

2017 Bennington Track
One Track Mind

Guidelines

- Track is a very demanding sport with great emphasis on an individual's work ethic, commitment and dedication. Yet Track is a TEAM sport, with INDIVIDUAL WORK BENEFITTING THE TEAM.
- Coaches
 - Brandon Henkel-Co-Head Coach-Hurdles (100/110, 300), 400, 1600R
 - Joe Schumm-Co-Head Coach- Mid and Long Distance (800, 1600, 3200, 3200 R)
 - Jocelyn Suing-Assistant Boys & Girls- PV, Assist with Sprints, Assist with HJ
 - Chris Grinvalds-Assistant Boys & Girls-Shot, Discus
 - Jeremy Bohaboj-Assistant Boys and Girls-Sprints (100, 200, 400R) Horizontal Jumps
 - Gary Sather-Volunteer Boy & Girls- HJ
 - Madison Wakefield- Volunteer-PV
- The sport is spread out over a great area so the only way we as coaches know that you want some individual help is to come to one of us and ask for help.
- It is imperative that you as athletes maintain a positive attitude during practice and meets; do not let negativity spread through the team.
- Dress in layers, under armor, stocking hats, gloves (we will practice outside if at all possible) - 68° rule- must wear sweats (unless a coach is doing specific drill)
- Bennington has had some outstanding track teams; this has been accomplished by individuals willing to work hard and sacrifice. You need to be part of that tradition!
- We will work through meets until Conference, Districts, and State.

Team Means Team

Not:

- Individuals
- Two Groups
- Friends & Non-Friends
- Runners & Throwers

Team Means

- Be Supportive of All
- Encourage All
- Watch All Teammates
- Lose Together
- Win Together
- Compete Together

Expect the best from yourself, your teammates, and your coaches every day

Hard Work + Dedication + Good Attitude = Success

Rules

- Practice starts at 3:30 everyday in the gym. Please bring everything you need with you to practice. **Get all training room work done before then**. Ending time will vary on day and event.
- If you miss a practice you will need to make it up; this is the only fair way to do it; (includes school activities) We make-up practices in the mornings at 7 AM and on Saturdays; if you know you are going to be gone let us know ahead of time. Do not wait until the day before to tell us.
- This is the time of year when there are many distractions and you would be wise to avoid these at all costs.
- Jewelry- No Jewelry at practice or during Competitions.
- No Phones at Practice! Stay off of them during meets!
- Drug (including performance enhancing) and alcohol violations See Handbook
- OFF SEASON ACTIVITIES-Track wants Bennington's best athletes! Track should be the priority of the athlete because we are the sport in season. The track coaching staff doesn't mind you playing off season sports and will work with the athletes on a case by case basis. Keep in mind that the track coaches assume that Sundays are rest and recovery time for the athlete. The key is communication. Track season's PEAK PERFORMANCE PERIOD starts April 20th to prepare for conference, districts, and state. If you have off-season commitments and contests after April 20th you need to speak with Coach Henkel and Coach Schumm and specific event coach.
- Individual Demerits (Don't plan to use but put in place in case.....)
 - Total of 40 means automatic dismissal from team
 - Lose 25 points- Unexcused absence from a meet
 - Lose 8 points- Unexcused absence from a practice
 - Lose 4 points- Excused absences from a practice (Coaches Discretion)
 - Lose 6 points- Detentions in school, any kind/reason
 - Lose 6 points- Not cooling down after event and/or stretching after event
 - Lose 2 points- Late for Practice
 - Lose 4 points- Leaving any school issued apparel
 - Lose 5-40 points- Coaches' discretion- Behavior/Attitude unbecoming of a high-class track team- Practice or a Meet
 - Examples
 - Dishonesty, Excessive Complaining
 - Failure to follow coach request
 - Bad language
 - Disrespect toward Bennington coaches, other coaches, meet officials, others
 - Any one of these acts could result in suspensions of one or more meets and extra workouts
 - Gain 3 points- If make up any practice that is missed

- Coach will use discretion on whether or not athlete competes in next meet based on recent practice attendance, meet participation, or other infractions. General Policy: If two practices missed week of meet, can't compete. If skip a meet, suspended for one additional. Cases will be handled individually. If school administration does not approve the absence the day of the meet the athlete will not be allowed to compete.
- Communicate-We must have good lines of communication between parents, athlete, and coach. Talk to coach Henkel about missing practices and/or meets well in advance. The coaches expect you at every practice, every day, and expect good work ethic whenever you are there. The coaches also understand that in order to be out for track, we may have to alter our schedules to fit each other's. Give and take both ways may be required.

Meets

- Be early and ready (organized) for the bus
- Team members should warm up and cool down before and after each event. The colder it is, the longer warm up should be. (25 minutes before, 10 minutes after) Coaches will be watching for this. THIS IS A MUST, BEFORE TALKING WITH PARENTS
- Wear Bennington shirts over your track tops to avoid sunburn. No cutoffs!
- Compete -All team members will be expected to compete in all scheduled events for meets. Hopefully, it will be events you have trained for. Sometimes athletes will be asked to run events for the good of the team, and/or for the experience of competing. Not all athletes will compete in all meets.
- Support your teammates; do not just sit in the tent or the infield. Runners support the field event athletes; field events go support runners. Help hold blocks, carry sweats and offer words of encouragement. We should have everyone cheering for relays.
- Clean up the camp area when we leave the meet.
- Challenges- Coach will post entries to a meet at least three days in advance. If an athlete would like to challenge for an individual event or a spot on a relay, she must notify coach at least two days prior to the meet (No challenges day before meet for running events). Some meets, however, coach plans to use specific individuals on relays for a reason. No challenges will be allowed. Coaches' discretion. Challenges must be made for a specific spot. (one on one challenges)
- RELAYS ARE A GOOD WAY TO EARN POINTS TOWARD A LETTER and we pride ourselves on our relays.

Goals

- Represent Bennington and yourself well, with effort, attitude, and behavior.
- Compete.
- Have fun.
- Be among leaders of EMC.
- Qualify for state.
- Be a member of a relay team.
- Support your teammates.
- Letter.

Social Media & Notifications

Twitter: @BHSBadgersTrack

Remind 101: Text Message To: 81010

Message: @826gk

Tips for Parents

1. Be supportive at appropriate times- We love for parents to be at meets to encourage and cheer for our athletes. We do ask, however, that they do not hinder our coaching by interfering during events.
2. Encourage athletes to cool down after events. Talking to your kids after they compete is great. We ask one favor, however, please allow them to cool down and stretch first. We are trying to limit our injuries and keep them ready for additional events, and cooling down and stretching help do both.
3. Keep athletes healthy- We will work them hard for three months. Please keep an eye on their habits, hours of sleep, and proper rest when we allow them to rest (Sundays).
4. Communicate- We do our best to communicate to athletes our goals, expectations, and other items. This does not always make it home, which may create concerns. Ask if you have questions, either your athlete or the coach. Also, failure by athletes to meet our expectations may result in their inability to compete. We will do our best to communicate these situations with you.
5. Keep your conversations positive- At a meet athletes don't need negative thoughts going through their minds-Especially when the athlete has events left in the meet.
6. Please ask college coaches to go through the high school coach-A college coach may approach you/athlete interested in visiting. The Bennington track staff want to make it a good experience for the athlete. College coaches can put undue pressure on high school athletes to perform at a certain level to receive scholarships and jeopardize the high school team concept. Going through the high school coach can minimize this. Also this lets the high school coaches aware that a college is interested and will do all we can to help.

Girls

Bennington High School Marks for Awards

Awards will be based upon a point system. Points will be awarded according to your performance. Each time you compete check the chart and see if you score points. For example if you run 13.3 in 100m dash you would earn 3 points.

Types of Awards

*Outstanding Trackster- 24 Points

*MVP- Most Award Points + Letter Points

*Golden Foot Award- 48 Points

*Most Improved

*Teammate of the year- coaches and team vote

*Badger Burrow Award- 100 points or State Champion

	1	3	5	7	9	11
400 m Relay	1:01.0	:59.0	:57.0	:55.0	:53.0	:51.0
1600 m Relay	4:40.0	4:35.0	4:27.0	4:21.0	4:13.0	4:04.0
3200 m Relay	11:35.0	11:20.0	11:05.0	10:45.0	10:20.0	9:55.0
100 m Dash	:14.0	:13.5	:13.0	:12.8	:12.6	:12.4
200 m Dash	:28.5	:28.0	:27.5	:27.0	:26.5	:26.2
400 m Dash	1:08.0	1:04.0	1:02.0	1:01.0	1:00.0	:59.0
800 m Run	2:40.0	2:35.0	2:28.0	2:25.0	2:22.0	2:20.0
1600 m Run	6:20.0	6:00.0	5:40.0	5:30.0	5:25	5:20.0
3200 m Run	13:15.0	12:45.0	12:15.0	12:00.0	11:50.0	11:45.0
100 m H	:18.5	:17.5	:17.0	:16.5	:16.0	:15.8
300 m H	:58.0	:54.0	:52.0	:50.0	:48.0	:46.0
High Jump	4'6"	4'10"	5'0"	5'2"	5'4"	5'6"
Long Jump	14'5"	15'0"	15'5"	16'0"	16'5"	17'0"
Shot Put	24'5"	29'5"	35'5"	38'5"	40'.5"	41'5"
Triple Jump	29'0"	31'0"	32'1"	33'2"	34'3"	35'4"
Discus	90'0"	95'5"	100'0"	110'0"	115'0"	120'0"
Pole Vault	8'0"	9'0"	9'6"	10'0"	10'2"	10'4"

Boys
Bennington High School Marks for Awards

Awards will be based upon a system. Points will be awarded according to your performance. Each time you compete check the chart and see if you score points. For example if you run 11.6 in 100m dash you would earn 3 points.

Types of Awards

- *Outstanding Trackster- 24 Points
- *Golden Foot Award- 48 Points
- *Teammate of the year- coaches and team vote
- *Badger Burrow Award- 100 points or State Champion
- *Iron Horse- Most Award Points + Letter Points
- *Most Improved

	1	3	5	7	9	11
400 m Relay	:46.5	:46.0	:45.5	:45.0	:44.5	:44.0
1600 m Relay	4:50.0	4:35.0	4:10.0	3:55.0	3:40.0	3:25.0
3200 m Relay	9:55.0	9:30.0	9:05.0	8:45.0	8:25.0	8:10.0
100 m Dash	:11.9	:11.7	:11.5	:11.3	:11.1	:10.9
200 m Dash	:24.5	:24.2	:23.7	:23.3	:22.9	:22.5
400 m Dash	:56.0	:54.5	:53.0	:52.0	:51.0	:50.0
800 m Run	2:19.0	2:12.0	2:08.0	2:05.0	2:02.0	2:00
1600 m Run	5:15.0	5:00.0	4:50.0	4:45.0	4:38.0	4:32.0
3200 m Run	11:15	10:55	10:30	10:15.0	10:00.0	9:50.0
100 m H	:17.0	:16.8	:16.4	:16.0	:15.8	:15.4
300 m H	:47.0	:45.0	:43.0	:42.0	:41.0	:40.0
High Jump	5'8"	5'10"	6'0"	6'2"	6'4"	6'6"
Long Jump	17'5"	18'5"	19'5"	20'0"	20'5"	21'0"
Shot Put	40'0"	44'0"	46'0"	48'0"	50'0"	52'0"
Triple Jump	38'0"	39'0"	40'0"	42'0"	43'0"	44'0"
Discus	105'0"	125'0"	135'0"	145'0"	155'0"	165'0"
Pole Vault	11'0"	12'0"	12'5"	13'0"	13'4"	14'0"

LETTERING

We will use a point system. In order to earn a track letter, you must earn **25** points from the following categories.

- Points scored in a varsity meet. (Relays will be divided by 4). JV meets points will be divided by two.

Athlete may earn a maximum of 20 points in this category.

- Honor roll.

Athlete may earn a maximum of 1 point in this category. (As of Conference Meet)

- Personal bests. (After 1st meet for freshmen, compared to other years for upperclassmen.

Athlete may earn 1 point for having a personal best. A maximum of 6 points in this category.

- Being at every practice (No unexcused absences, and makeup all excused absences –maximum of 3 excused absences)

Athlete will earn either 2 or 0 points in this category.

- Good attitude throughout season (Coaches discretion).

Athlete will earn either 2 or 0 points in this category.

- Finish season in good standing (Compete at districts a must unless injured)

Athlete will earn either 2 or 0 points in this category.

- Off Season Training-Fall/Winter

76%-86% attendance will earn 1 point in this category- Fall/Winter

87%- 100% attendance will earn 2 points in this category-Fall/Winter

Each sport you go out for will earn 2 points in this category

Athlete may earn a maximum of 4 points in this category

- Work Youth Camp (Summer of 2016 will count towards 2017 season)

Athlete will earn 1 point in this category if he/she works the entire week of youth camp.

2017 Meet Schedule

Date	Meet	Meet Start	Leave School Time	Out of Class
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				Time
3/21	@Nebraska Wesleyan	2:00 PM	12:00 Noon	11:20-Eat A Lunch
3/25	@Boys Town	9:00 AM	7:30 AM	N/A
3/28	Badger Relays	2:45 PM	N/A	?
3/31	@Omaha Bryan	2:45 PM	1:00 PM	12:30 PM
4/6	JV @Yutan	2:00 PM	12:30 PM	12:00 Noon
4/11	@Plattsmouth	2:30 PM	12:00 Noon	11:20-Eat A Lunch
4/13	@Elkhorn	1:30PM	12:15 PM	11:30-Eat A Lunch
4/17	JV @Plattsmouth	1:30 PM	11:30 AM	11:10 AM
4/20	Bennington Invitational	1:30 PM	N/A	?
4/24	JV @Elkhorn	4:00 PM	2:00 PM	1:30 PM
4/28	@Blair	1:30 PM	11:30 AM	11:00 AM
5/2	EMC @Blair	1:00 PM	11:00 AM	10:30 AM
5/12	Districts @TBT	1:30 PM	?	?
5/20	State @Burke	Morning	?	?
5/21	State @Burke	9:00 AM	?	N/A

February/March 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Start of Spring Practice #1 *No State Dual WR, BB	28 Practice #2	1 Practice #3	2 Practice #4	3 No School Practice #5- Time TBD	4 *Individual Coaches may have Practice
6 Practice #6	7 Practice #7	8 Practice #8	9 Practice #9	10 Practice #10	11 *Individual Coaches may have Practice
13 Practice #11	14 Practice #12	15 Practice #13	16 Practice #14	17 Practice #15	18 *Individual Coaches may have Practice
20 Practice #16	21 Meet @ Nebraska Wesleyan	22 Practice #17	23 Practice #18	24 Practice #19	25 Meet @ Boys Town
27 Practice #20	28 BADGER RELAYS	29 Practice #21	30 Practice #22	31 Meet @ Omaha Bryan	1

April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 *Individual Coaches may have Practice
3 Practice #23	4 Practice #24	5 Practice #25	6 Practice #26 JV Meet @Yutan	7 Practice #27	8 *Individual Coaches may have Practice
10 Practice #28	11 Meet @ Plattsmouth	12 Practice #29	13 Meet @ Elkhorn	14 Good Friday	15 *Individual Coaches may have Practice
17 Practice #30- Time TBD JV Meet @ Plattsmouth	18 Practice #31	19 Practice #32	20 BENNINGTON INVITATIONAL	21 Practice #33	22 *Individual Coaches may have Practice
24 Practice #34 JV Meet @Elkhorn	25 Practice #35	26 Practice #36	27 Practice #37	28 Meet @ Blair	29 *Individual Coaches may have Practice

May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Practice #38	2 Conference Meet @ Blair	3 Practice #39	4 Practice #40	5 Practice #41	6 *Individual Coaches may have Practice
8 Practice #42	9 Practice #43	10 Practice #44	11 District Meet @ TBD	12 Practice #45	13
15 Practice #46	16 Practice #47	17 Practice #48	18 Practice #49	19 State Meet @ Burke Afternoon Session	20 State Meet @ Burke

