

2019 Spring Track Information
7th, 8th and 9th grade

Mountain Brook Jr. High

Practice starts Feb 11th at MBJH. ALL paperwork work is due PRIOR to the start of practice.

2019 Spring Track Handbook

- **Who are the coaches?**

Randy Stephens
 Amelia Breeze
 John Phillips

Helen Pruet
 Jay Gilliland
 Will Baxter

Stewart Hawk
 Collier Ogilvie

- **What is the philosophy of track and field?**

- our expectation of the kids are based on ability
- we coach each kid based on his own ability not that of a parent or siblings

- **What is a typical day of practice like?**

- The 3:06 bell rings- all kids should get changed in the locker room.
- Sprinters will go to the high school on a bus every day. The bus leaves at 3:15.
- **Distance runners will stay at the Jr. High on Monday, Tuesday, and Thursday and will travel to the high school on the 3:15pm bus on Wednesday and Friday.**
- **Distance runners who also participate in a field event will go to the high school on Mondays to work on their events.**
- Practices are usually over between 4:45 and 5:00pm.

	Monday	Tuesday	Wednesday	Thursday	Friday
Sprinters and Field Events	High School	High School	High School	High School	High School
Distance	Jr High	Jr High	HIGH SCHOOL	Jr. High	HIGH SCHOOL

- **How do I know if my child is a sprinter or a distance runner?**

- On the first day of practice we will discuss the different events for sprinters and distance runners and then let your child decide which they would like to try.
- If they try it for a couple of weeks and want to change or the coaches want them to change we can make that happen.
- This is a great opportunity for them to try things out and see what they like.
- Running Events include: 100m dash, 100/110m hurdles, 200m dash, 300m hurdles, 400m dash, 800m run, 1600m run, 4x100 relay, 4x400 relay and 4x800 (4x400 and 4x800 are JV events)

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- Field Events include: long jump, triple jump, high jump, pole vault, shot put, discus, javelin (Javelin is a JV event)

- **Where the kids should put their track bags?**

- Lockers are provided for all athletes. IT IS THE ATHLETES RESPONSIBILITY TO LOCK UP THEIR STUFF.
- If you do not have a PE locker see Coach Stephens to get a locker.

- **Are ALL practices required?**

- **YES!!**
- We take roll at the beginning of practice EVERY DAY. We expect your athlete to stay for the entire practice. Coming late and leaving early is not allowed and counts as a missed practice.
- **If you miss practice for any reason it requires a THURSDAY morning make up at 6:30am at MBJH.**
- Make up practice on **THURSDAY** mornings. DO NOT SHOW UP LATE.
- If you are absent you will have two Thursdays to make up an absence. Days that you are consecutively absent will only require 1 make up practice.
- We DO NOT EXCUSE any absence for any reason expect for 7th graders meeting with a rabbi in order to train for bar mitzvah.
- School sponsored events are NOT excused. Including but not limited to: the Biology trip, choir performance, scholars bowl, makeup test, band performance, cheerleader tryouts, detentions are not excused
- Team members missing practice to participate in another school sponsored extracurricular activity will be required to attend one Thursday morning session per week of missed practices.(i.e. football spring training, cheerleader tryouts, dance team tryouts, scholars bowl, etc.)
- Failure to attend a second session will result in dismissal from the Mountain Brook Junior High Track Team. No refund of paid fees or monies will be available upon breach of team rules.

- **What equipment does my athlete need?**

- Shoes are the most important/ Shoes are your only defense from injury. (You would not let a kid go to football practice with an old helmet you got at a garage sale.)
- Warm clothes- sweats, a hat and gloves will make practice more effective and more enjoyable. Please check your athlete's bag to make sure they are prepared to practice outdoor every day.
- Spirit pack- uniform and team shirt

- **How can I tell if my athlete is injured or just sore?**

- Kids are going to be sore if they practice hard enough.
- Sore is when it hurts before or after practice but is fine during the practice once the muscles get warmed up.

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- Injured or HURT is when the pain gets worse throughout the workout.
- If you are sore- Toughen up
- If you are injured- Go to the doctor. We have trainers at the school that can look at the injury if you want them to.
- Connections with area PT people that will work you in. Call or email us.
- **NO REHAB- if you cannot run then do not come to practice- YOU ARE ABSENT**

- **What is the approach to balancing academics and athletics?**

- It is crucial to balance school work with athletics, especially during 9 weeks testing
- We will have track practice and possible a track meets during 9 weeks tests/exams. PLAN AHEAD!! STUDY AHEAD!
- Missing practice will require a makeup practice.
- Do not schedule tutors or help sessions during practice or meets unless you are willing to come to a Thursday morning make up.

- **What is the best ways to communicate with the staff if I have a question?**

- EMAIL: jhtrack@mtnbrook.k12.al.us
- Coach Breeze checks that hourly and will get back to you as quickly as possible.
- We make decisions as a group. So sometimes your answer might be delayed if we have to meet and talk about it.
- You can call Coach Stephens if it is an emergency- 205-908-6061

- **How does the team travel to and from meets...times to arrive?**

- We will provide transportation to the meets but usually **not** home from the meets.
- More information will be sent out each week about transportation to and from the meets and dismissal times if necessary.

- **What if the team gets dismissed early from school for a meet?**

- We have the ability to check the kids out of school on meet days. You do not have to come to the school to check them out.

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- **What should athletes wear to the meet?**

- Uniform
- black socks and black undergarments- boys: compression shorts if desired/ girls: black sports bras
- Spartan Track or Spartan warm-up shorts/shirts (no Duke shorts and Alabama T-shirt)

- **What is the schedule of meets?**

7th and 8th Grade Meets

Middle School

Date	Meet	Location
March 5	Middle School #1	Oak Mtn- Heardmont Park
March 12	Middle School #2	Mountain Brook High School
March 21	Middle School #3	Mountain Brook High School
April 2	Middle School #4	Vestavia Hills High School
April 9	Middle School #5	Homewood High School
April 12-13	Mtn Brook Invitational	Mountain Brook High School
April 16	Middle School #6	Mountain Brook High School
April 22	Metro Championship	Mountain Brook High School

(We will provide transportation TO these meet but not home)

Freshman/ JV Schedule

Junior Varsity

Date	Meet	Location
March 5	JV Meet #1	Mtn Brook High School
March 12	JV Meet #2	Hewitt-Trussville High School
March 20	JV Meet #3	Vestavia Hills High School
April 2	JV Meet #4	Hoover High School
April 12-13	Mtn Brook Invitational	Mtn Brook High School
April 18	JV Championships	Hewitt-Trussville High School

(We will provide transportation TO these meet but not home)

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- **What if I miss a meet?**

- Everyone is allowed to miss one regular meet with no questions asked.
- If you qualify for the Championship meet you cannot miss it.
- If you miss more than one meet you will be removed from the team. Other school sponsored events **do not** count as excused absences. This includes but is not limited to choir/ band tryouts or performances; biology trip; rec baseball games; cheerleading tryouts; scholars bowl; tutoring; studying for nine weeks tests; family trips. (Unless the reason for missing the meet is a documented injury. Documented from a trainer or doctor.)

- **PRACTICE WILL START ON February 11, 2018.**

- Both sprinters and distance runners will STAY AT THE JUNIOR HIGH on Feb.11th for practice. Meet in the auditorium.

- **How does an athlete sign up for Spring Track?**

- You must complete the following information:

1. **ONLINE REGISTRRTATION:**

- Please be careful when you enter your email addresses. We will copy and paste these into our email list. Put all the email addresses you want listed.
- Click this link to complete the online registration:
<https://goo.gl/forms/CDAYgL3vYCDzv7Si1>

2. **Spirit Packs:** Click the link below to access the online payment for the spirit pack. For best results use internet explorer. Make checks payable to MBJH.

- Uniforms are new since Indoor 2016. Uniform should have "Mtn. Brook" on the front. If not you need to purchase a new one.
- You can purchase the new uniform this year if you want to. The cost is \$75 and will match for grades 7-12 in the upcoming seasons.
- Click here for a copy of the spirit pack form. Please print and complete this form. Please return the form with payment to the front desk.
https://docs.google.com/document/d/17gushai_l0tBtIM2gnd14fXB_CvVBje7kE5bVdEljAqM/edit?usp=sharing
- Athletic spirit packs are designed to provide equipment and other essentials for students associated with a particular athletic program. Any minimal funds that are generated through the purchase of the student/athlete spirit pack will be used to support the (sport) program by means of equipment maintenance, entry fees, etc.

3. Upload the following documents to your Dragonfly account.

<https://www.mtnbrook.k12.al.us/Page/6561>

- a. **Physical**- Every athlete must have a current AHSAA physical on file.

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- b. **Concussion form**- Concussion forms are good for the current school year.
- c. **Participation Waiver**- Participation waivers are good for the current school year.
- d. **Sportsmanship**- Please follow the directions on the webpage. You only have to do this program once.

HOW TO TURN IN YOUR FORMS:

*Online registration should be submitted online.

*Spirit pack form should be printed out and completed. Form and check should be turned into the front desk.

***All other forms MUST uploaded to your Dragonfly account.**

What to do if you still have questions about Indoor Track?

- Email jhtrack@mtnbrook.k12.al.us or
- Call Coach Stephens 205-908-6061
- Call Coach Breeze 205-410-8034

Online Registration and Spirit Pack Purchases must be completed by Monday February 11th.

What to do if you still have questions about Outdoor Track?

- Email jhtrack@mtnbrook.k12.al.us or
- Call Coach Stephens 205-908-6061
- Call Coach Breeze 205-410-8034

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