**Billings West High School**

**Track & Field**

**Team Handbook**

***Tradition, Pride, Excellence***

**Boys State Champions- ’73, ’79, ’84, ’85, ’86, ’87, ’94, 2006, 2007, 2008, 2009, 2012**

**Girls State Champions-’72, ’74, ’75, ’76, ’82, 2006**



***Mission Statement***

The Billings West High track and field program is extremely team orientated. An opportunity will be provided for all athletes to develop integrity, discipline, accountability, work ethic, and competitiveness. As coaches, we all realize we are a very small but important part for the development of your son or daughter in all aspects of life. We want your son/daughter to have a positive experience that will develop lifelong relationships with their teammates and coaches. We want our athletes to compete, have fun, and win!

***Trophies and medals rust, diplomas fade, but relationships last forever.***

**Coaching goals for our program**

1. The student athlete is the center of attention in our program.  **Sports are not created to glorify coaches.** We realize that we are one of many people who have, and will continue to contribute the success of the student athlete. All decisions will be made to benefit the athlete first, the team second, and the event area last.
2. We want to provide a positive experience for each individual student athlete during our track season as long as the student athlete is willing. Success can be defined in many ways. Success is a choice! For some, it is an individual state championship and for others, finishing a race. Success is being part of a team that has a goal and mission to do well. **We want our student athletes to expect success.**
3. A team concept will be provided during each season. It is our beliefs that track and field at BWHS is a team sport. We will strive to be positive all the time and let the student athlete know we care about them as a person, student, and athlete. Our philosophy will align with the head coach.
4. We will discipline when necessary and our expectations will be high of our student athletes. We will not create mind games, drama, or an unnecessary crisis. We will ask our “team leaders” their opinions. We will show that we care about our student athletes.

**The Three Core Values of our Program**

**Tradition-**

Our program has a tremendous amount of **tradition**! In the past eleven years the boys program has won 5 state championships, been the state runner up twice, and taken third twice. The girls program has won the state championship once, taken second 5 times and third once. Our expectations are high each season and we will be disappointed if we do not take home a state trophy. As a team, our goal is to place in the top three at the state track meet. We represent ourselves in our school, community, and state with i**ntegrity**, **class**, and **enthusiasm**. We realize that many student athletes, coaches, and parents have put a tremendous amount of time to make our program what it is today. Tradition helps **inspire** people. It makes our student athletes want to come back and have the desire to go on another journey.

**Pride-**

We take a tremendous amount of **pride** in our sport. We realize that track and field is a tough sport to participate in and we understand that everyone does not have the mental toughness that we do. We take **responsibility** for our failures and credit others for our success. Everything that we do in our program we want to do with **class**. We care about the **success** and tribulations of our teammates. We represent Billings West High School, our **community**, our **parents**, and our **coaches** and we want them to be **proud** of us.

**Excellence-**

We work for **excellence** in our program. We work to set PR’s (personal records) at every meet we compete in. We also believe that the classroom will come first and it is a priority to be on the **honor roll**. When we **compete**, it will be to the best of our ability. Each one of us has an **obligation** to become a **leader** and it is our **responsibility** to accept that challenge. The best leaders do so by example. It is a **privilege** to be a student athlete in our school and our program.

**Team Goals**

* **Place in the top three at the state track meet.**
* **Win the Divisional Track Meet.**
* **Win the Billings Invitational.**

**Individual Goals**

* **Win an individual state championship.**
* **Place at the state track meet.**
* **Qualify for the state track meet.**
* **Set a personal record at the last meet I participate in.**
* **Be on the honor roll.**
* **Be a leader.**

**Pathway to leadership:**

In our program we want to develop leadership skills. The student athletes will be selected by the coaching staff. As a team leader, we will know, practice, and teach the 3 common cores of our program. We will take pride that we are in a program that has a rich history. We will lead by example. We will do what is asked of us on a daily basis. Our attitudes will be positive and our work ethics exceptional. A t-shirt will be given to specific individual athletes with our leadership values. We understand that we can lose our leadership role on this team.

**Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.**

**~John Wooden**

**Enthusiasm Confident**

**Loyal Competitive**

**Friendship Sacrifice**

**Mental Toughness Discipline**

**Character Integrity**

**“You can’t live a perfect day without doing something for someone who will never be able to repay you.”**

**~ John Wooden**

**Letter Requirements:**

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| **EVENTS** | **BOYS** | **GIRLS** |
| **100 m** | **11.4** | **13.3** |
| **200 m** | **23.5** | **27.5** |
| **400 m** | **53.0** | **63.0** |
| **800 m** | **2:03** | **2:35** |
| **1600 m** | **4:50.0** | **5:55.0** |
| **3200 m** | **10:30.0** | **12:30.0** |
| **110/100 hurdles** | **15.9** | **16.2** |
| **300 hurdles** | **42.0** | **46.0** |
| **High Jump** | **6' 2”** | **5'** |
| **Long Jump** | **19' 5”** | **15' 5”** |
| **Triple Jump** | **39' 5”** | **32'** |
| **Pole Vault** | **13'** | **9'** |
| **Shot Put** | **45'** | **33'** |
| **Discus** | **133'** | **108'** |
| **Javelin** | **160'** | **105'** |
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| **\*In addition to one of the following, the athletes must complete the season in good standing. The completion of the season is after the state track meet.\* 1.      Time or Distance: meet one of the above standards in any meet during the season.  2.      Place at the divisional track meet.  3.      Score a minimum of 20 points throughout the track season in varsity track meets.  4.      Coaches discretion.**  **Qualifying Standards:**  **Class AA**  **QUALIFYING**  **STANDARDS**    **2013 EVENTS 2013**  ***Girls Boys***  13.00 100 Meters 11.30  26.70 200 METERS 22.80  60.00 400 METERS 51.20  2.24.00 800 METERS 2.03.00  5.28.00 1600 METERS 4.34.00  12.06.00 3200 METERS 10.04.00  16.20 100/110 M HURDLES 15.50  47.50 300 M HURDLES 40.40  35'3" SHOT PUT 49'  113' DISCUS 148'  118' JAVELIN 173'  5'1" HIGH JUMP 6'3"  16'6" LONG JUMP 20'9"  34'6" TRIPLE JUMP 42'3"  10' POLE VAULT 13'6"  50.60 400 METER RELAY 43.80  4.09.00 1600 METER RELAY3.30.00   * Student athletes who accomplish the mark or time at a qualifying meet will be eligible for the state track meet. * In order for a meet to be a qualifying meet, an automatic timing system must be used at the meet. All running events must have a time from the automatic system in order to qualify. * Only 5 athletes are eligible from an event from one team to qualify for the state track meet. Example, in the 3200 meter run, if 7 run a qualifying time, the top 5 times will be eligible for the state track meet. |

**Goals/Expectations from Assistant Coaches:**

1. ***Coach!*** You are the “head coach” for your event area and your event area alone. Leave all other event area concerns to the head coach. **Ask yourself, “What’s my job?”**  Less talking (except in film sessions) and more coaching. **Our student athletes will not sit down at the track, pit, or ring and be talked to for an extended period of time.** **Exceptions**- first day (safety/expectations), before first meet (organization), before divisional/state (goals/encouragement). Post your practice routines/schedules the day before or the week before.
2. Communicate with all other coaches in our program (especially multi event athletes). Be **respectful**, **loyal**, and **understanding** of each other. We have to get along when we are together. If you have problems with a coach say it to their face, not behind their back. Confrontation simply means meeting the truth head-on.
3. Arrive at meets before the athletes do and leave at the conclusion of the meet. This will give us an opportunity to see other event areas. We need help tearing down and putting equipment away.
4. We will work track meets. Expect to work every meet at West, Skyview, and Senior. Organize your event area so the student athletes are helping you. **An adult must have the clipboard.**

**Coaching Commandments:**

1. Seek other people’s opinions. Use team orientated words…**WE, US, OUR!**
2. Create an environment where success is possible. Pay attention to the details. Be disciplined! Have the student athletes write down goals.
3. Think and talk positive. To admit a mistake is a sign of strength.
4. Do not over coach! Practice with a purpose. Coaches set rules to keep from making decisions.
5. Limit or eliminate your phone at practice! Wear a watch.
6. Your demeanor will affect your coaching. The student athlete for the most part does not care about your personal problems. Leave them from 3:25-6:00. Before you utter a word, the team sees your face, the look in your eyes, your walk. During ***critical periods*** we do not have the luxury of feeling sorry for ourselves, to be down, angry, or weak. Beat back those emotions.
7. Student athletes respond better to praise. Praise builds self-confidence. Praise loudly and criticize softly.
8. Get to know your student athletes. Casual but specific conversation will allow you to get to know them. **Know your athletes**. Are they healthy, injured, excited, down, energized, and tired? **Know the WHY!**
9. It is a privilege to coach in our program and at our school!
10. **No Ego!!!**

“**They (student athletes) do not care about how much you know; they want to know how much you care.”**

~Rob Ash, Montana State University Football

**Practice:**

The Billings West track team will practice **every day, Monday-Friday at 3:25 pm**. We will also have practice on Saturday’s when announced. Please see attached schedule.

**Practice Schedule:**

3:25-3:30- Announcements from the head coach. After announcements all will jog to the track and complete one lap.

3:30- 4:20- Session #1

4:20- 5:15- Session #2

5:15- 5:45- ***Film for varsity athletes***. We will have a film session on Monday’s throughout the year. The film session will begin on Monday, March 31st. We will adjust film dates based on weather.

Practice will be mandatory for all athletes. We will **NEVER** cancel practice because of weather. Just like all of the other sports at Billings West, we expect student athletes to be at practice. We cannot win on reputation alone.

**“Success is a matter of preparing to win.”**

**~Mike Krzyzewski**

**Requirements/Fees/Checklists:**

*All checks should be written to BWHS and turned into the activities office*

* ***Fees:*** Participation Fee Required by School District #2-$60.00 and Activity Fee $20.00 (if previously paid for another activity you do not have to pay again. We do have scholarships and funds for student athletes to help with fees. Please contact Coach Stanton individually if you need help. We do not want lack of funds to deter students from participating in track and field.
* ***Physicals:*** A physical must be turned into the activity office prior to participation. MHSA rules will not allow student athletes to participate in any activity without a physical. Contact the activities office with questions or concerns. Student athletes must have 10 days of practice prior to participating in tack meets.
* ***Feed the Bears & Fund Raising:*** We understand the painful tasks of fund raising that occurs in all sports programs. We decided to abstain from selling calendars this year. We still need to pay bills and feed our student athletes at away meets. It is extremely costly to purchase meals for 150+ kids. As a result, we are going to combine our feed the bears meals and fund raising as follows:
* Freshman: $50.00 fee for food and fund raising. If an individual or business would like to sponsor the student athlete, we would recognize the sponsor on our poster. To be recognized on the poster a pledge of $100.00 or more is needed.
* Sophomore, Junior, and Senior: $100.00 fee for food and fund raising. If an individual or a business would like to sponsor the student athlete, we would recognize the sponsor on our poster.
* A jpeg file should be provided by a business that would like to sponsor the student athlete, so we can place the logo on the poster. Please email the file to [stantonr@billingsschools.org](mailto:stantonr@billingsschools.org). The business would have to pledge $100.00 or more to be placed on the poster. If a business would pledge $125.00 or more, the student athlete who brought in the business would be rewarded with an under armour cinch bag. A tax ID number can be provided when requested and donation received. Once the posters are completed, the business will be given one to display.
* **Shoes & Sweats:** A good pair of running shoes should be purchased before the first practice. Throwing shoes, spikes, and event specific shoes should not be purchased immediately. ***Time Out Sports*** donates generously to our program every year and will give you a discount. Please talk to the position coach to see if specific shoes are necessary. A black pair of sweats (top and bottom) will be required for practice and meets. You do not have to purchase new ones each year and sweats from other sports may be used as long as they are black.