

## 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 communicate with his/her teacher **prior** to the meet. In addition, when a student is absent from 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 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 with the exception of some junior varsity meets and varsity meets inside the Fort Collins city limits. 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 or Timnath, parents and students are responsible for finding their own transportation on those Friday or Saturday meets. All students competing in the meet will be at French Field one hour and ten minutes 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(s) 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 Brennan for any excused absence or pre-arranged absence. This is the responsibility of the student-athlete! Communication is the key.

Jeff Brennan

[jbrennan@psdschools.org](mailto:jbrennan@psdschools.org)

(970) 488-8035 Office Phone

[lambkintrackandxc.co](http://lambkintrackandxc.co)

### 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.
  - a. individual event points earned in placings at varsity meet
    - i. EX: 1st place in the 800 = 10 points
  - b. relay points earned will be split among the 4 relay members
    - i. EX: 2nd place in the 4x200 relay = 8 points (2 points per relay member)
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 that 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

Jeff Brennan: Head Coach (Hurdles & Pole Vault)

#### Assistant Coaches

Autumn Gardner: High Jump

Martin Johns: Mid-Distance

Calvin Johnson: Horizontal Jumps

Josanne Lucas: Hurdles

Ryan Martine: Distance

Melissa Matz: Throws

Duan Ruff: Sprints

Kaleah Martin-Ruff: Sprints  
Reneca Ruff: Sprints  
Tom Ruthven: Distance  
Ashlyn Stults: Horizontal Jumps & Sprints  
Aaron Waters: Sprints  
Joseph Zambrano: Throws

### **End of the Year Awards Night**

This is where students will receive their participation awards and/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 year's track team. **A celebration of leadership, inspiration, and success.**

Date: Wednesday, May 22<sup>nd</sup>

Time: 6:30 p.m.

Place: McNeal Auditorium @FCHS

### **Directions to Schools**

I have linked google maps to our away meet venues on the schedule found in our website; [lambkintrackandxc.co](http://lambkintrackandxc.co). The following meets are the away meets.

Friday, March 8<sup>th</sup> @ Berthoud HS (Max Marr Invite)

Saturday, March 16<sup>th</sup> @Windsor HS (Murray Kula Invite)

Friday, April 12<sup>th</sup> & Saturday, April 13<sup>th</sup> @JeffCo Stadium (Pomona Invite)

Friday, April 19<sup>th</sup> @Echo Park Stadium in Parker (Huskie Twilight)

Friday, April 26<sup>th</sup> @Longmont High School (Longmont Invite)

Saturday, April 27<sup>th</sup> @Stutler Bowl Stadium on Cherry Creek HS Campus (Stutler Bowl)??

Wednesday, May 1<sup>st</sup> & Friday, May 3<sup>rd</sup> @Rocky Mountain HS, French Field (Front Range League Championships)

Tuesday, May 7<sup>th</sup> @Windsor High School (Wizard's Last Stand)

Saturday, May 11<sup>th</sup> @Roosevelt High School (Teddy's Last Chance)??

Thursday, May 18<sup>th</sup>, Friday, May 19<sup>th</sup>, & Saturday, May 20<sup>th</sup> @JeffCo Stadium (State Championships)