

# CHANTILLY TRACK TEAM

# HANDBOOK

---

Thank you for your interest in becoming a member of the Chantilly Track & Field team, one of the region's best combined boys and girls teams. We have historically been the District Champions and constant winners at all levels of competition. We intend to maintain our reputation. The coaches expect you to perform on and off the field as champions, even in the classroom. Do not lose this booklet as it contains important information about both Indoor and Outdoor seasons.

CHARGER PARENTS AND ATHLETES: PLEASE TAKE THE TIME TO READ THIS INFORMATION PACKET. Included are rules, regulations, lettering requirements, the schedule, information about volunteering, coach's phone numbers/email addresses, etc.

#### COACHES' INFORMATION:

- Jason Franks - Head Coach, Sprints/Hurdles - [jgfranks1@fcps.edu](mailto:jgfranks1@fcps.edu)
- Dr. Matt Gilchrist - Head Coach, Distance - [mtgilchrist@fcps.edu](mailto:mtgilchrist@fcps.edu)
- Anver Ansari - Assistant Coach, Throws - [aansari@fcps.edu](mailto:aansari@fcps.edu)
- Sam Fitzhugh- Assistant Coach, Jumps
- Lauren Soljanyk - Assistant Coach, Distance- [lsoljanyklee@gmail.com](mailto:lsoljanyklee@gmail.com)
- James Steck - Assistant Coach, Strength/Pole Vault - [jdsteck@fcps.edu](mailto:jdsteck@fcps.edu)
- Andy Tramel - Assistant Coach, Sprints / Jumps - [agtramel@fcps.edu](mailto:agtramel@fcps.edu)

#### OTHER NUMBERS:

- Corey Bowerman, Director of Student Activities - [CJBowerman@fcps.edu](mailto:CJBowerman@fcps.edu) ; (703) 222-8161
- Activities Office - (703) 222-8160
- Activities Hotline - (703) 448-4909 (Please check this in case of inclement weather)
- Certified Athletic Trainers - Kaitlyn Bishop ([kabishop@fcps.edu](mailto:kabishop@fcps.edu)) (703) 222-8170 and Kevin Boss ([kaboss@fcps.edu](mailto:kaboss@fcps.edu))
- Parent Volunteer Coordinator - Christy Haug ([dkhclh@cox.net](mailto:dkhclh@cox.net))

Chantilly Chargers Athletic Website: [www.chantillysports.org](http://www.chantillysports.org)

Chantilly Track and Cross Country Website: [www.chargercctrack.com](http://www.chargercctrack.com)

Chantilly Track Facebook Page: Chantilly HS Cross Country/Track & Field

Please check the website regularly for any announcements, other pertinent information.

## **Team Goals and General Expectations**

### **TEAM GOALS**

1. Improving your personal performance each time you compete.
2. Strong regular season meet record.
3. Qualifying as many athletes as possible for the district, regional and state meets.
4. Placing as many athletes as possible on the All-District, All-Region and All-State teams.
5. Always maintaining a high level of sportsmanship and having fun.
6. Doing your best in practice, meets and the classroom.
7. Coming together as a team and believing in your coaches, parents, teachers and teammates. We are one and we win as one! Everybody on our team is important, no matter how fast or how slow he/she runs. Remember - to be a Charger is to be emblematic of the best.

**ACADEMICS:** You are here to learn! Your job at this point in life is to be a good student. That is what the coaching staff, your parents and you should expect in terms of your classroom performance. You must have passed the previous semester with at least 5 D's or better and be taking 5 subjects to be eligible. We certainly hope better! You can receive tutoring in all classes if you want or need it. Please do so! With stiffer rules for college entrance, the pressure has increased over the past few years. No college coach wants or will accept an athlete that does not exhibit the ability to succeed.

**SPORTSMANSHIP:** Act responsibly, behave yourself, and save all your energies for the track. At track meets, it is especially important to be a good sport! This includes exhibiting sportsmanship towards your teammates and opponents alike. Win or lose, you must conduct yourself with class!!! When opposing teams see us enter the stadium or field house they know that we have come to compete. When you put on your uniform, you represent all the work that you and a generation of Chantilly runners before you have put forth. We are no ordinary high school team. Everyone expects us to be successful. This year will be no different. We expect each and every one of you to work harder than you ever have before. We expect all of you to maintain academic excellence and to be proud of you are - WINNERS!

**SUBSTANCE ABUSE:** The use of drugs, alcohol or tobacco (including vaping) may lead to your suspension and/or dismissal from the team. NO EXCEPTIONS!!! We will adhere to the FCPS Extra-Curricular Policy, and directions of administration. Make the right choice.

**BEHAVIOR:** No one is above the team. Fighting, mouthing off, refusing to do the workouts, leaving early, showing disrespect for any adults or your teammates may be grounds for dismissal. If you are involved in disciplinary actions with teachers or administrators you can

expect that we will be called in promptly. This means trouble for everyone involved, and can result in serious consequences.

**COMMUNICATION:** We have a variety of ways that we communicate with parents and athletes. Our schedule (including bus departure times), meet lineups, results, performance lists, and workout information are all available on our team website, [www.chargercctrack.com](http://www.chargercctrack.com). We also use a Facebook page (Chantilly HS Cross Country/Track & Field), email and Remind to communicate with athletes and parents. This season, we will continue to use Remind to communicate important reminders and we would like all athletes to join. If athletes will be late or unable to make practice for illness or some other reason, we expect communication in advance.

**EQUIPMENT:** Those issued or using equipment are responsible for its safe use, care, upkeep and return. Do not leave blocks, etc. out at the end of practice. Do not drag mats; carry them. Put hurdles off the track after practice. Do allow poles to hit the ground when vaulting. Only throw the discus when in the cage. Bring any faulty or dangerous items to the attention of the coaches.

**CONDITIONING FOR OTHER SPORTS:** From time to time, other sports hold conditioning sessions. Please be advised that missing track practice to attend a conditioning session or practice for another sport is NOT an excused absence from track practice. Notify the coach of the other sport that you are participating in track and need to honor that commitment. All coaches would rather that you are upfront and responsible towards your obligations to your current sport. They will understand and not hold it against you. We will be happy to talk to them, if you like. Also, be advised that coaches talk to each other. The other coach will not be happy if you are less than honest with them and your track coaches. If you shortchange us, you will shortchange them.

## **Practice Participation and Expectations**

We will begin our warm-up routine at 3:15 pm each day on the track with a two lap warm-up. Be on time and dressed for practice (layer with sweat clothes and long pants). Warm-up laps will be followed by attendance, then a team meeting at 3:20, followed by agilities. **Assume there is practice unless announced otherwise. We may stretch, lift weights, or do drills if there is inclement weather.**

**ATTENDANCE:** Missing practice tells us that you do not really want to be running track. Making up tests, getting help, and detention are not excuses for MISSING practice, just as practice is not an excuse for missing any of these responsibilities. When you are done, you are expected to come to practice, bringing a note when you are late. None of these activities will last throughout all of our practices. Only your event coach can excuse you from practice. Doctor and dental

appointments should be made with our meet and practice schedule taken into consideration whenever possible.

**INJURIES/MEDICAL:** All injuries must be reported to your coaches and they should be kept informed of your progress daily. You will be expected to go to the trainer and follow the trainer's rehabilitation protocol. If you see a doctor, a report should be given to the coach and trainer.

Top 10 Injury warning signs: sharp stabbing pain; pain at rest; pain lasting longer than one week; point tenderness over bone, ligaments or muscles; swelling, increased warmth, redness; numbness or tingling; felt or heard a pop / tear; reduced joint motion or pain in the joint; comparatively weak to the unaffected side of your body; symptoms returning from a previous season. ***If you use an inhaler, epipen or any other medication that is essential in case of a bee sting, diabetes, etc., we must have the medication in the medical kit.***

## **Meet Participation and Attendance**

**TYPES OF MEETS:** There are four types of meets - regular season meets, combined district meets, invitationals, and postseason meets.

- **Regular Season Tri/Quad Meets:** For these meets, we have no entry limitations, and almost everyone will compete. These are typically held on Fridays/Saturdays.
- **Polar Bear Meets (Winter Only):** These are outdoor meets, but run with indoor events. Depending on the meet, we may have limited or unlimited entries.
- **Invitational Meets:** Invitationals only allow a limited number of participants. We will let you know ahead of time if you are or are not competing.
- **Postseason Meets:** Postseason meets also require team limitations and/or automatic qualifying. We can send three athletes to districts in each event, regardless of their performances. We can send more than three if everyone has met the standard. To compete at regionals, the top six individuals/three relays in each district advance; to compete at the state meet, the top three (four for outdoor) in the region advance. Anyone who has met the automatic standard during the season will advance.

**MEET SCHEDULE/RESULTS & PERFORMANCE LIST:** The entire meet schedule will be posted when available at our team website, [www.chargercctrack](http://www.chargercctrack). Additionally there on the website we will post the results of each meet, as well as a team performance list.

**MISSING MEETS:** Failure to show up for meets causes problems for everyone. Your relay teammates must run with someone who has not practiced handoffs, coaches have to redo lineups, and teammates see an attitude that the team is not as important as other activities. Nothing will cause resentment and bad feelings more than letting down teammates. We point all season towards specific meets and when someone is lazy or does not care, our work can be for naught. You are making a real commitment to this team: for yourself, your teammates, and your

school. You are expected to make ALL functions at which you are expected to participate. Only illness or family emergencies constitute excused absences, which must be approved ahead of time by Coach Gilchrist (distance/throws) or Coach Franks (sprints/jumps), with written documentation. Failure to show up at team functions may lead to suspensions, loss of lettering, or dismissal.

**EVENTS:** Some of you haven't the slightest idea of what you want to do and that's okay! There are 12-15 different running and field events, plus the relays. Talk with the coaches to try different events to find one in which you will be successful. Find your event and go after it!

**BEHAVIOR/APPEARANCE:** You are expected to dress and act appropriately in school, at track meets, and on the bus ride to and from track meets. We will and must stay focused on why we are at the meets in the first place - to compete! When you have completed all of your events for the day, then you are expected to cheer in a positive manner for your fellow teammates in a loud and orderly fashion.

**UNIFORMS:** Every member of the team will purchase a singlet and shorts/briefs. These will be the same throughout Indoor Track and Outdoor Track. In addition, each member will be expected to purchase a team shirt, which will be worn by all members to each competition we attend. Please make sure that you purchase running shoes that will last throughout the season. Spikes/racing flats are recommended as they will enhance your performance on the track, but are not mandatory. Wearing clothing that is not part of the official uniform may violate VHSL uniform rules and may result in your disqualification from track events.

**BUS TRANSPORTATION:** You are expected to ride the bus to and from track meets. **Due to limitations to bus drivers, we MAY need to ask some parents to help for certain meets, or allow licensed upperclassmen to drive THEMSELVES ONLY. Athletes will NOT be allowed to ride home with a friend or their parents.**

For regular season meets, athletes are expected to stay for the entire meet and ride the bus to and from the meet. For invitational meets, athletes are expected to either ride the bus to the meet and stay until the middle of the meet, or come midway and ride the bus home. Athletes must check in and out with the coaches. **Any travel arrangements that involve an athlete riding with a parent to or from a meet or a licensed senior driving themselves to or from a meet must be approved 24 hours in advance and via email to Coach Gilchrist (distance/throws) or Coach Franks (sprints/jumps).**

## Team Recognition and Celebrations

**LETTERING REQUIREMENTS:** The below listed standards are used for qualifying to receive a letter. This is also contingent upon meeting all other requirements (attendance, sportsmanship, and participating in any fundraiser).

Girls Events		Boys Events	
55m Hurdles *	11.74	55m Hurdles *	10.74
55m Dash *	8.64	55m Dash *	7.34
100m Hurdles **	20.24	110m Hurdles **	20.24
100m Dash **	14.54	100m Dash **	12.44
200m Dash **	30.24	200m Dash **	25.24
300m Hurdles **	56.24	300m Hurdles **	46.24
300m Dash *	50.24	300m Dash *	40.44
400m Dash **	68.24	400m Dash **	56.24
500m Dash *	1:30.24	500m Dash *	1:18.24
800m Run **	2:45.24	800m Run **	2:15.24
1000m Run *	3:30.24	1000m Run *	3:00.24
1600m Run	6:15.24	1600m Run	5:15.24
3200m Run	13:00.24	3200m Run	11:20.24
High Jump	4' 4"	High Jump	5' 4"
Pole Vault	6' 6"	Pole Vault	9' 0"
Long Jump	13' 0"	Long Jump	16' 6"
Triple Jump	27' 0"	Triple Jump	36' 6"
Shot Put	25' 0"	Shot Put	36' 0"
Discus **	60' 0"	Discus **	100' 0"
4x100m Relay **	14.54	4x100m Relay **	12.44 (split)
4x200m Relay *	30.24 (split)	4x200m Relay *	25.24 (split)
4x400m Relay	68.24 (split)	4x400m Relay	56.24 (split)
4x800m Relay	2:45.24 (split)	4x800m Relay	2:15.24(split)
* Winter Track & Field Event			
** Sprint Track & Field Event			

**TEAM DINNER - (Athletes Only):** All athletes are invited and expected to attend our team dinner. This is when we traditionally kick off our drive towards the district, regional, and state championships. This is also an opportunity for team bonding and fellowship. Clear your schedule and be there on time! You will be notified on what to bring to the dinner. The team dinner is considered a lettering requirement, though we hope you are primarily motivated to come and enjoy the company of your teammates!

**AWARD NIGHT:** All awards are distributed at this affair. We would like to have your parents or guardians attend to celebrate the accomplishments of our team during the season. This banquet is for you and your parents, not for the coaches. The sports award night is considered a lettering requirement. IT IS YOUR NIGHT; BE THERE!!! **This season's ceremony will be held Friday, March 4th.**

## Tryouts and Cuts

To qualify for participation, we have instituted a tryout system. It is our thought that we wish to limit participation of the track team only to those people who have taken the care to condition themselves, and who are capable of meeting a performance standard. It is important to us as coaches, and indeed, hopefully to you as athletes, that this team be acknowledged as a competitive group, and not simply as a running club that is open to anyone who feels like doing a sport, but not willing to prepare.

**RUNNING TRYOUTS:** Tryouts will be held over a four day period, Monday-Thursday, November 11-15. You must tryout in three "consecutive" events from: 100m dash, 200m dash, 400m dash, 800m run & 1600m Run. The minimum standards are:

	100m Dash	200m Dash	400m Dash	800m Run	1600m Run
BOYS	14.0	28.5	63.0	2:45.0	6:05.0
GIRLS	16.5	35.0	80.0	3:23.0	7:05.0

You will run one event, for time, on Monday, Tuesday & Wednesday. For those who do not meet a performance standard on either of the first three days, they will get a last chance in any event on Thursday. You must meet a standard in at least **TWO** of the events, and will be placed in your group, depending upon which event you qualify in (100m, 200m, 400m = sprinters), (200, 400, 800 = mid distance) & (800m, 1600m = distance runners). **Freshman must meet at least ONE of the standards to qualify.**

**THROWER TRYOUTS:** For those athletes who are planning on being shot-putters, you will run the 100m Dash and spend the rest of the week learning how to throw shot put. After the week of practice, you will be required to meet the following throwing standards:

	Freshmen	Sophomores	Juniors	Seniors
Boys	22'6"	24' 6"	25' 0"	26' 0"
Girls	18' 6"	20' 0"	21' 0"	22' 6"

**JUMP EVALUATIONS:** This year we will be conducting jump evaluations the week after tryouts. Due to the demands of jumping events and available practice space, it is necessary to limit the number of athletes that participate in these events. To this end, all identified and interested jumpers will be evaluated based on speed, agility, and technical evaluations. All jumpers are required to make the team according to the sprint criteria.

**TRACK TEAM CUT POLICY:** Once Tryouts are completed, the track team does not make cuts based on talent, but we do have a cut policy which is based upon certain behaviors which are contrary to our expectations for all of our athletes. This policy is based upon the desire of the coaching staff to limit participation only from those members who display a lack of commitment to our team, such that we are less able to extend the appropriate level of attention to those athletes who express, through their actions, a strong commitment to our team and its success.

We are requiring that each athlete display commitment to our team in order to be part of this program. The coaches will be evaluating each athlete, on a continual basis, in the following areas:

- Attendance at practices and team functions
- Timeliness to practice, functions, and in completing responsibilities (ie: submitting of paperwork and fundraising materials)
- Effort in practice, from beginning to end
- Sportsmanship
- Teamsmanship

Should the coaches decide that an athlete is not meeting our expectations of commitment, he or she will be given a verbal warning, including an explanation of the expectation that is not being met, and placed on probation. The athlete will then have one week to demonstrate, through action, that he or she is capable of meeting this expectation in order to continue participation in the team. If no changes are observed during the probationary period, the athlete will be dismissed from the team. Please notice that there are no performance standards that must be met in order to remain a member of the team. This means that an athlete must demonstrate



through action that he or she is willing and active contributor to the success and improvement of our team.