

Fort Collins High School Track & Field General Information

Academics

"Academics are the #1 priority"

When a student is going to miss a class for a track meet, he or she is expected to make arrangements with his/her teacher **prior** to the meet. In addition, when a student misses class due to a track meet, he or she is expected to turn in class work **before** they leave for the meet. If a student is too sick to attend class they should not be a practice.

Team Transportation

All track and field team members, including managers, will be transported by school bus **to** and **from** all away scrimmages and meets. The association with team members, prior to and after competition, helps build team unity and team spirit. We expect athletes to stay and cheer for their teammates for the **entire** meet, supporting a team atmosphere. Exceptions may be granted for emergency circumstances. In those situations, however, athletes will ride only with parents, not other students.

Many of our meets will be at French Field, parents and students are responsible for finding their own transportation to French Field on all Saturday meets. All students competing in the meet will be at French Field 1 hour prior to the start of the meet. We will do a team warm-up/wake-up prior to the beginning of the meet and all athletes will be present for team warm-up.

The team bus will leave at the announced time for each meet without exception. Athletes should be responsible and respectful of others and BE ON TIME! It is encouraged to be at school 10 minutes ahead of the leave time. In some emergency situations, athletes who do not make the bus will be allowed to compete if they arrive with their parent and notify the head coach. Please understand that changes might be made on the bus on the way to the meet, in the coaches meeting or the scratch/add meeting prior to the start of the meet.

Safety

The head coach is responsible for the safety of each team member during the season. Every effort will be made to insure a safe environment at practice, in transporting athletes and while at meets. Team rules provide a framework for safety, security, conformity and performance. The coaching staff will strive to communicate with athletes to insure high expectations of behavior as it relates to safety issues.

Attendance

Each team member will be granted one unexcused absence from practice. On the second unexcused absence, the athlete will not attend or participate in the upcoming meet. On the third unexcused absence, the team member may be removed from the squad.

See Coach Crist for any excused absence or pre-arranged absence. This is the responsibility of the athlete!
Communication is the key.

Conrad Crist

ccrist@psdschools.org

(970) 488-8035 Office Phone

www.lambkintrackandxc.com

Conduct

It is a goal of our track and field program to earn the respect of our opponents. Others scrutinize our behavior, at all times, from around the state of Colorado. We will demonstrate a strong will to compete and the same amount of good sportsmanship. Attitudes are learned and attention will be given to appropriate language and behavior at practice,

during bus rides and at meets. There will be **no footballs, Frisbees, sunflower seeds or portable speakers** at **practice or meets**. Also, it is important to remember that cell phones and all electronic devices are illegal devices on the track or in the competition area at all state qualifying meets. Inappropriate behavior could result in a suspension from the team and upcoming track meet. Clear instructions will be given to athletes for appropriate behavior at meets. Remember, we want to set the example and be proud of more than just winning. FCHS has a great reputation . . . let's keep it!

Open Minded

Track and field is a sport that offers a lot of variety. We would like to encourage athletes to try new events along with participating in events they are experienced in. By trying new events and listening to suggestions made by coaches, athletes may find themselves succeeding in places they never thought possible.

Lettering

The student-athlete may earn a letter in Track & Field in the following ways:

1. Score 20 points during the track and field season at Varsity Meets.
2. 1 point will be awarded for every varsity track meet competed in
3. 1 point for being part of the Lambkin Team Challenge Championship Team
4. Points scored at the JV championships will count half towards lettering
5. For every month of practice you complete with no absences 1 letter point will be awarded
6. Score in an individual event at the Conference Track Meet
7. Qualify for the state meet
8. A senior who has successfully competed in three or more track seasons, inclusive of the current season, without lettering
9. Any athlete, who in the judgment of the coaching staff, would have lettered had an injury not occurred, but had competed in at least half of the meets prior to injury and remains on the team
10. Complete the season as a manager

*note: Final lettering decisions are at the coaches discretion

Coaching Staff

Head Coach

Conrad Crist: Sprints

Assistant Coaches

Laurie Rice: Sprints

Tiana Song: Hurdles

Laura Lauret: Hurdles

Bill McCormick: Horizontal jumps & High Jump

Nick Baltzell: Shot put, discus

Van Elsbernd: Sprints

Tom Ruthven: Distance

Brian Faulkner: Distance

Jay Wall: Pole vault

Raymond Bozmans: Sprints

Josanne Lucas: Hurdles

End of the Year Awards Night

This is where students will receive their participation awards or letter. I will also be handing out some special awards at the awards night. Please come and enjoy an evening of celebrating the accomplishments of this years track team. **A celebration of leadership, inspiration and success.**

Date: Wednesday May 22nd

Time: 6:30 p.m.

Place: FCHS auditorium

Directions to Schools

Stutler Bowl Twilight (Cherry Creek High School): 4724-4784 S Yosemite St, Greenwood Village, CO 80111

Take I-25 South, Take exit 200 for I-225 N toward I/70/Aurora/Limon, Keep right to continue on Exit 2, follow signs for Dtc Blvd and merge onto DTC Blvd, Continue straight to stay on Dtc Blvd and turn left onto Temple Dr., Continue onto Temple Drive, Continue onto E Union Ave, Turn Right and Turn Left

Loveland High School: Go south on Shields St. (County Rd. 17) all the way to Loveland, where the street becomes No. Taft Ave. Follow all the way to W. 29th St. Turn left (east) and you are at which becomes N. Garfield St., go all the way to 29th St. and go right (west).

State, Pomona and Columbine Invite, Jeffco Stadium, 6th and Kipling: Take I-25 past Mile High to the 6th Ave exit; go west on 6th past Federal, Sheridan and Wadsworth until you reach Kipling St.; go south (the exit is across the overpass); follow less than a mile and turn left at the stoplight; best parking is to the south of the stadium.

TJ Twilight Meet, All City Stadium

Take I-25 South towards Denver. Take EXIT 206 toward **Washington St/Emerson Street.** Merge onto Buchtel Blvd. Turn **left** onto S Franklin St. (*S Franklin St is just past S Humboldt St., If you reach E Mexico Ave you've gone about 0.1 miles too far*). All City Stadium, 1500 S FRANKLIN ST is on the **left.** (*If you reach E Florida Ave you've gone a little too far*)

Horizon JV Championships, North Stadium

Take I-25 South towards Denver, Follow I-25 S to W 136th Ave in Westminster. Take exit 225 from I-25 S, Take Huron St to your destination. (This is the stadium you can see from I-25 as you enter into Thornton on the West side of I-25)

Legend Spring Qualifier, Echo Park Stadium

Get on I-25 S from S Timberline Rd and E Harmony Rd. Follow I-25 S to RidgeGate Parkway in Lone Tree. Take exit 192 from I-25 S. Continue on RidgeGate Parkway. Take S Chambers Rd to Newlin Gulch Blvd in Parker.

Fleet Spring Qualifier @ Littleton Public Stadium

199E. Littleton Blvd, Littleton, CO 80121

Take I-25 South, Follow I-25 South to US-85/South Platte River Drive in Denver, take exit 207B from I-25 South, keep left to continue on South Sante Fe Drive, Use the left 2 lanes to turn onto W. Oxford, turn right onto South Broadway, turn left onto East Powers, turn right at South Grant Street,

Conference Track Meet at Northridge HS (District 6 Stadium)

100 71st Ave., Greeley

*Take I-25 South to Hwy 34, head East on Hwy 34 to the Hwy 34 Business (10th street) exit, take the Business Exit East to 71st Ave, head North on 71s to Northridge High School on East side of the road.