



Beresford

Watchdog Track &

Field 2016

TRACK AND FIELD COACHES

Matt Coy:	Head Varsity Boys, 7-12 Distance, Relays
Scott Ebert:	Head Varsity Girls, 7-12 Sprints, Relays
Pam Conklin:	7-12 Triple Jump, 7-12 Long Jump
Mikala Larsen:	7-12 Shot Put, 7-12 Discus
Rob Wilson:	7-12 High Jump, Strength
Jim Nelson:	Head JH Boys and Girls, 7-12 Hurdles
Tyler Sorenson:	Assistant JH, Assistant Throws

BERESFORD TRACK AND FIELD

HANDBOOK

Coaching Assignments

JH PROGRAM

- Jim Nelson will be the head JH coach with Tyler Sorenson as his main assistant. These two will be in charge of JH athletes at meets, practices, parent contacts, meet information, parent sign-out sheets, etc.
- JH will always meet in the multi purpose room bleachers before practice. JH coaches will take attendance and take care of any material or handouts at this time.
- All JH athletes will do a group warm-up with the JH coaches on the homestretch of the track every day.
- After warm-ups, JH athletes will go to their designated practice area for the day.
A sample day after JH warm-ups:
 - JH throwers with coach Sorenson
 - JH distance with coach Coy
 - JH sprinters with coach Ebert
 - JH hurdlers with coach Nelson
- Event coaches will still be in charge of all workouts. EX: Pam will work with all jumpers with the assistance of Jim. Scott will work with JH sprinters. Some days Jim may do full workouts with all JH sprinters/jumpers/hurdlers with assistance from Tyler or another track coach. We will communicate any necessary changes to this plan as the season unfolds.
- JH Philosophy: Our goal is to create a safe, positive, and fun environment for our JH athletes. We want to retain all of our JH athletes and need to make every effort to encourage them to be a part of the HS track team when they are freshmen. Encourage them to try new events and acknowledge their accomplishments and efforts every day. Try your best to give them chances to compete in individual and relay events at the JH level. Seek out hidden talent.

Beresford Track Coaching Duties

- Practices are from 3:30-5:00. Obviously some days may go longer and some days will be shorter, but expect to be at the track/weight room until 5:00.
- Design practices using our 7-12 coaching approach. Continue to build our program for the future, and make an effort to work with all of your athletes on a daily basis. Use the HS athletes as leaders/demonstrators in your event area. Share event-specific terminology with both your JH and HS athletes.
- Create a yearly training plan. Communicate with all coaches to establish which days during the week you want your athletes working with you. EX: Pam may want a day with only JH jumpers while HS jumpers, hurdlers and JH sprinters do a sprint workout with Scott and Jim. Communicate daily through emails with the entire staff of weekly and daily practice plans.
- Take care of equipment and return all equipment to proper storage areas. Hold athletes accountable for getting their equipment put away. Take care of your competition areas, especially the day before home meets. Try and establish a level of pride in the maintenance of your event area.
- Help wherever help is needed, whether at practice or at meets. Please don't be a bystander when there is work to be done or an athlete is participating. We are all good track coaches and teachers and even if it is not our specific area, our athletes can use our and support or assistance.
- Search out hidden talent. If you think an athlete is in the competing in the wrong event, encourage them to try something new.
- Create a safe environment in practice. Keep practice a safe place both physically and emotionally for our athletes.
- Pre-Meet Days before Home Meets: Lead athletes in preparing your specific area the day before upcoming home meets. (Make sure areas are raked and leveled out, get the scale and marker ready for weigh-ins, make sure hurdles are functioning, blocks all are functioning, etc).
- Pre-Meet Days before Away Meets: Get all equipment and implements ready the night before a meet. Have all warm-ups, exchange zones marks, and jumping marks printed out for all coaches. This can be beneficial if you are not available when an athlete is competing.

Meet Day Expectations for Coaches

- Coaches are expected to ride the bus to away track meets and stay until the conclusion of the meet.
- Check out for coaches is 30 minutes before the bus leaves.
- All coaches need to help ensure the camp is set up before moving to your event area. The tent is in year two and is heavy. It can be difficult for young kids to set-up. Offer a hand to ensure it is set up the correct way.
- Communicate with the head coach how you want field event athletes signed up for their events (1st or 2nd flight, Beresford athletes every other jump/throw etc.) If you would prefer to sign your athletes up on our own, please do so.
- Keep records of all marks, distances, times as best as you can during the meet in case no official times or distances are listed in the final results.
- Remind athletes they need to stay for the entire meet and if they are signed-out with a parent, they may leave when the team camp is taken down and loaded onto the bus.
- Cheer and coach whenever there is an opportunity. Help coach an unattended athlete even if it is not your specific area. Be available at all times for any of our athletes, including at the end of meets.

Examples of helping out at an area unfamiliar to you:

1. Relay exchange zones at meets. This is a nervous experience for any age of athlete. Lend them a hand getting their relay mark if they look confused and no one is around, and stick around for the exchange.
2. Help watch a jumper's takeoff mark and let them know if they are in front or behind of the board. Don't give direct advice on moving them ahead or back, but simply let them know where they were at when they jumped.
3. Help a thrower or simply be a support for them when they are in the ring. Tell them "Nice throw!" If you have no idea what they did right or wrong just being there is a benefit to the athlete.
4. Help a sprinter at the starting blocks, especially if there are whistle commands and they are confused. Maybe even hold their blocks or carry their warm-up gear to the finish line for them.
5. Encourage a distance runner during a long race. Reinforce that they "look good", remind them to stay relaxed, encourage them to chase someone down.

Home Meet Information for Coaches

- We will host two high school meets and two junior high meets in 2016.
- Coaches need to be at the track at least an hour before the start of home meets.
- Detailed Worker Assignments will be given to coaches and athletes prior to meets
- HS MEETS:
Coach Nelson/Mr. Busch will be in charge of overseeing the JH hurdle crew. Again, help where help is needed.
- JH MEETS:
 - Coy/Busch/Kevin Nelson: Meet Management and Starter
 - Ebert: Finish Line Clerk/Timers
 - Wilson: HJ
 - Larsen and Sorenson: Shot Put and Discus
 - Conklin: LJ and TJ
 - Nelson and Sorenson: Coaching
 - HS Athletes: Timing, Picking, Field Events, Ribbons, Announcing. Athletes are required to stay for the conclusion of the JH meets.

Other Information for Coaches

- Team Camp: The team camp area will be for storing gear, preparing for your upcoming event, and shelter from harsh weather. Be sure athletes are walking around and cheering during meets. Athletes will not be able to sign out from a meet until it is finished. During the 4X400 relay we want all athletes and coaches to be on the infield cheering at the final event of the meet. If a field event is the last event of the day, we want the entire team and coaching staff cheering on our last competitor.
- Practice Volunteers: Must be cleared by administration (Supt. and AD) and head coaches, and all coaches must be comfortable with the volunteer. All volunteers are required to take the Principles of Coaching Course, Sports First Aid, and Concussion Course to work with Beresford athletes.

RULES FOR ATHLETES

Beresford Athletes on Meet Days

- Keep track of the weather the night before the meet and dress accordingly. Always prepare for the worst.
- Get all of your school assignments turned in ahead of time for classes you will miss. Make sure teachers know a day before the meet that you will be absent.
- Dress at the high school before we leave and help load the bus with tent and other equipment. You will have 15 minutes from dismissal time to get ready and get on the bus.
- When we get to the meet: Set up **Team Camp** before any warming up begins. Everyone help with setting up the **Team Camp**.
- After Team Camp is set-up, field event competitors immediately begin preparing for your event: Weigh-in implements, locate event area, and begin getting your marks and warming up.
- If you are not competing in a field event or not until later in the meet, walk around and cheer on field event competitors, or help them with their marks. Relay teams can use this time to practice handoffs or check exchange zone markers. Hurdlers can do their hurdle warm-ups, sprinters can do block work, distance runners can begin a slow warm-up of jogging.
- What is the **Team Camp** for? The team camp is for storing your gear, bag, food, etc. It is for shelter from harsh conditions like rain and direct sunlight on hot days. It IS NOT for sleeping or hanging out. As long as we have a Beresford athlete competing in an event, you don't need to be in the **Team Camp**.
- Listen for 1st call for your events. At the first call you should be close to finishing your warm-up and moving towards the check-in area.
- Relay Teams: Warm-up with your relay team members. The leadoff leg is responsible for carrying the baton during warm-ups. Be sure all team members have the same color compression shorts and tops. Do not throw the baton after the race. The 1st runner is in charge of grabbing the baton from the anchor.

- Cheer until the last race or event is over. During the 4x400, I want the entire track team around the track cheering.
- Everyone packs up the team camp and picks up garbage in our area
- Riding the bus home is strongly encouraged but cannot be completely required. Bus rides are fun and are good team building moments.
- Checking Out with a Parent: Checking out should be done before you leave school at the high school office. Parents should call the school before we leave for the meet if signing a student out. No one is allowed to leave the track meet until it is finished. You must ride home with your parent only. If you are cleared to ride home with a parent, you may do so once the meet is finished, the team camp is cleaned up, and all equipment is packed onto the bus.
- Have fun, represent Beresford in a positive manner, and be the BEST teammate!

Beresford Athletes on Practice Days

- Practice attendance is required every day. Attendance issues will result in dismissal from the team.
- Be prepared to begin pre-practice meetings at 3:30.
- Be prepared to go outside every day regardless of the weather.
- Respect ALL coaches and take advantage of their expertise and dedication.
- Return all equipment to its proper storage area: blocks, hurdles, HJ covers, HJ standards, batons, throwing implements, rakes, tennis balls, etc.
- School sports come first. Ex: Track practice and then baseball.
- Communicate with the head coach if you will be gone. Examples of permissible absences: Away Baseball Games, Doctor's Appointment, School Activity, Family Emergencies
- Communicate with the Head Coach Face-to-Face before sending an email.
- Check email throughout the day for practice updates and meeting places.
- Follow all Beresford Training Policies (academic, attendance, behavior, drug, alcohol, etc.)
- Failure to follow Training Rules may result in dismissal from the team

JH Track Philosophy and Meet Entries

At the JH level our goal is to get student-athletes excited about the sport of track and field, and to have a positive experience at practices and especially track meets. We want student-athletes to experiment different running and field events, in an effort to find areas where they can be successful. We also want our student-athletes to have the chance to compete in the event of their choice at least once during the year. Many of our meets only allow three entries per event, so it is not always possible to get every student-athlete entered into their preferred event at each track meet.

Student-athletes will be asked to try other events during the season as well. Sometimes we will ask field event competitors to help fill a relay, while other times we may want try an athlete in a new event simply to see if they have talents elsewhere. Coaches will make every effort to fill entries in all events at track meets. At the conference track meet, coaches may decide to enter our best relay teams or top field event competitors in order to showcase our program's talents.

Whatever the case, we expect athletes to give their best effort and to compete in each event the coaches sign them up for.

HS Track Coaching Philosophy and Meet Entries

At the high school level, we are still concerned about developing student athletes who are committed to a “team-first” mentality. We want to develop young men and women who are dedicated to their team and demonstrate a desire to put the team ahead of their own accomplishments and desires. We are working to build a unified group who enjoys being a part of a team and works hard to accomplish team goals as well as striving for individual goals.

If a member of the Beresford track team does not dedicate themselves to the Beresford track team by showing up to every practice and meet, or shows a lack of effort or disrespect to coaches or teammates, they will be dismissed from the team.

The coaching staff will make every effort to place student athletes into events that they have practiced at over the course of the season. Student athletes will also be asked to help out in relays or other events where the team needs their help. This may not always be their event of choice, but in a team sport, we will not always be able to do what we want as individuals. As a coaching staff, all we ask is for every athlete to give their best effort and use the talents they were given to the best of their ability.

In regular season meets, athletes will have the opportunity to compete in a variety of events to help them set personal goals and to try new events. There are also times where we may limit athletes during regular season meets in attempts to reach state qualifying standards or new personal bests. Some of our more competitive meets (Howard Wood and the Yankton Relays) will be geared towards our varsity-level students, while other meets (Menno in particular) will provide an opportunity for our JV level athletes to compete in their specialty events. Whichever meet we attend, we expect every athlete to attend and to give their best effort and cheer on all of their teammates.

During the championship season (conference and region meets) we will do our best to put our best athletes in their specialty events if it helps the team be successful. At the DAK XII conference meet, we will look to score as many points as we can without risking injury to our team. At the region meet, we will always look for every possible way to get as many athletes qualified for the state meet as we can. The region meet is also the final opportunity for some athletes to achieve personal bests, and we will do all we can to enter athletes in events where they can reach their personal and team goals.

Our basic philosophies as a Beresford track and field coaching staff always rest in our beliefs of giving kids a positive experience to be successful and enjoy the great sport of track and field. We strive to always emphasize putting WE before ME. We hope to graduate student athletes who gain a new level of confidence, work ethic, and respect for athletics.