

Timberline Track & Field Athlete Handbook



Wolf Track 2017



Go to the Timberline Track and Field 2017 Facebook Page for all Fundraiser and Spirit Pack information and links

THIS TRACK & FIELD SPIRIT PACK Due Wednesday, March 8th

- You may purchase as many items as you would like, but the **two Required items** for your Spirit Pack are:
 1. **The Sport-Tek Colorblock Raglan Anorak Warm Up Top (\$30)**
 2. **The Sport-Tek Shield Ripstop Pant Bottoms (\$32).**
- The Deadline for the spirit pack is Wednesday, March 8th and to purchase Spirit Pack items go to:
<https://selectprintingusa.com/collections/timberline-track-and-field>
- There will be a way to pay for part or all of your Spirit Pack through our Fundraiser (pending on how much you raise).
- See Coach Gonser if you have any questions/concerns on the Spirit Pack.

See next page for Fundraiser Info!



2017 THS TRACK & FIELD FUNDRAISER

Due Wednesday, March 15th

- Each Athlete is asked to raise a minimum of \$150 by March 15th.
- You will do this by asking for sponsors (for amounts of \$5, \$10, \$20, etc.) from Friends, Family, Neighbors, etc.
- You can advertise this by going to the Timberline Track and Field 2017 Facebook Page and sharing the Fundraiser Post with others or you can send it as an e-mail
- You can also do this by distributing Sponsorship Letters and collecting them yourself (See Coach Gonser if you want/need any Sponsorship Letters).
- If you fundraise over \$150, every extra dollar will go towards your Spirit Pack.
- The following information represents what is on the Facebook Page:

I am a member of the Timberline Track & Field Team. In addition to our budget, we are asking sponsors to assist us in the cost of travel meets, warm-ups, training and track equipment. Since Track & Field is a non-revenue making sport, each athlete is asked to fundraise.

If you are willing to be a sponsor for me this year, please go to the Timberline Wolves Web store at:

https://webstores.activenetwork.com/schoolsoftware/timberline_high_scho/index.php?l=product_detail&p=401#.WIdiNhsrLIU

Be sure to include the Athlete's full name. Your donation is much appreciated!

*Timberline Wolves
Track & Field Team*

Timberline Wolves Track and Field 2017

The 2017 Timberline Track and Field Team is looking forward to a very successful year. One of the main goals I have set forth is to build this program into something special here at Timberline. We, your coaches, are pleased and proud that you have decided to participate in what we believe is one of the best athletic activities offered at Timberline High School. We hope your decision will offer you many opportunities for success and enjoyment—success in reaching goals you may have never considered possible and enjoyment from being actively involved in a sport that has so much to offer. May this prove to be one of the most memorable and rewarding experiences of your high school year.

Kelly Gonser,
Head Track Coach

Season Highlights from the 2016 Season

2016 District Finalist

100 Meters Boys	T. Zimmerman	3 rd place
4 x 800 Relay Boys	C. Stamper, K. Huff R. Swanson, G. Calhoun	2 nd place
4 x 100 Relay Boys	T, Zimmerman, M. Roberts A. Hamrick, J. Lawrence	2 nd place
4 x 200 Relay Boys	M. Piersol, T. Zimmerman M. Roberts, A. Hamrick	3 rd place

2016 State Finalist

200 Meters Boys	T. Zimmerman	3 rd place
800 Meters Boys	G. Calhoun	2 nd place
800 Meters Girls	P. Roldan	3 rd place
1600 Meters Girls	S. Stands	5 th place
4 x 800 Relay Boys	C. Stamper, K. Huff R. Swanson, G. Calhoun	2 nd place
4 x 100 Relay Boys	T, Zimmerman, M. Roberts A. Hamrick, J. Lawrence	3 rd place
4 x 200 Relay Boys	M. Piersol, T. Zimmerman M. Roberts, A. Hamrick	5 th place

Coaching Staff

Kelly Gonser	Head Coach
Ty Axtman	Distance
Joe Apa	Shot and Discus
Mal Drain	High Jump, Long and Triple Jump,
Christina Connolly	Pole Vault
Oscar Duncan	Hurdles
Dominic Molet	Sprints, Relays
Morgan Smith	Assistant Sprint/Relays
Sean Lessard	Assistant Shot and Discus

THS Track & Field Philosophy

The **emphasis** of this program is on your success. We, as coaches, pledge to provide you with the knowledge and skills to improve your performances. We will treat every athlete fairly. Each of you will get the attention you deserve—no matter what your skill level. How much you improve depends on how hard you are willing to work. We will outline workouts for you that are designed to maximize your performances. In the end, what you “get out of” track and field will be directly related to what you “put into” it!

Track and Field is an **individual sport**. Through your hard work and dedication, you will improve and be successful. If you are successful, it will be because of what you do, not necessarily what the team is doing.

Track and Field is also a **team sport**. Just as you appreciate being acknowledged for your efforts and achievements, your teammates want to feel that their performances are appreciated. Each of you should make it a personal goal to be as supportive as possible of the people in your event and the other events on the team. We expect you to stay for the entire Track meet to cheer on your teammates. As coaches, we will try to look out for your best interests, but we must also look out for the team’s good. If, at any time, you have a concern, or feel you are being treated unfairly, please talk to your event coach and/or Coach Gonser ASAP.

Practices and Workouts

Practice will begin at 3:30 and please be dressed down and on the track before 3:30. If you know you are going to miss a practice, notify Coach Gonser and your event coach (if possible) ahead of time. Our program can work around other schedules such as work, other sport practices, etc., but **Communication** with your coaches is the key. Two unexcused absences may result in your being dismissed from the team.

Be serious about your **workouts**. One of the qualities that truly defines any athlete is their willingness to work hard! All training sessions will include only skills and drills we feel are important in your progress. Every practice will begin with a warm-up session. This session should be treated as one of the most important parts of the practice. Having a disciplined attitude during the form sessions will help alleviate injuries. Stretching is also important following a workout to prevent injuries and fatigue.

Track season is often hampered by less than ideal **weather** conditions that may change from hour to hour or minute to minute (if you have lived in Boise long enough to know). Please anticipate this and always be prepared for the worst. We will practice rain or shine, wind or calm, through snow, sleet, heat, fog, mist, drizzle, hail, locust, flood, famine, earthquake, etc.! Please dress accordingly and be prepared to practice no matter what the weather is like. A pair of sweats (tops and bottoms) is required to be in your possession all season. The warm up that you will purchase in your Spirit Pack will help with warmth and rain protection but you should pack extra gear just in case we have bad weather.

THS TRACK & FIELD PRACTICE SCHEDULE

- Practice Schedule for a **Friday Meet**. Practice start @ 3:30 with All Team Form Running drills (Mondays will include a 20 min. meeting on bleachers prior to stretching and drills)
 - Mon: All events condition with Sprinters except distance, and weight only athletes.
 - Tues: Jumps, Vault and Relays (4:00-4:45). Then go to other event coaches for other work out if nec. (4:45-5:30)
 - Wed: All events condition with Sprinters except distance, hurdles and weight only athletes (if need be, jumpers and vaulters can practice first and then go workout with sprinters).
 - Thurs: Jumps, Vault and Relays and Starts
 - Fri: Track Meet or if no meet on this week, all events condition with Sprinters except distance, hurdles and weight only athletes.
- Practice Schedule for a **Thursday Meet**. Practice start @ 3:30 with All Team Form Running drills (Mondays will include a 20 min. meeting on bleachers prior to stretching and drills)
 - Mon: All events condition with Sprinters except distance, (hurdles?) and weight only athletes.
 - Tues: Jumps, Vault and Relays (4:00-4:45). Then go to other event coaches for other work out if nec. (4:45-5:30)
 - Wed: Jumps, Vault and Relays and Starts
 - Thurs: Track Meet
 - Fri: Practice or Team Meeting to be determined by coaches.

Track Meets and Injuries

You will need to provide your own transportation to all track meets (with the exception of the Travel meet to the Marist Track Classic in Eugene, Or). Please carpool whenever possible, however, extreme care should be exercised while making the drive to track meets (seatbelts warn, no texting driving, etc.). Also remember, you are representing Timberline High School and that your actions could affect the rules governing future students/athletes. You must arrive at the site early enough to assure yourself adequate warm-up time. **You should plan to be at the meet site at least one-half hour before the start of the meet.**

We as coaches are very concerned about **injuries**, and have designed workouts and drills to keep you safe and to help alleviate injuries. All injuries must be attended to quickly. Any injuries must be reported to the Timberline High Training staff. Please do not take it upon yourself to diagnose your own condition. If you think you are injured, tell your coaches and go check with Mr. Fitzpatrick ASAP. He will design a rehabilitation program for you and we expect it to be followed.

Varsity Letter

Any participant in Timberline High School Track and Field must meet the following conditions in order to be awarded the Varsity School Letter. There are no exceptions to these requirements.

- The participant must be considered a member in good standing of the Timberline High School Track and Field Team at the conclusion of the track season. To receive a letter, the participant must contribute two hours of community service. The source of the community service must be pre-approved by Coach Gonser. In addition, the awarding of the Varsity School Letter is determined by the number of letter-points earned by the athlete throughout the track season. A minimum of one hundred (100) letter-points must be accumulated. Letter-points can be accumulated by any combination of the following:
 - ✓ 5 points will be awarded to the athlete for participating in 3-4 events during a track meet (for Throwers/Distance athletes, 2-4 events).
 - ✓ 5 points will be awarded to the athlete for every personal record (PR) he/she establishes throughout the track season. A new PR is set each time the athlete's performance is better than before. A PR must be established at track meets (Varsity or JV).
 - ✓ 5 points will be awarded to the athlete who stays for the entire track meet to cheer on his/her teammates. A sign in chart will be made available at the end of each track meet.
 - ✓ A maximum of 50 points will be awarded to athletes for completing the Track & Field season in good standing (athletes demonstrated effort, attitude and behavior, attendance, 2 hours of community service).
 - ✓ 25 points will be awarded to the athlete for each School Record he/she establishes throughout the track season.
 - ✓ 50 points will be awarded to any athlete who qualifies for and competes in the state track meet

Timberline Track & Field 2017 Schedule

Feb. 22	Track & Field/Equipment Prep Day ALL PAPER WORK DUE	3:30 THS Track
Feb. 24	First Day of practice	3:30 THS Track
Mar. 1	Parent/Coaches Mtg.	7:00pm THS Aud.
Mar. 3	Intersquad meet	3:30 THS Track
Mar. 6-7	Uniform distribution	
Mar. 8	<u>All Spirt Pack Orders must be in</u>	
Mar. 10	Timb. @ Capital	4:00 Capital H.S.
Mar. 15	<u>All Fundraising Due</u>	
Mar. 17	Timb. & Mtn. View @ THS	4:00 THS Track
Mar. 23	Timb. & Meridian @ THS	4:00 THS Track
Apr. 6	Timb. @ Borah	4:00 Borah H.S.
*Apr. 7-8	Marist Track Classic (Eugene, OR)	Time TBA, Marist H.S.
*Apr. 14/15	Pulse Invite	Time TBA, Cent. H.S.
*Apr. 15	Wes Lowe J.V. meet	Time TBA Meridian H.S.
Apr. 20	Timb. & Mtn. View @ Cap.	4:00 Capital H.S.
Apr. 27	Timb. & Boise, Nampa @ Borah	4:00 Borah H.S.
May 4	All City meet	4:00 Bishop Kelly
May 6	J.V. District @ Rocky Mtn.	Time TBA
*May 11/12	District meet @ Mtn. View	Time TBA
*May 19/20	State meet @ Donna Larsen, BSU	Time TBA, BSU
May 24	Track Banquet	6:00, Location TBA

* Based on
qualifications



