

2023 StJPII Track & Field Information

Track and Field (TF) is open to all 5th, 6th, 7th and 8th grade students. There are no tryouts. TF registration is completed via the Acceptiva website: <https://secure.acceptiva.com/?cst=b1733a>

Contact Info

Head Coach LaVerne Jones-Ferrette Cell 405-532-9099 Laverne_j@sbcglobal.net

Volunteer parent Assistant Coach Tanya DaSilva 832-755-6818 tanyjean@gmail.com

Practices

All practices are subject to change to fit training needs and weather

Monday: 3:30-5:30pm JPPII Campus

Tuesday: 3:30-5:30pm JPPII Campus

Thursday: 3:30-5:30pm JPPII Campus

Meets

Track season runs from February through April. Parents are responsible for transporting the athletes to and from the meets. Location of meets are subject to change.

Meets Dates/Time:

All field events start at 8:00am running starts at 10:00am SHARP!

Meet : Feb. 25th TBD This is a time trial/clinic meet not official meet

Meet 1: March 11th at Barnett Stadium HISD Facility

Meet 2: March 25th at Barnett Stadium HISD facility

Meet 3: April 2nd at Barnett Stadium HISD facility

Meet 5: April 15th Championship qualifier at Barnett Stadium HISD facility

Meet 6: April 22nd Strake Jesuit College Prep – CHAMPIONSHIP MEET

Final meets dates will be published on TeamSnap and the StJPII athletic calendar.

Entry fee – to offset the cost of renting the facilities the GHCAA charges a small fee (\$5.00). Coaches and athletes (in uniform) are admitted without charge.

Events

Field Events- Please be on time! Field events will be on a rolling schedule

Girls 6th, Boys 6th, Girls 7th, etc.

Long Jump, Discus and Shot Put

Track Events (In Order)

4x100m Relays

800m

100/110M Hurdles (30-inch/100M Girls & 6th grade Boys, 33-inch/110M Boys 7th and 8th grades)

100M Dash

400M Sprint

200M Sprint

1600m

1600M Relay

All events (except hurdles) are held in the following order: Girls 6th, Boys 6th, Girls 7th, Boys 7th, Girls 8th, and Boys 8th

Maximum of 4 events per athlete

Maximum of 3 running (hurdles and relays count as running events)

Valid combinations of 4 events are:

- 3 Run, 1 Field
- 2 Run, 2 Field
- 1 Run, 3 Field

No athlete can compete at a grade level below his/her current grade. Competition at a higher level, however, is allowed. If an athlete competes at a higher level, he/she must compete at that level for that entire track meet. For qualification in the Championships, times or distances will be registered only at the grade level at which the performance was achieved. Scoring: Individual events score 10-8-6-4-2-1. Relay events score 20-16-12-8-4-2.

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Meet Logistics

Parents are responsible for transporting the athletes to and from the meets. Track meets are staged on a rolling schedule, with field events starting first then track events. Rolling starts means as soon as the first race is completed, the next race starts. It is important that athletes arrive one hour before the scheduled start time. This will ensure that the runners have adequate time to properly warm up and stretch before the meet. Please make every attempt to stay through the completion of all events. To compete at Championship meet:

- Top 8 finishers in Prelims advance to the Championship meet, both relays and individuals
- Entry occurs automatically by advancement from Prelims meet
- All Athletes must have a valid seed time for any entry in prelims meet as an individual.
- Athletes must have competed in at least 2 of the 3 regular season meets in order to be eligible for the prelims meets
- **Only athletes and Coaches are allowed on the infield. Championship meet no Coaches allowed on infield.**

Equipment

A runner's most important piece of equipment is his/her running shoes. Brand and style are a personal choice. It is recommended that athletes run in shoes designed for running and NOT other sport specific shoes (i.e., basketball, soccer, tennis shoes). Track specific shoes (spikes) are not necessary. Most local running shoe stores provide shoe fitting services. They can ensure the athlete gets the right shoe and the correct size.

Uniform

The school will provide running shorts and singlets to be worn at all track meets. If desired, runners can wear sport compression undergarments (shorts/shirts/bras) underneath their track uniforms. Please keep the colors of the undergarments to either white or black. Runners will need to bring their own running apparel to practice. It is highly recommended that athletes wear moisture wicking shirts/shorts to practice. Avoid wearing cotton shirts and shorts to practice. Here is the link to the BSN website where our athletes, and their parents, can purchase additional, customizable clothes that may be worn on spirit day.

<http://sideline.bsnsports.com/schools/texas/houston/st-john-paul-ii-catholic-school>

Hydration & Nutrition

It is critical that runners maintain proper hydration before, during and after each practice/meet. Proper hydration starts days before the event, not the day of. The athletes could be running in hot and humid conditions which lead to dehydration quickly. Dehydration can cause runners to feel

discomfort and slow down performance. At this age, the best choice for hydration is water. Most sport drinks contain a high level of sugar (56 grams) and are intended for athletes losing copious amounts of sweat over an extended period of hours. Athletes need to bring water to all practices and track meets.

Proper nutrition will result in strong performance and increase speed. To get the best in performance, endurance and recovery, the athletes will need to concentrate on not only what to eat but when to eat. What to eat – whole grain breads and pasta, protein (lean chicken or beef), fruits

and vegetables. Avoid greasy fried foods before meets. Gastrointestinal issues and running do not provide for a good experience. Depending on the athlete, a light snack might be necessary before practice. Apples, carrots, yogurt or energy bars are good choices. Avoid sending candy bars, sweets or other empty calories snacks that will only provide a sugar high and performance slump.

Injuries

If an athlete is injured, and they are able to attend school, the athlete is expected to attend practice and meets. Please contact a coach if the athlete cannot attend practice or meet due to injury.

Parent Involvement

Your support of this program and the athletes are critical to the success of the team and allow meets to run smoothly. Parent volunteers are expected to help transport and set up the team tent and water coolers. In addition, all schools are expected to help out at the meets. **This year StJP II will be responsible for check-in at all meets. Additional details will follow.**

In addition, parental help at practices would be helpful. With different events, it helps to have many sets of eyes to keep practice running smoothly and not have athletes idle. You don't need to have any coaching experience!

Academic Probation

Probation and Eligibility Requirements for GHCAA MS Sports: Any student with a grade below 70 will be placed on probation from the activity. Students may also be placed on probation for on-going or serious behavior issues. As long as a student is not failing any classes (69 or below), he/she may participate in practices, and may sit on the bench in uniform for games. Students failing a class (69 or below) may not attend practices or games.

Athlete Conduct

See attached Player/Parent Contract. Athletes and parents are expected to follow the Athletic Code in the St. John Paul II Catholic School 5th - 8th Grade Athletic Manual

(<https://www.jp2.org/documents/2014/7/ParentHandbook.pdf> - Page 93-100).

Team Communication

Updates about practice times, meet details and team rosters will be managed through the TeamSnap website and mobile app. Download the TeamSnap iPhone or Android app to access team information including weather cancellations, snack schedules and last-minute notifications. Athletes will also declare meet availability through TeamSnap.

Player Contract

St. John Paul II Catholic School

I, _____, have agreed to demonstrate the following behavior as a St. John Paul II student athlete:

- I will do my very best to be a good teammate, both on and off the courts/fields. My teammates will draw inspiration from my play and work ethic in practice and games.
- I will celebrate with my team respectfully during victories; I will be humbled with my teammates during losses.
- I will treat coaches, players, officials, and administrators on and off the campus with respect.
- I will accept consequences, and be held accountable for my behavior and attitude at all times.
- I will not use inappropriate language in front of a coach, player, fellow athlete, student, parent, official, or faculty member.
- I will strive to be my very best, in both my attitude and athleticism, and most of all my faith. I will keep God first at all times in my words and actions as a representative of St. John Paul II Catholic School. If players do not follow these rules, you may be suspended from a game/s, or asked to leave the team.

Athletes Signature: Date

Parents Signature: Date

GHCAA PARENTS CODE OF ETHICS

I will at all times during my child's sports related activities make his or her spiritual, emotional and physical well-being my number one priority. I will lead by example in demonstrating Christian Love, fair play and sportsmanship to all players, fans, officials, parents and coaches.

I will only address officials, opposing team's players, parents and coaches in a positive, respectful and encouraging manner in the spirit of the game. I will stand behind the coach and support his or her decisions at all times. I will not place the coach in a position to have to be concerned with my behavior rather than the game being played. I will in no way disrupt the game that I am attending. I will express concerns regarding any rules or call only to the proper league officials through the proper channels, once the game has concluded. I will remember that the game is for the children and not for adults.

I have read and signed the Parents Code of Ethics and agree to share this information with any and all persons who will be with me in attendance at my child's sporting events during the course of the season. I agree to abide by these codes as well as the rules, regulations, guidelines and interpretations of the GHCAA. I understand that any violation of these by myself or anyone in attendance with me is subject to review by the GHCAA and/or the administration.

Parent Signature _____ Date _____