

BOYS' OUTDOOR TRACK 2016



Practice Schedule:

Mon-Friday: 2:30-4:30 for practice
Saturday: practices are optional

**The season begins on March 21th and will end depending on how far an athlete advances through the “post-season.” As a barometer, our FCIAC Championship meet is scheduled for the third week in May. Please refer to the criteria outlined below for determining what is expected of you in regards to attendance.

Award Criteria (Varsity / JV / Freshmen):

You are expected to attend all practices and meets. In order to “letter,” use the following guidelines:

I. Varsity letter:

- 1) You participate in all six dual meets unless a viable excuse is provided in advance.
- 2) You qualify for and participate in states (can be in an individual event or relay) OR you are our top performer at FCIACs in any 1 event.

II. Junior Varsity letter:

- 1) You participate in all six dual meets unless a viable excuse is provided in advance.
- 2) You meet one of the JV standards established as a Warde benchmark (attached).

III. Freshman certificate (for freshman only):

- 1) You participate in all six dual meets unless a viable excuse is provided in advance.
- 2) You meet one of the freshman standards established as a Warde benchmark (attached).

IV. Certificate of Participation:

In the event that you do not meet any of the above criteria, you will receive a certificate of participation.

NOTE: We understand that sometimes an individual is injured and/or unable to meet a qualifying mark for extenuating circumstances. In light of this, the coaching staff does reserve the right to approve the awarding of letters and/or certificates to individuals outside the above guidelines. In other words, the only way to guarantee a letter is to meet the guidelines above, although in some instances extra awards will be handed out.

Internal Standards:

Event	Varsity		Junior Varsity		Freshman	
	Girls	Boys	Girls	Boys	Girls	Boys
100		11.5		13.0		15.0
200		23.8		29.0		33.0
400		53.5		60.0		70.0
800		2.05.5		2.25.0		2.40.0
1600		4.39.0		5.30.0		6.20.0
3200		10.20.0		11.20.0		12.20.0
110 HH		16.5		20.5		26.0
300 IH		43.0		55.0		1.10.0
4 x 100		46.3		53.0		59.0
4 x 400		3.40.0		3.55.0		4.15.0
4 x 800		9.00.0		9.30.0		9.45.0
SP		43' 0"		33' 0"		25' 0"
Discus		120' 0"		75' 0"		60' 0"
Javelin		145' 0"		90' 0"		75' 0"
PV		11' 0"		9' 0"		8' 0"
LJ		19' 6'		16' 0"		15' 0"
TJ		39' 6'		34' 0"		30' 0"
HJ		5' 10'		5' 2"		4' 10"

Attendance Policy:

Attendance will be taken every day. Commitment reflects character; you are expected to be there. Excessive absences may result in the forfeiture of your letter. Consequently, it's imperative that you make every attempt to notify us in advance of your absence as well as if you arrive late to practice.

Injuries:

If you are injured, it is your responsibility to notify the coaching staff and the trainer IMMEDIATELY. Your health and success are our priorities, so please be responsible in regards to this.

Weather:

Practice is outside every day, weather permitting. Please dress appropriately...full training-gear: windbreaker and hat/gloves are recommended.

Boys' Outdoor Track and Field Schedule 2016:

Date	Day	Opponent	Location	Time
4/4	Monday	Darien	Darien	4:00 p.m.
4/19	Tuesday	New Canaan	Warde	4:00 p.m.
4/26	Tuesday	Central	Warde	4:00 p.m.
5/3	Tuesday	Wilton & McMahon	Wilton	4:00 p.m.
5/9	Monday	Norwalk	Norwalk	4:00 p.m.
5/17	Tuesday	Ludlowe	New Canaan	5:00 p.m.
5/24	Tuesday	FCIAC	Danbury	2:00 p.m.
5/31	Tuesday	State Meet: Class L	Middletown	2:30 p.m.
6/6	Monday	State Open	Willowbrook Park	1:30 p.m.
6/11	Saturday	New England	Willowbrook Park	TBA
6/14/15	Tues/ Wed	Decathlon	Willowbrook Park	11:00 a.m.
6/15	Wednesday	Steeplechase	Willowbrook Park	3:30 p.m.

Goal Setting-

Goal setting is an essential aspect of life. If you do not have goals, you have nothing to actively work toward. What we are asking of you today is that you consider why you are on this team. There is no correct response here, as all of you are here for different reasons.

Please take a minute to consider your motives and fill in the following two sections.

Personal Goal: I, _____, have established a personal goal for myself this season and it is to.....

Team Goal: I, _____, have considered the potential success of my team this year and have decided that I would like to see the team accomplish the following before the season is over:
