

Elkhart Central Lady Blazers Track and Field

Head Coach : Crystal Davis (Cohen)

Team Expectations: **Have Fun, Work Hard, Respect!**

Attend practice

A. Give a note to Coach Davis before absence, or contact Coach Davis on that day.

Home: 574-206-1404

Cell: 574-361-8212

Email: davisfamilyhome@hotmail.com

B. If going to doctor, return with doctor's note

a. School and coaching staff need to have information.

b. Coaches and trainer need to know what you can and cannot do.

C. If gone from practice reasons need to be important!

a. Ex. Haircuts and discipline issues are not excused practices.

b. Ex. Doctor's appointments and academic reasons are excused

(Any questions speak with Coach Davis)

D. Avoid excessive absences and tardies. Coach Davis has final say on the type of absences and whether it is excused or unexcused.

Be ready on time

A. **Be ready to warm up by 3:30** – showing up @ 3:30 is not on time!

B. Check schedule for ending times and have a ride here by then. Times may change.

C. Check schedule for Saturday practice times.

D. Responsibility and Dependability are keys to success.

Respect coaching staff and other athletes (including boys program)

A. On the track you are a team, you **will** get along!

B. You **want** respect you **give** respect!

C. You will address the coaching staff in a respectful manner.

Support team members

A. Cheer for others during practice and meets

B. Be a positive member of the team

C. Support other teams as well.

Walk Positive/ Talk Positive away from Track and Field.

A. Respect yourself

B. Each of us represents ECHS

C. Be respectful, during classes, in the community, and when we visit other schools.

D. Breaking of any school rules, may result in loss of participation and / or be dismissal from the team.

Being on the Lady Blazer's Track and Field Team is a privilege!

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Conditioning is important to get the body used to vigorous techniques so that it becomes	Instinct when you call upon the body to respond. You will see the benefits in April and May!	Conditioning will include: circuit training, plyometrics, and weights.	Distance runs will be weather permitting. Be prepared to go outside everyday.			
	7 First Day conditioning 3:30-5:30	8 Conditioning 3:30-5:30	9 Conditioning 3:30-5:00	10 Conditioning 3:30-5:30		
13	14 Conditioning 3:30-5:30	15 Conditioning 3:30-5:30	16 Conditioning 3:30-5:00	17 Conditioning 3:30-5:30 Grade check		
20	21 MLK No school	22 Conditioning 3:30-5:30	23 Conditioning 3:30-5:00	24 Conditioning 3:30-5:30	25	26
27	28 Conditioning 3:30-5:30	29 Conditioning 3:30-5:30	30 Conditioning 3:30-5:00	31 Conditioning 3:30-5:30		

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Conditioning 3:30-5:30	5 Conditioning 3:30-5:30	6 Conditioning 3:30-5:00	7 Conditioning 3:30-5:30	8 Conditioning 3:30-5:30	9
10	11 First official Day of practice Approx: 3:30-5:30 everyday	12 Early dismissal TBA	13	14	15 Pres. Recess No School TBA	16 Practice
17	18 Pres. Recess No School TBA	19	20 Team meeting Parent Meeting 5:00-5:15	21	22 Trimester ends	23 Practice
24	25	26	27 Team activity Grade Check	28	29	24

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LET The Games Begin	DO NOT miss VIP days!	Very Important Practices				1 Practice
2	3	4	5	6	7 Chicken Sale North Side Gym	8 Practice NSR participants only VIP practice
9	10	11	12	13 Winter Sport Banquet	14 VIP practice Blood Drive	15 NSR Indoor Classic Purdue 10am
16	17	18	19	20	21 snow makeup VIP practice	22 NSR finals IU
23	24 VIP practice	25 First outdoor meet @Memorial 4:30 Early release	26 VIP practice	27 @ Goshen 4:30	28 VIP practice Sadies Dance	29 Charger Invite @Memorial 10am

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April showers Bring May flowers	ALL your hard work starts to pay off!! ☺	1Clay/Penn @ Penn	2	3	4	5
6 ← -SPRING BREAK	7See coach for workouts, Practices TBA	8 -----	9 -----	10 -----	11 -----→	12
13	14 VIP practice	15 First home meet 4:30 Marian/ Mishawaka	16	17	18 VIP practice	19Penn Invite @Penn 9Am
20	21 Snow makeup VIP practice	22 St. Joe/ Washington @Washington 5:00	23	24 Grade check	25	26 Practice VIP practice
27	28 VIP practice	29 Adams/Riley @Riley 4:30	30			

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Big May!				1	2 memorial meet reschedule! 5pm away	3 Practice VIP practice
4	5 VIP practice	6 NIC Home 5:00	7	8	9 Snow makeup	10 Practice VIP practice
11	12 VIP practice	13 Sectional @ Warsaw	14	15	16	17 PROM Practice TBA VIP practice
18	19 VIP practice	20 Regional @ Bremen	21 No practice Banquet	22	23	24 Practice
25	26	27 Honors Banquet	28	29 Last Day of School	30 STATE!! @ IU	31

Earning A Varsity Letter (*Different than past years*)

(A Varsity Letter is not a guarantee; by earning points the letter is recommended and final approval is made based on the academic and athletic standings by ECHS regulations)

(since Goshen meet was cancelled, the Letter points are now moved to 18)

Varsity letters will be earned on a point system. 20 points are needed to earn a Varsity letter. What you score in a meet that is the number of V points you receive. You must compete in a Varsity event to earn V points. That is an average of 2 -3 points a meet, including invitational meets. (indoor meets are not included). You must be academically eligible and participated in at least one meet to earn your letter. Completion of the entire season is a must as well as all equipment turned in.

Our meets score:

3-way meets: 1st place = 5pts, 2nd - 3, 3rd -2. 4th - 1;

2-way meets 1st -5, 2nd - 3, 3rd - 1. Relay teams split points.

- Other Recommendations for a letter –
- *All NIC (top three individuals and/or relay)
 - *Regional qualifier (alternates on relays are included)
 - *Ran top two for a Championship team.
 - * Senior who has participated 4 years
 - * A Personal Coach Recommendation to athletic director

Meet Expectations:

BUS:

You must ride the bus in order to compete!

Bus leaves promptly at schedule time. If you are late, you will be left behind.

Behavior on bus is that of a respectable person. This should never be an issue.

Cell phones are big distraction on the way to meets as well. Cell phones will not be permitted on the way to meets unless calling a parent.

Some meets you may be able to ride home with a parent or guardian only (no friends or relatives). Coach must have a written note.

BE READY! :

Have all equipment needed! If you don't have uniform, shoes, etc. you may not compete.

Be ready to warm up with team on time!

TEAM WARM UP:

There will be a team warm up every meet. You are required to listen to your captains and leaders. Everyone counts during stretches (this is not social time). You will take the warm up time to get yourself ready to compete and focused.

DURING MEET:

Have fun!

Be ready for your event on time and know where to go to check in. Make sure you know what events you are competing and check posted schedule.

You are to cheer for your team when you are not warming up or competing.

You are able to visit with a parent in the stands after an event. You are not allowed to sit in the stands and socialize.

Do not eat from concession unless you have consulted a coach to see if you are done competing. Bring your own snack.

Cell phone use will not be permitted during competition time.

All athletes must stay for the entire meet.

All athletes are required to cool down as a team.

All athletes are required to help with meet setup and clean up, as well as help with the hurdles during the meet (home and away)

You will have good meets and bad, be respectful to yourself and others during good and bad. Including language.

Order of event for dual and triangular meets :

Conference information

Schools: Elkhart Central, Penn, Mishawaka, Marion, SB Riley,
SB Washington, SB Adams, St. Joe, SB Clay

Sectional information

SCHOOLS: Concord, Elkhart Central, Elkhart Memorial, Fairfield, Goshen,
Jintown, Northridge, Northwood, Warsaw, Wawasee

Field Events:

Discus then shot

High jump, long jump, pole vault

3200 meter relay = 4x800 relay (each athlete runs two laps)

100 meter hurdles

100 meter dash

1600 meter run

400 meter relay = 4x100 relay (each athlete runs 100 meters)

400 meter dash

300 meter hurdles

800 meter run

200 meter dash

3200 meter run

1600 meter relay =4x400 relay (each athlete runs 1 lap)

Directions For more detailed directions go to - www.blueblazers.org

Purdue University

U.S. 31 south to Rochester, Take U.S. 25 South to Lafayette. Turn right onto state road 52. From 52 you will turn Left on Yeager St. (there is a sign that says Purdue University). Turn Left on Northwestern Ave. Lambert indoor track is down the hill next to Mackey Arena. If you miss Yeager St. and end up at Wal-mart turn around there and back the other way and pick up Northwestern Ave.

Indiana University

Take 20 bypass toward South Bend. Get on 31 south to Indy. Take 465 south around Indy to 37. Take 37 south to Bloomington. Stay on 37 until you get to College Ave. Exit on right. Take to McDonalds and turn left (46). Take a right on N. Fee Lane. Gladstein Fieldhouse (Indoor) will be on your right side and the outdoor track Robert C. Haugh Complex is up the hill on the left.

Goshen High School

Take State Road 33 into Goshen. Follow signs to stay on 33. High school on right.

Penn High School

Take US 33 W to Bittersweet road; Turn north to school at 2nd stoplight. OR Take US 20 W to Bittersweet road; Turn south to school on the left.

S.B. Riley High School

US 20 bypass west to US 31 North. US 31 North to Ewing Ave. Turn right on Ewing to Fellows. Turn left at Fellows to school.

Elkhart Memorial High School

US 20 to SR 19, North to Mishawaka Road. Turn left on Mishawaka and travel approximately 1/4 mile.

S.B. Washington

From US 31 Bypass. Exit Western Ave. East - 1.5 miles to 2nd stoplight (Summit Ave) - turn left (North) 1 block to high school.

Sectionals @ Warsaw

Take State Road 33 into Goshen.

In Goshen pick up State Road 15 South.

15 will take you into Warsaw.

Stay on 15 thru Warsaw (watch the signs closely it can be tricky)

The high school is on the south side of Warsaw about 1 mile from Marsh grocery store.

You will be able to see the track on the right side of the road.

Regionals @ Bremen

31 S to 6 E to 106 (Bremen exit). At 1st light turn right (South) to flashing light. Turn left (East) to school. OR take 331 S. (Becomes Bowen Ave to stop light) until flashing light by football field. Turn left (east) to school.

State @ Indiana University, Bloomington

TBA

Parent Expectations:

Be a Blazer fan. Believe in Community, School, Academics, Athletes, and Coaches

Support the teams (ECHS and Opponents) by making only positive comments and by using appropriate language.

Acknowledge that the track and field event areas are the players' domain during contests. Parents / Guardians should not engage in conversation with players prior to or during contests. The athletes have a job to do even if they are not participating in an event.

Have a ride there for your athlete at given times. (A Coach is required to stay until the last athlete leaves. For liability reasons coaches should not transport athletes in personal vehicles.)

Our Team Goal is to get athletes to the **STATE MEET**. We as a staff will be pushing the girls to their limits. Expect the girls to be sore from different workouts. This soreness will wear off as the athletes continue to work. If you feel that it is more than soreness please contact Coach Davis. The coaches are not doctors and we will recommend you see your physician or a sports physician if we feel that the injury is serious.

The coaches at Elkhart Central High School are an experienced staff and it is our responsibility to educate the athletes. Please let us do our job and we will let you do your job which is to support your children and trust that we at Elkhart Central will do the very best for the athlete.

All concerns should be brought to Coach Davis (not to an assistant coach) at an appropriate time and place, i.e., never before, during or immediately after a meet. Once this meeting has taken place and if the concerns are not corrected please contact the athletic director (Ted Foland) at 295-4726.

These expectations are in place so that the student athletes have the very best opportunities to excel in the sport of track and field. Thank you for your support and understanding and we are looking forward to another **outstanding** year of Girls' Track and Field.

Head Coach Crystal Davis (sprints, hurdles, relays)

Home: 574-206-1404

Cell: 574-361-8212

Email: davisfamilyhome@hotmail.com

Assistant Brant Stevens (throws)

Assistant John Pletcher (jumps and vault)

Assistant Cathy Parker (distance)

Please sign below and return to Coach

Lady Blazers Track & Field

I have read over and understand the team and parent expectations.

I have also received the season schedule (including directions).

Guardian Signature _____

Student / Athlete Signature _____