

BEAST BOYS TRACK 2015 HANDBOOK

“Nobody who ever gave their best ever regretted it”

ALL GRIT, NO QUIT

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COACHING STAFF: Bryan McKinley -Jumps & Hurdles, Jerry Lovell-Throws & Sprints
Mike Troy - Throws & High Jump, Kendra Whisenhunt-Sprints,
Arlen Quinn-Throws, Nathan Bacon - Pole Vault

A new track and field season is upon us and with it comes great opportunities. Last season our team took some huge steps and this year we are the defending team champs of the Elkhorn Invite. Matching and improving upon what we did last year will not be easy. Nothing in this life comes easy. In order to be successful in this life we must have GRIT. Grit is the tenacity and perseverance that allows us to keep going when everything seems to be going against us in this life. It is what allows us to grind through the tough days of this existence and get to the next peak. Grit does not come to us naturally though. It is built by putting ourselves through tough times. The hardest of steel goes through the hottest of fires. Tough times don't last, but tough people do. We must build grit this season if we are to reach our potential and that is why our motto is ALL GRIT, NO QUIT.

Practices

Practices will run every day after school from 3:35 to around 5:30 PM. Warm ups begin at 3:35 and there will be consequences (push ups, abs, stadiums, etc..) if you show up after 3:40 without a pass from a teacher. Communication with your coaches about absences is a MUST! If you are going to become the best you can be, you need to be here EVERY DAY! Family and academics should be your first priorities, but track needs to be a priority as well. A skipped or missed practice without coach communication will result in a more severe consequence that will be decided on by the coaching staff.

****It is the expectation of the coaching staff that you attend every practice that you are able to. If you are injured, be here.** You can still help the team in many different ways at practices and meets and you can learn more about your event. If you have academics to get caught up on or other issues, let a coach know. **COMMUNICATE.**

Expectations

- 1.) Be Here
- 2.) Be Coachable
- 3.) Be a **Student Athlete**
- 4.) All Grit, No Quit

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Lettering

- 9 points and ending the season in good standing necessary for Varsity lettering
- 1 point per Varsity meet participated in
- Team points earned at a varsity meet will also translate to lettering
- ½ a point will be awarded for participating in a JV meet along with any team points earned at a JV meet
- 2 points are needed to earn a Track and Field Participant Certificate
- All athletes must end the year in good academic and disciplinary standing to receive their awards
- The head coach may award a varsity letter to an injured athlete, a senior athlete who has contributed to the growth of BEAST Track or any other athlete whose merits deserve recognition via a Varsity letter.
- Points can be taken away as a consequence due to poor sportsmanship, problems with academics, being late / skipping practices without notifying a coach

Attendance to Meets

Athletes are limited to 9 total meets, excluding districts and state. It is up to the event coaches and the head coach as to who will participate in which meet and in what events they will participate. Efforts will be made to give athletes the best opportunities for success and growth. Varsity meets will be made up of those that have earned those spots. The same can be said for relays. Athletes are welcome to dialogue with the coaching staff regarding workout plans, race plans, etc... It is the coach who will determine how each athlete can maximize their gifts to help themselves and more importantly the team.

Riding the Bus

Athletes must ride the bus to and from the track meet unless they have a written note from a parent or guardian and receive permission from a coach. Failing to let a coach know your travel plans will have consequences.

Last item, HAVE FUN! Get to know your teammates, challenge them in workouts and cheer for them at meets. We all are out for Track and Field to make ourselves better and to figure out a little something about ourselves. Appreciate the time you have. It will go fast.

"Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts." -Dan Gable