

Scottie Track & Field Philosophy

Remember, you'll need a physical and concussion test before you can practice, and both you and a parent need to sign the training rules sheet, drug consent form and medical consent form. You'll need to pay for an activity ticket and the sport participation fee, payable to Glasgow High School. The medical consent and rules forms are available at the main office, and on the school's website at: <http://glasgow.k12.mt.us>

Character

Respect I expect you to respect all the coaches – please address them as Coach, and not by their first name. Also, respect each other, at practice and everywhere else. And, the same goes for everyone else, whether they are in another sport, don't do sports, or are from another school.

Role Model – Do your best to be a GOOD role model – you are a role model whether you like it or not. Why not make the world a little better?

Positive What I want for every athlete and every coach is that when we have our season-ending dinner, we can look each other in the eye and say, "I'm a better person than I was before day 1 of practice." I don't expect you to be perfect, and we all start from different places. But, I hope that we all can progress as better people and better athletes each day.

I'm hoping that every single day when you are done with practice, you feel better about yourself than when you did at 3:30. But, as competitive people, I know that won't be the case EVERY night. Just remember this is a journey and is something you do, **NOT YOUR SOLE IDENTITY!**

Criticism There will be many times when we critique your form, your attitude or your effort. You will not always (if ever) be at 100% on all three of those. We are not tearing YOU down when we look at the flaws. We are simply trying to get your body to perform better.

Rules Obviously, the school sports rules apply. To me, breaking rules is extremely selfish behavior. It says that "I" am more important than the team, and that it's more important to do what "I" want to do than to make a minor sacrifice for the team. Even if you don't get caught, the attitude will infect the team. See your student handbook for rule info. No cursing either at practice or in a meet (it is a disqualification during an event).

Leave A Place Better Than You Found It – Always clean up after yourselves, and try to make the area better, even if the mess isn't "yours."

Say Good Night – It's just good courtesy to let your event coach know you are leaving practice.

Athletics

Missing Practices – COMMUNICATE! If you just disappear and don't let me know that you'll be gone, then there's a good chance you won't be going to the meet that! School events obviously are OK but remember that every time you break routine, you need to catch up on your sleep, drinking water and other good habits.

Academics – The GHS rules apply in track as in every other sport. See your handbook. But, we expect you to work AT LEAST as hard in the classroom as you do at our practice!

Easy/Hard days – Make the hard days hard, the easy days easy. Simple, but amazing how many miss following this rule. Discipline works both ways...

Effort Vs. Performance – We are an "effort" based coaching staff. What that means is we know everyone's genetics are different – that's the awesomeness of the human race! We hope that you are trying your best to follow our direction in every race; we can't all win the race, but we can all give our best. The same goes for practice.

Meet Info

Team – I expect you to cheer for each other as much as possible! To me, there's no split between varsity/jv or boys/girls teams. We are one big family with a common vision to reach our goals.

Uniforms Rules –

Under Armour – one color (black) 1 logo. Top & bottom don't have to match (above knee rule)

Relay – must match colors for tops, and for legs (unless the leggings end above the knee)

No Jewelry – you may wear a watch but not a Garmin

No removing of shoes or uniform in the area of competition

Unsportsmanlike Conduct –

Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel. PENALTY:

Disqualification from that event and further competition in the meet. NOTES: 1. The NFHS disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

If you qualify for state by a time/distance/height, but are disqualified for **Unsportsmanlike Conduct** during district or divisional, you will NOT be allowed to compete in that event at state!

It is an unfair act when a competitor receives any assistance. Assistance includes: a. Interference with another competitor. b. Pacing by a teammate not in the race or persons not participating in the event. c. Competitors joining or grasping hands with each other during a race.

Performance

Lettering – You will earn a varsity letter if you: a.) reach a lettering performance mark, or b.) place at a district, divisional or state meet (including being part of a relay team). You'll find the marks on our website at glasgowtrack.com and on the Scottie Track & Field Facebook page.

Qualifying – We have the opportunity to qualify for state by a performance mark set in the season. It's usually easier to qualify via the district and divisional meets (6 athletes advance from both meets) but sometimes due to illness or injury an athlete may not advance from these meets. You'll find the marks on our website too.

Post-season – We are allowed to enter up to 5 individuals and 1 relay team per event at District. At this point of the season, we may ask you to do some extra events (you get a maximum of 5 including relays*). But you MAY not get into all the events you like. We will try to accommodate, but at this time of the year we REALLY need to be focused on the team!

*At the state meet, athletes are allowed to compete in 5 individual events and 2 relays.

Relays – We try to be fair in everything but it comes down to what 4 athletes combined can get the baton around the track the fastest. That may or may NOT be the 4 fastest runners! Other considerations include experience in the event, willingness to do extra for the team, dependability, attention to detail, amount of practices missed and the chemistry of the relay team.

Results – Finally, remember that a competition is simply a test of how fit you are! We are simply setting goal, trying to achieve it, and moving on. A competition should be a REWARD of your hard training, not something to fear!

FOR PARENTS

Coaching – It is my goal to make every athlete feel welcome! With 17 events for both boys and girls, there's something for everyone! Our intent is to treat your student athlete with utmost respect, especially regarding performance. We will try to minimize any negative criticism, but we also need to direct them on the mechanics and mindset to improve in the event. But if they think we are cutting them down, they are mistaken – we appreciate everyone who is willing to put in time and energy to do the workout to the best of their ability.

One thing I am sure of – we won't always get it right, but we will sure try!

Part of our success is to have fun while creating an environment where it's OK to fail, pick yourself back up and try again. Without failure, we learn very little.

We will try to do you some favors by promoting respect for their parents, and even some special take home cross-training routines such as helping with the dishes and cleaning their room!

Gear – Check the uniform rules above; black tech shirts are what we recommend: just one color, and only one logo showing (that includes front and back!). There are all kinds of training shoes for running, and competition shoes for most of the events. For distance training, you want something with a little support. And, really for sprinting, that's ok too. Sprinters should have their own set of spikes. We do have some old pairs available as well. There are also special shoes for the different throws, jumps and vaults. You can talk to those event coaches for specifics.

What You Can Do – I think just being a positive supporter is the best thing a parent can do. We won't make everyone happy every single night. And your student athlete won't be at the top of their game every single workout or meet. Listen and empathize with them, but I hope you keep criticism of the staff to a minimum. That just feeds negativity and makes it even tougher the next day. If a problem persists, please contact me.

This should be a positive experience. We try to focus more on time/distance/height goals during the season. Obviously, for the post-season, it's about placing, but even then, you can't control what the other competitors do. We use competitors and teammates to sharpen our skills and to help motivate us, but in the end, it comes down to an athlete battling him or herself.

Most of all, though, it's YOUR relationship with your son or daughter that is MOST important! We are planning on holding them accountable to the rules, the philosophy, sacrifices and expectations of being a Scottie athlete. We hope you do too, while still remembering they are just young, still learning human beings.

Volunteering – We almost always need help with the field events, and a small timing crew. If you would like the help, I'm sure we could find a spot for you! It takes a lot of people to put together a great meet, so your help would be appreciated!

Nutrition/Sleep – Nutrition and a good night's sleep are both very important! I'm a big believer in not really criticizing their food choices so much, as to promoting a balanced diet of fruits and vegetables, protein, fats and carbohydrates. Pre-competition meals vary tremendously, but if they are running: peanut butter crackers, Rice Krispie bars, Nutrigrain bars and water are usually pretty safe about an hour to 90 minutes before the event. Also, something to eat 20 MINUTES after a workout is VERY beneficial! They should get AT LEAST 8 hours of sleep each night! I'm not a big fan of energy drinks.