

Welcome to the Herrick Track & Field Program!!

EVERYONE is welcome to join our Herrick Track program!!! We look forward to an exciting and challenging season. To make a quality team a reality, it requires dedication, cooperation, and teamwork from all involved in the program: athletes, parents, and coaches. This packet includes our expectations as coaches of all members of the Track and Field team and contains valuable information, which should answer many of your questions about our program. Please refer any questions you may have to the appropriate coach.

Coaches

7th Grade Boys: Coach Dvoracek (ddvoracek@dg58.org)

7th Grade Girls: Coach Probert (sprobert@dg58.org)

8th Grade Boys: Coach Bergmeier (mbergmeier@dg58.org)

8th Grade Girls: Coach Siemek (ssiemek@dg58.org)

All Grades: Coach Berger (jberger@dg58.org)

Here is a list of the different events offered through Track and Field:

Running Events:

- Sprints:
 - 100 meters
 - 200 meters
 - 400 meters
- Relays:
 - 4x100 meter relay
 - 4x200 meter relay
 - 4x400 meter relay
- Hurdles:
 - 110 meters

- Distance:
 - 800 meters
 - 1600 meters

Field Events

- Jumps:
 - Long jump
 - Triple jump
 - High Jump
- Shot put
- Discus



Go Spartans!!!



HERRICK SPARTANS TRACK & FIELD TEAM MANUAL

Team Rules

We have three rules that can be summarized by three basic principles: respect for others, respect for self, and respect for one's surroundings. We will only achieve our team and individual goals if each student athlete commits to these principles. It is recognized by the coaches that all humans make mistakes, so when a rule is broken we will try to fairly, but firmly address the situation; however, there will be consequences. Understand that we care about the quality of your experience on the team. Breaking these rules will harm you or others, and we are committed to helping you and the team to have the best possible experience and season.

1. **Attendance is Important.** Be at practice. Be at meets. Communicate ahead of time with your coach if absences are necessary. **If you know ahead of time that you are going to miss a practice or meet, please give your coach at least a 24-hour notice.** It is also important that you are on time for all scheduled practices and meets!! We expect that you will be at all scheduled practices, however, we can be flexible if an acceptable situation arises and is properly communicated. Keep in mind that attendance may influence inclusion in practices and track meets.
2. **School Performance is Important.** Student athletes at Herrick must be passing ALL classes to be eligible to participate in meets. Grades will be monitored on a weekly basis. Please refer to the **student agreement** sheet for more information on the eligibility policy.
3. **Always Give a Full Effort.** Your workouts and practices are important to prepare you for track meets. Training and practice are often not "easy" or "comfortable". If a coach judges that you are not giving a **FULL** effort in practice, it may influence inclusion in practices and track meets. **Track is a non-cut sport, however if an athlete is not participating during workouts or is consistently absent from practices/meets, coaches reserve the right to dismiss the athlete from the team. Athletes will be give 2 warnings before they are dismissed from the team.**

Track and Field Practices

Practices will start Monday April 4th with an afternoon informational meeting. Each participant must have a **signed permission slip** and a **physician signature/physical** turned into your track coach by **Monday April 11th**. **There is also a concussion informational sheet that you should review.** (If you were already a member of another Herrick sports team **this year**, you **do not** need to get another physical, just fill out the track permission slip form and turn that into your coach).

- **MORNING** practices will be held at the Downers Grove North Track. Please arrive by 6:20AM so you are ready to begin practice at 6:30AM sharp!!
- **AFTERNOON** practices will be held at Herrick Middle School from 3:30PM until 4:30PM. There will be an activity bus available for the athletes that ride the bus. **(Please refer to the track calendar to determine days of morning and afternoon practices.)**

If you are in Band, Choir, Orchestra, or you need to see a teacher for academic help, you will be dismissed at 7:30AM. All other students will be dismissed at 8:00AM. You will need to change your clothes and head up to the cafeteria until the bell rings. **We encourage you to bring something to eat after morning practices, but please keep all food in the cafeteria (no food in the locker room or gym).**

****Procedures for practice/meet cancellation*** The coaches have set up a system to send out a text message alert if we decide to cancel a practice or meet. This system uses an app called "Remind". We encourage you to sign up to receive these text message alerts as it will be the most efficient method for the coaches to contact students and parents. The instructions on how to sign up for this free service are attached to this packet.*

If we do decided to cancel a practice or meet, we will also place an announcement on the main page of Herrick's website.

Uniforms and Equipment

You can wear any comfortable workout clothes to practice, but please come prepared for any type of weather!! Spring weather is very unpredictable and it can be chilly in the morning, so make sure you have extra layers (sweats, hats, gloves, ect..). We also encourage you to bring a water bottle, nutrition bar/snacks (for track meets), and a bag breakfast (for am practice).

Good running shoes are really the only requirement for this sport. If you choose, athletes can also purchase a pair of specialist shoes. These can be spikes (running and jumping all have their own event specific spikes). **Spikes are completely optional!!**

You will need to use your gym uniform as your track meet uniform. Please bring additional clothes to keep warm before and after your event(s). **Please make sure that you are following the Herrick Middle School dress code for practices and meets.**

Inappropriate apparel will not be tolerated. You should also not be wearing jewelry (earrings, rings, necklaces, ect...) at practices or meets. You are going to be doing a lot of physical activity and losing jewelry can and will happen.

The conference track team will be issued a Herrick uniform to use for the conference track meet only. You will need to use this uniform for the meet and then return it washed to your coach.

We will likely do a one-time order of Herrick Track apparel. This is totally optional, so please do not feel obligated to purchase if you do not want any apparel. We will have an online order system for you to view the options and place your order. There will be an email sent out when the ordering site is available. The deadline for ordering apparel will be **Friday April 8th**.

Track Meets

We will have 2 home and 4 away track meets this season. Select athletes from Herrick will also be participating in the conference track meet at the end of the season. Please see the attached schedule for dates and locations of each meet. Please remember that you are representing yourself and Herrick Middle School at these meets. Make sure you are conducting yourself appropriately; misbehaving at any level **WILL NOT** be tolerated.

Track meets generally start between 4:15PM-4:30PM and usually run between 2-2.5 hours long. We will have bus transportation to and from away meets. If your parents would like to take you home, they **MUST** sign you out with your coach. If you are carpooling with another athlete's parents, you **MUST** bring a signed note/email from your parent giving you permission. If you do not have a ride, you will take the bus back to Herrick at the end of the meet.

DIRECTIONS TO TRACK MEETS

Glenbard East - 1014 S Main St, Lombard, IL 60148 - (630) 627-9250

- Take Ogden Ave west to Finley road. Turn right on Finley and travel north past Roosevelt road to Wilson. Turn right onto Wilson. The school will be on the right side.

Glenbard South - 23W200 Butterfield Rd, Glen Ellyn, IL 60137 - (630) 469-6500

- Take Ogden Ave west to Finley road. Turn right on Finley and travel north until you reach Butterfield road. Turn left on Butterfield and head west. The school will be on the north side of the street.

Illinois Benedictine University - 5700 College Rd, Lisle, IL 60532

- Take Ogden Ave west to Yackley Rd. Turn left onto Yackley and travel south. School is on the right after you pass Maple Ave.

