Lead leg is "snapped" down as soon as possible.
 - f. Land on the ball of your foot and drive immediately for the next hurdle (first stride after hurdle is critical to rhythm)
7. Strive to get back into good running form as soon as possible after clearing the hurdle.
8. Goal of a hurdle race is to return to the ground as quickly as possible.

MIDDLE DISTANCE AND DISTANCE RACES

1. Sleep (at least 8 hours nightly) and good nutrition are vital.
2. The most common features among quality distance runners are dedication and consistency.
In order to be successful, the work has to be done. Mileage is a key!
3. Distance running is at least 60% mental. ENJOY THE RUNS!
4. A good sense of pace is a must for all great runners. Practice this.
5. Regardless of how far you run, the last lap of any race should be a sprint.
(SNAPPLE LAP!)
6. Great runners have: speed, strength, endurance, confidence and a strong will to work.
7. When you make a move in a race, do so decisively and carry the finish through the tape.
8. A confident and well prepared distance runner doesn't need to worry about what ifs.
Most of the work is done prior to the race.
9. Good running posture is like good walking posture, except the arms and knees are carried a little higher.
PRACTICE GOOD FORM DAILY!
10. Unless absolutely necessary, never pass on a curve. Try to run on the inside on a curve. If in a lane, run on the inside of the lane. Do not allow someone to pass you on the inside.
11. Remember at the end of a race to pull your hands past your hips and the faster the arms go, the faster the legs go.
12. A sensible training program with the right amount of interval work will, in time make you hard to beat. Anyone with a good work ethic, dedication and hard work can develop themselves into a competitive distance runner. **HARD WORK PAYS OFF WITH POSITIVE RESULTS. YOU CAN MAKE YOURSELF INTO A GOOD DISTANCE RUNNER.**

HIGH JUMP

1. Courage, strength and consistency of approach are necessary qualities
2. Last three strides of approach should be the most practiced. They are the most forceful with the "planting" foot "posting" on the level and rocking up to the toe. Last two strides should be FLAT-FLAT and also should be quick-quick.
3. Approach should be a J (jay) or curved approach of 9 to 11 strides. A consistent approach allows for consistent jumps.
4. Drive off arm and lead leg is important in height. Explode up!
5. Lead (or drive) leg should not come up any higher than the waist (thigh is parallel to the ground). The takeoff leg should be at a right angle to the thigh. The takeoff should be close to the near standard.
6. Good arch over the bar is a must. Practice bridges daily and work on box work over the bar. The lowest bar of the bar is in the middle. Therefore, the peak of your jump should be over this lowest point for maximum clearance!
7. Both legs should be parallel and facing directly away from the pit on the bar clearance. Remember to clear at the middle of the bar.
8. To help get the legs out of the way during bar clearance, the head should look up as the "gluts" cross the bar.

LONG JUMP

1. A consistent, controlled approach is the most important part of the long jump. Work to get your check marks perfect and consistent.
2. Get height off the board. Rock from heel to toe on takeoff and look to the horizon.
3. Hips must come through for good drive off the board. Use of arms for lift is important.
4. Balance in the air with arms is learned through practice. Use the box to get altitude.
5. Work on the hitch kick. This enables more efficient extension of legs in landing.
6. Patience is a must. You can remain on a "plateau" and then improve by over two feet in one jump! Work to make every jump in your series a good jump.
7. To get the maximum on the landing, the arms should be brought back and down at the end of the jump. Pretend to push through the sand. Practice this daily.

TRIPLE JUMP

1. The key to the triple jump is the run. Controlled, consistent approaches of 14-20 steps is optimum for jumping efficiency. Approach should be long enough to reach maximum "controllable" speed.
2. The last three strides: Head is up, tall posture, hips underneath athlete and good sprint form.
3. The last two strides should be flat-flat.
4. Run off the board for the hop phase. Bring arms forward as you leave the board. They should be parallel and no higher than the face.
5. Step phase: Foot contact is slightly in front of the body and the takeoff foot strikes the ground actively (paws at the ground). The trailing leg recoils much like a sprint stride.
6. Jump phase: Foot contact is slightly in front of the athlete. Eyes continue to look forward and posture is tall and erect. The arm is driven to a horizontal position with the foot behind it and the takeoff leg ending straight as the athlete leaves the ground.
7. Landing should be similar to the long jump with a modified hitch kick used if possible.
8. Simple triple jump reminders: hop lands on takeoff foot, step lands on opposite foot and the jump lands on both feet. Balance in the air is a real key in this event. Also continued speed along the duration of the jump is important.

Shot Put

1. Build STRENGTH if you are serious about this event.
2. Body "torque" and speed of delivery are critical on the high school level.
3. When learning, put mostly from the front of the ring. Work on the glide without a shot in your hand.
4. The shot should rest comfortably where the fingers join the palm, fingers about 1/2 inch apart. As the season progresses, the shot may move higher on the fingers.
5. Hips are closed at the start of the delivery, and leading throughout the put. (Ask coach for a further explanation)
6. Drive off of the right leg (if right handed) and extension of the left leg prior to reverse.
7. On release, elbow is outside shot, eyes are following the flight!
8. Follow through of wrist gives extra distance.
9. Release shot at about 45 degree angle.
10. Work on continuity from glide to delivery of shot.
11. CONCENTRATION and RELAXATION mean distance!
12. PRIMARY CONCERN OF EVERY THROWER IS SAFETY. Check area prior to every throw!

DISCUS

1. STRENGTH, timing and relaxation are keys to this event.
2. In learning, work separately on delivery and spin.
3. Discus rotates clockwise off hand and comes off index finger.
4. Weight shifts on delivery from right to left leg. Be sure to throw off left leg if right handed. Remember--BIG CIRCLE, LITTLE CIRCLE.
5. Eyes level throughout the spin.
6. Practice throwing into the wind, with the wind at your back, crosswind, etc. Angle of release will vary for efficiency of throw in varying conditions.