

Capital High School

Lady Bruin

Track and Field 2019



UNITY -

U – Unselfishness – Team First, Me Second

N – Nurturing friendships – Be a Good Teammate

I – Integrity – Inner discipline – follow expectations – be on time

T – Trust – In teammates, parents, and coaches...

Y – Yes, **We** Can – Mutual respect, loyalty and allegiance with and for each other.

This is what our team believes we should be

2019 Bruin Girls Track & Field Staff

2/2/19

| Event Assignments | Coach |
|----------------------------|---------------------------|
| Head Coach/Sprints/Relays | Dick McMahon |
| Long and Triple Jump | Hollee Goody |
| High Jump/Sprints/Relays | Tim Kelly (Ed Darfler) |
| Running/Hurdles | Scott Lane |
| Running/Distance | Katie Gilboy (Ed Darfler) |
| Throws/Javelin | Jacque Engstrom |
| Throws/Shot Put/Discus | Paula Jones |
| Pole Vault | Tim Downey (Lucas Canney) |
| Volunteer Assistant Throws | Jyndia Ruff |
| Athletic Trainer | Shawn Ruff |

Main Expectations for Bruin Girls Track & Field Athletes

1. Come to practice daily. 3:45 – 6:00 - if you must miss, check in with Coach McMahon or your event coach in person, text, or call. **Don't "just tell a friend"**. Missing practice before a meet without contacting a coach or having prior approval may result in not competing in the next scheduled meet. Practice attendance does affect level of meet competition. If practice attendance becomes a problem, athletes may be removed from the team
2. Healthy Habits – Balanced Life - Sleep, Nutrition, Water – Eat Breakfast and Lunch – Stretch and Ice
3. Support your teammates by staying for the entire practice and meet.
4. High Standards of Conduct
 - Sportsmanship – team respect – competitor respect – officials respect.
 - Manners and appropriate attire at practice & meets.
 - Courtesy everywhere.
 - High moral standards – no lying, stealing, etc.
 - Refrain from drinking, drugs, & illegal activities.
5. Report injuries immediately to a coach– "ICE" for most problems – See our athletic trainer, Mr. Ruff, and then report to your coach. Athletes are injured may need to follow alternate workout plans assigned by their coach in conjunction with Mr. Ruff and/or their doctor.
6. Be proud of your membership on the team, of our school, of our town...you are the biggest promoters of Capital High Track.

**SUCCESS SHOULD BE AN EXPECTATION, NOT A SURPRISE, FOR
YOUR TEAM, AND MOST IMPORTANTLY, YOURSELF!!**

CAPITAL HIGH SCHOOL

100 Valley Drive

We Expect Excellence

(406) 324-2500

Helena, Montana 59601-0199

(406) 324-2501 Fax

March 16, 2019

Hello,

The 2019 track season is here! With that in mind, the coaching staff and I would like to thank you and your daughter for being a part of Capital High Track and Field. Within the pages of this packet is a copy of the meet and practice schedule. Look it over. You need to know practice times and dates for meets. If any of this causes a conflict with other activities or vacations, this does not exclude your daughter from participating in track. Just make sure she communicates with her event coach and me, so we can plan. Usually it is an easy solution and we can make it work. If we find that it does not, there is no hard feelings and we'll wish everyone the best.

The best thing about track is that anyone interested in a personal or team accomplishments can participate. This is a no cut sport and your daughter will improve provided she is willing to work hard and "Compete Every Day". A positive attitude and commitment are vital, and just as (if not more) important than athletic ability. We have a great coaching staff and there is not a more knowledgeable and dedicated group anywhere else in Montana. They will push your daughter to be better than she thought she could be. If she is fully committed, the lessons she will learn from them will help her in her other interests and everyday life. As the parent, "sit back and enjoy the ride". You do not have to coach her...we got this. Your role should be to support her, her teammates, and her coaches. If a concern arises, encourage her to visit with her event coach or me first. If we have the athletes, the coaches, and the parents all working together, success should not be a surprise; it should be an expectation.

All athletes will need to have a physical and baseline concussion test before they can practice. For most of the girls, if they have participated in an activity already this school year, it should have been already taken care of. If track is their first activity, these should have been completed before they could practice. **Fees for participating in track consist of a \$40.00 participation fee for all participants and a \$30.00 activity ticket unless they already have one.** The Capital High Booster Club and business/individual friends of the program have been very generous. Nonetheless, with close to 85 or more athletes, the costs add up. With that being said, we are asking for a **\$35.00 "Spirit Pack" fee to offset the cost of the team T-shirt, sweatshirt, and other incidentals.** All fees will be collected by Ms. Dioso, the CHS bookkeeper, either after the Parent Meeting or in her office on most school days. Athletes will not be able to compete until all fees are paid. If the fees present a hardship for your family, please know that we can arrange to assist. All you need to do is visit with one of the coaches or Ms. Dioso.

Practice will start at 3:45 most every day and may last until 6:00. We will provide athletes with most of the gear that they will need (uniform, spikes, sweat top, etc.), but practice gear is for the most part their responsibility. With our unpredictable Spring weather, something to cover up her legs is a must. Sweat bottoms or leggings are vital to keep legs warm. Also, I cannot stress enough the importance of a good nutrition, enough rest, and a good pair of running shoes. If the

current pair she has is more than three months old, it is probably a good idea to see about getting her some new ones. Not all shoes are the same so be careful that the ones you purchase have good arches and support.

Prior to each meet, athletes will be given an information sheet with leave times, meet location/start time, and approximate return times. To keep parents updated on what is happening, the team has a website located on the school website that I will do my best to update weekly. The website address is <http://chs.helenaschools.org/extracurricular/athletics/track-field-girls>. There is also an I-phone and Android "Remind" application that many athletes and parents utilize as well.

I hope that you are as excited about the upcoming season as I am. If you have any questions, feel free to contact me and I'll do my best to help out in any way I can. Again, thanks a bunch and "Let's Go Bru!!!"

Coach McMahon

Phone: (406) 459-0119

Work Phone: (406) 324-2819

Email: dmcMahon@helenaschools.org

A, B, C's of Bruin Track and Field

- A. It is your privilege to be a member of the Bruin Track and Field Team.
- B. If you chose to compete for the Bruin Team, go through with it and fully commit yourself. Be a valuable team member and make your contribution count. If, during the season, you decide track and field is not for you, talk to Coach McMahon in person so that you leave the program in good standing with no hard feelings.
- C. Loyalty to coaches, to your teammates, to your school. Support the program for everything it stands.
- D. Daily Practice is required. Monday-Friday from 3:45 – 6:00 and some Saturdays. There will also be practices over Spring Break. Everyone is expected to stay for the entire practice period unless Coach McMahon or your event coach grants permission. Be ready and on time. We will try to work around driver's education and other commitments you may have.
- E. Academics before Athletics. Our varsity team had the highest team GPA out of all 14 AA high schools last year and there is the expectation that we are competing for that honor every year. If you need a day to get caught up on school, just ask.
- F. If you are unable to attend practice, be sure to contact Coach McMahon or your event coach. Unexcused absences are a cause for suspension from the team. A player missing practice with an unexcused absence before a meet may not be allowed to compete or travel. If you are sick, try to contact Coach McMahon (324-2819) or your event coach. If you are absent from school the day of a meet or practice, you may not participate. If you are absent on a Friday, you may not compete on a Saturday meet.
- G. Come to practice with a plan, work your plan, set goals, and learn all you can about your sport. An athlete is just like a student, the more you know about the subject; the better you will do when the time comes to perform. Practice is a time to work.
- H. Communicate with the coaches – talk about workouts as they relate to you. Is the workout challenging you? Are you getting in shape? Are you learning the event? Never assume a coach knows what else is going on in and out of school. Talk honestly with your Coach. Please maintain yourself with the courtesy due to an adult. You may not always agree with a coach, but please respect the hours they dedicate to you and our team. Talk to them about any frustrations and keep an open mind.
- I. Injuries should be reported immediately. Don't try to push an injury to its limit. We need a healthy team and unless you report an injury to the trainer, we cannot start the healing process. Healing is achieved by following therapy with ice, heat, rest, flexibility, and strength.
- J. If you are in another sport or activity, your coaches need to know that as well. If you get hurt at another activity, it is very important that your coaches know. The trainer needs to know exactly what happened so that he can effectively start the healing process.
- K. To earn a letter, certificate, or an end of the year award, you must complete the season unless injured or excused by the head coach. Injured athletes are encouraged to complete the season as a manager or a student assistant coach.
- L. Consideration to Other Team Members - Each person is trying to improve and needs help. Realize the worth of each team member and work together.
- M. Managers are to help the coaches prepare for practice and meets. They are team members and should be treated accordingly.
- N. Coaches can only spend a certain amount of time with each individual. Accept this and learn to work together and on your own.
- O. When traveling out of town, maintain high standards; neat, clean clothes; proper conduct; good manners; good sportsmanship.
- P. Bus Etiquette - Seat belts must always be worn and no walking around while the bus is in route. Drinks need to have closable lids and the bus should be left spotless at the end of the trip. Audio devices may be used with headphones. Talk in a normal voice on the bus or in the restaurant. Thank the bus driver and workers for their service.
- Q. Dress at Practice - You are expected to wear appropriate track team attire at practice and meets. Tee-shirts and shorts and sweats pants, tights, or wind-pants are to be worn daily. Sweatshirt and pants should be kept on during practice until coaches give permission to take them off. Tee-shirt with sleeves not tank tops are requested.
- R. Dress at Competition: Represent your team by wearing your "Brown and Gold". Keep your uniform clean and neat. Team members are expected to stay in competition uniform for the duration of the meet.
- S. During a meet, team members are required to stay for the entire meet. Permission to leave early must be granted before the day of the meet. Unless it is a viable emergency, do not ask to leave early.

- T. You are expected to actively support your team during a meet. Cheering, carrying sweats, etc. are a great help to your teammates. You must return on the bus unless there is a signed parent note given to the Coach McMahon (or event coach). Try to take care of this at least two days before the meet. This should be for exceptional circumstances only. Team members should be on the bus.
- U. Please get at least 8-9 hours of sleep each night. It keeps you healthy and you will have a better attitude the next day. You should eat three balanced meals each day. Breakfast is especially important even if it is only a glass of milk and a piece of peanut butter toast or yogurt.
- V. Each girl can request that a lock and locker be issued to them in the Girl's PE locker room. It is strongly suggested that lockers are always locked. Please do not share your locker.
- W. Athletes will be issued track equipment, spikes, shoes, warm-ups, etc. You are responsible for washing your uniform after each meet and turning the equipment in at the end of the season in good condition. If you quit the team, equipment should be returned immediately.
- X. No Swearing: It is cause for disqualification from a meet and reflects poorly on you and this program.
- Y. The words "I CAN'T" should never be heard in our gym or practice field and we don't make excuses – no ifs, ands, or buts.
- Z. Finally, and most importantly.... COMPETE EVERY DAY!!!

Capital Girls Track and Field Letter Requirements

The Varsity lettering system will be based on many factors. Multiple aspects must be met and earned over the course of the season to receive a letter. This system places the responsibility on the athletes, and rewards commitment and performance. *Will you earn a varsity letter if you make all practices?* No. A varsity letter is not and should not be a certificate of participation. A varsity letter is something to be earned, not something to be given. It needs to represent something. If everyone gets a varsity letter, a varsity letter will not mean anything anymore. This system makes earning a varsity letter possible for all dedicated student athletes, although most athletes will need to compete as a varsity competitor frequently enough to earn the award. The coaching staff has the prerogative of determining the final award. We will take into account injury, illness, team contributions, and commitment to our program. Final lettering decisions are at the discretion of the head coach.

General Requirement Standards

- ✓ The athlete must complete the season unless injured or excused by the head coach for personal or health reasons.
- ✓ The athlete must attend all meetings, practices, and meets unless excused by the head coach
- ✓ The athlete must be in good standing with the team and school.
- ✓ The athlete must have completed the season following the conduct required of a Bruin Track Athlete. Swearing, stealing, lying, cheating, drinking, drug use or other questionable behaviors are not allowed.
- ✓ The athlete must not have any major team disciplinary infractions that lead to her dismissal from the team.
- ✓ The athlete must not have any major school and/or classroom disciplinary infractions that tarnish the program's image which may lead to missed practices or dismissal from the team.
- ✓ The athlete must return all issued equipment in acceptable condition
- ✓ The athlete must attend the end of season awards banquet.

*****Failure to meet any of the GENERAL REQUIREMENT STANDARDS may result in the loss of varsity letter or team awards**

Individual Achievement Standards (must meet General Standards first)

- ✓ The athlete meets the **AA State Meet Qualifying Standards** for either an individual event or part of a qualifying relay team.
- ✓ The athlete qualifies for the finals of an individual event at the Divisional track meet.
- ✓ The athlete places in the top six or makes the finals in a varsity championship meet. The Great Falls Invitational, Missoula Top 10, and Helena Skor/Dekam for example.
- ✓ The athlete earns a minimum of 10 points in varsity-level competition. In relay events, the points earned by a team are divided equally amongst the members of the team.
- ✓ The athlete performs as well as the mark(s) given for her event(s) in the **VARSITY LEVEL PERFORMANCES STANDARDS**. These standards may be reached during sub varsity competitions as well.
- ✓ The athlete is a senior.

Team Achievement Standards (must meet General Standards first)

- ✓ The athlete is a varsity member of a Top 3 Divisional or State team.
- ✓ The athlete is primarily a varsity member of an undefeated dual season track team.

End of the Season Awards

Varsity Letter Award & Pin

Junior Varsity and Freshman Certificates

Manager Awards and Pins

Awards Selected by the Athletes

Most Valuable Field Event

Most Valuable Track Event

Selected by the Varsity team. This athlete contributes the most to the team in the form of competitive events participated in, Leadership Qualities, Attitude, Will to Win, and Hard Work. This athlete strives for the success of the team. An athlete who accepts defeat gracefully and learns from it. A humble winner, a good sportsman in defeat, and who sets an example you would like to follow. Rarely complains. This athlete willingly confronts all obstacles standing in the way of progress (injuries), who works through frustrations without letting them control her, and she never gives up.

Captains Awards

Selected by grade level. Leaders are not always the loudest or the most popular. A leader is essential to a winning team. She is respected; she is an athlete depended on by her teammates. The leader is molded of the highest character and is generally the hardest worker on the team, the first to come to practice and the last to leave. During practice, she leads by example, mouth shut, concentrating. She knows what must be done and she realizes that you get it done at practice. A leader is unselfish. Being a leader is tough business, but the rewards are worth it, for being respected is better than being liked any day. A captain should be a person who can lead the team in good times and bad.

Teammate of the Year (MOST INSPIRATIONAL)

Selected by the all team members. This athlete should be the person who most influenced you as a working track athlete. By her example of constant hard work, you were inspired to work harder. This athlete should be an inspiration to all of the team members in practice as well as on the competition field. This athlete should sacrifice for a team victory. Never complains. This athlete always strives for the success of the team even when it may not be best for her, willingly giving up a spot if someone else is better. This athlete is willing to compete in events where the team needs her.

Awards Selected by the Coaches

Coach's Award – Jumper (Most Improved/Dedicated)

Coach's Award – Thrower (Most Improved/Dedicated)

Coach's Award – Distance (Most Improved/Dedicated)

Coach's Award – Sprinter/Hurdler (Most Improved/Dedicated)

Coach's Award - Relays

Event coaches will choose athletes who have made the most strides during the season. All girls track participants are eligible.

RACHEL KROMKOWSKI AWARD

This award is given to an underclassman who exemplifies the Spirit, Dedication, and Team Attitude that was shown by Rachel in her career as a track athlete. It does not necessarily go to an outstanding athlete, but rather to an athlete who competes for her teammates and is always there to support other team members with a smile and cheerful manner.

GOLD AWARD

High Point Track

BROWN AWARD

High Point Field

WHITE AWARD

High Point Total - highest point scorer

TOP 15 PERFORMERS LIST

Earned by excelling in an event and achieving one of the best jumps, throws, or times ever by a Capital Athlete in her event.

SCHOOL RECORD

Breaking an existing mark.

MONTANA TRACK AND FIELD

Track and field is an interesting sport because it combines many various skills and allows athletes of all shapes and sizes to successfully compete. Track and field is a sport of pure conditioning. The lifetime skills of aerobic exercise, competition skills, and strength will be valuable to the young student many years after their high school career. Team Scoring - Dual meet 5-3-1 Relay 5 Triangular 5-3-2-1 Relay 5-3 Invitational and State 10-8-6-4-2-1 Relays Same Top 6 placers from Divisional advance to State along with athletes meeting the qualifying standards.

SPRINTING - 100 METER 200 METER 400 METER Sprinters are powerful athletes with strong legs and arms. A race begins with the commands "On your Marks"-"Set"-"Gun Fires" Athletes are not allowed to start until the gun fires. Movement before the shot will result in a false start and automatically disqualifies the athlete from the race. An athlete who takes too long getting into the blocks and gains an unfair advantage over the other competitors can also be disqualified. A lean at the end of the race often determines the place winners as sprint races are often determined by hundredths of a second.

DISTANCE RACES 800 METER 1600 METER 3200 METER The race begins with the commands "On your mark"-"Gun fires" The distance races start in lanes or alleys but then the runners are allowed to cut into lane '1'. When passing another runner, the athlete must be careful not to a.) hit arms or elbows, b.) cut in too soon and cause the stride break, or c.) cause the back runner to step on the front runner heel. Boxing in occurs when a runner gets trapped in the inside lane by other runners passing and often results in the inside runner having to break their own stride to prevent interference. The distance races were considered slow paced runs but not so today. Distance runners are highly conditioned athletes who set a pace that most of us use as a sprint.

FIELD EVENTS: Contestants are allowed three trials in preliminary competition, then the top athletes are allowed three more trials in the finals with their best mark determining their place. A tie is broken by using the second best mark by the athletes involved in the tie. In dual competition, 4 athletes advance into the finals; in triangulars, 5 athletes advance; in a meet with 4 or 5 teams, 6 athletes advance; in meets involving 6 or more teams, 7 athletes advance. The athlete in field events has 1 minute to complete the trial after their name has been called or a scratch should occur except in pole vault where they are allowed 1 1/2 minutes. Many field event athletes are also involved in running events. The running event takes precedence and the athletes will have to be excused to run their event. An athlete should be gone only 10-15 minutes. An athlete should take a trial or two before leaving the event.

JUMPING EVENTS LONG JUMP TRIPLE JUMP HIGH JUMP POLE VAULT Long jump involves converting maximum speed into a vertical jump. Triple jump involves a hop, a step, and a jump (right right left or left left right) High jump is converting a circular approach into horizontal height. The long and triple jump runways are marked with takeoff boards or lines. An athlete may not step over the line or a scratch occurs. In high jump and pole vault, the jumper may not break the plane of the standards or a trial is used. In pole vault and high jump, the jumper is allowed three trials at each height.

THROWING EVENTS SHOT PUT DISCUS JAVELIN Shot put weighs 12 pounds for boys and 4 Kilograms (8 lbs. 13 oz) for girls. A legal put shall be made from the shoulder with one hand only and the shot cannot drop behind or below the shoulder. The discus weighs 3 lbs.9 oz. for boys and 2 lbs.3.3 oz. for girls. It is constructed so that its body is of wood or other suitable material attached to a metal or plastic rim. The javelin is constructed of metal or solid wood with a metal point or rubber tip. Boys javelins are approximately 8'6" and weight 1 lb.12.2 oz. Girls javelins are approximately 7'2.5" and weight 1 lb.5 oz. The javelin throw is measured by the first part hitting the ground and if it lands flat, the handle is used to measure the throw. A foul in any throwing event will occur if the competitor steps on or over the toeboard, leaves the throwing area from the front of the circle or toeboard, or throws before stopping in the throwing area upon entering. Javelin and discus are measured to the nearest lesser inch and shotput to the nearest lesser 1/4 inch.

Relays 4 X 100 4 X 400 The 4 X 100 (sprint relay) relies on a blind pass, the incoming runner passes to a hand held back and the outgoing runner must trust her to get the baton in the hand. This relay exchange takes practice and timing and can result in disqualification for going out of the lanes. The 4 X 400 uses a visual pass, outgoing runner looks back for the baton.

Capital High Girls Varsity Performance Standards

100 - 13.40

Pole Vault - 9'00

200 - 27.70

Long Jump - 15'03

400 - 1:04.00

Triple Jump - 31'06

800 - 2:35.00

High Jump - 4'10

1600 - 5:50.00

Shot Put - 32'00

3200 - 12:44.00

Discus - 95'00

100H - 17.10

Javelin - 104'00

300H - 51.00

Divisional Track Team Member Criteria

1. State Meet Qualifier
2. Competitive Divisional Time/Distance
3. Valuable Team Member
4. Positive attitude and Strong Work Ethic
5. Regular Practice & Meet Attendance

AA State Meet Qualifying Standards

100 - 13.00

Pole Vault - 10'00

4x100 (400) Relay - 50.60

200 - 26.70

Long Jump - 16'06

4x400 (1600) Relay - 4:12.00

400 - 1:01.00

Triple Jump - 34'00

800 - 2:24.00

High Jump - 5'01

1600 - 5:23.00

Shot Put - 35'03

3200 - 11:50.00

Discus - 113'00

100H - 16.30

Javelin - 115'00

300H - 48.00

2019 Bruin Girls Track and Field Practice and Meet Schedule

No individual shall compete in any MHSAA contest until she has a minimum of (10) days of track and field practice and at least one practice session per day on (10) different days prior to the date of the first allowable contest.

| | | |
|-----------------|----------------------|--|
| March 11 | Practice 3:45 – 6:00 | First Official Day of Track |
| March 12 | Practice 3:45 – 6:00 | |
| March 13 | Practice 3:45 – 6:00 | |
| March 14 | Practice 3:45 – 6:00 | |
| March 15 | Practice 3:45 – 6:00 | |
| March 16 | Practice 7:30 – 9:00 | Parent Meeting and Booster BBQ 9:00 (Gym) |

Booster Club Website - <http://chs.helenaschools.org/chs-bruin-booster-club/>

| | | |
|-----------------|-----------------------------------|--|
| March 18 | Practice 3:45 – 6:00 | Athletes must attend all practice. Communication is necessary for any illness or missed practice |
| March 19 | Practice 3:45 – 6:00 | Support your Teammates – Stay for the whole practice and meet – If you need to leave early, you must have permission |
| March 20 | Practice 3:45 – 6:00 | Healthy Habits – Balanced Life – Sleep, Nutrition, Water – Eat Breakfast and Lunch – Stretch and Ice |
| March 21 | Practice 3:45 – 6:00 | |
| March 22 | Practice 3:45 – 6:00 | |
| March 23 | No Practice - Spring Break | |

| | | |
|-----------------|-----------------------------------|--|
| March 25 | No Practice - Spring Break | |
| March 26 | No Practice - Spring Break | |
| March 27 | Practice | ***There will be practice Wednesday-Saturday of Spring Break. Practice times are TBD by event coaches. You are expected to be at practice. |
| March 28 | Practice | Practice times are TBD by event coaches |
| March 29 | Practice | Practice times are TBD by event coaches |
| March 30 | Practice | Practice times are TBD by event coaches |

| | | |
|----------------|----------------------------------|--|
| April 1 | Practice 3:45 – 6:00 | |
| April 2 | CMR (Great Falls) | 3:00 V-JV-Fr |
| April 3 | Practice 3:45 – 6:00 | Athletes should travel to and from meets with the team, but can travel home with parents provided they are signed out by their parent with Coach McMahon |
| April 4 | Practice 3:45 – 6:00 | |
| April 5 | Practice 3:45 – 6:00 | |
| April 6 | Belgrade/HHS @ (Home) Vig | 10:30 V-JV-Fr |

| | | |
|-----------------|------------------------------|--|
| April 8 | Practice 3:45 – 6:00 | |
| April 9 | Practice 3:45 – 6:00 | |
| April 10 | Practice 3:45 – 6:00 | Report injuries immediately – "RICE" for most problems |
| April 11 | Practice 3:45 – 6:00 | |
| April 12 | Practice 3:45 – 6:00 | |
| April 13 | Bozeman/GFH (Bozeman) | 11:00 V-JV-Fr |

| | | |
|-----------------|---------------------------------------|---------------------------|
| April 15 | Practice 3:45 – 6:00 | |
| April 16 | Practice 3:45 – 6:00 | |
| April 17 | Practice 3:45 – 6:00 | |
| April 18 | Freshman Invite @ (H) Vig | 3:30 Freshman Only |
| April 19 | Great Falls Inv. (Great Falls) | 11:00 Varsity only |
| April 20 | No Practice | |

| | | |
|------------------|-----------------------------------|---|
| April 22 | Practice 3:45 – 6:00 | |
| April 23 | Top 10 Invite (Missoula) | 3:30 Varsity Invite only/All others Practice as normal |
| April 24 | Practice 3:45 – 6:00 | |
| April 25 | Small Schools @ (H) Vig | 3:30 JV |
| April 26 | Practice 3:45 – 6:00 | |
| *April 27 | Skor/Dekam @ (H) | 9:30 Varsity only |
| *April 27 | Freshman Invite (Missoula) | 10:00 Freshman only |

2019 Bruin Girls Track and Field Practice and Meet Schedule

| | |
|-----------------|---|
| April 29 | Practice 3:45 – 6:00 |
| April 30 | Practice 3:45 – 6:00 |
| May 1 | Practice 3:45 – 6:00 |
| May 2 | Freshman Invite (Great Falls) 3:30 Freshman Only/Varsity and JV practice |
| May 3 | Vigilante Day – Practice and Team Meeting 3:30-5:30 |
| May 4 | Big Sky/GFH @ (Home) Vig 10:30 V-JV-Fr |

| | |
|---------------|--|
| May 6 | Practice 3:45 – 6:00 |
| May 7 | Helena High @ (Home) Vig 3:30 V-JV-Fr |
| May 8 | Divisional Team Announced ****Divisional Team will practice. Others will turn in equipment and voting will take place for team awards. |
| May 9 | Practice 3:45 – 6:00 |
| May 10 | Practice 3:45 – 6:00 |
| May 11 | Practice 9:00 – 11:00 |

| | |
|---------------|--|
| May 13 | Practice 3:45 – 6:00 |
| May 14 | Practice 3:45 – 6:00 |
| May 15 | Practice 3:45 – 6:00 |
| May 16 | Practice 3:45 – 6:00 |
| May 17 | Divisionals (Helena) TBD Divisional Track Team Only |
| May 18 | Divisionals (Helena) TBD Divisional Track Team Only |

| | |
|---------------|---|
| May 20 | Practice 3:45 – 6:00 |
| May 21 | Practice 3:45 – 6:00 |
| May 22 | Practice 3:45 – 6:00 |
| May 23 | State (Kalispell) TBD ***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards |
| May 24 | State (Kalispell) TBD ***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards |
| May 25 | State (Kalispell) TBD ***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards |

May 29 (Wednesday) Awards Night (CHS Cafeteria) 5:30

2019 Bruin Track and Field Schedule

| <u>Meet</u> | <u>Date</u> | <u>Day of the Week</u> | <u>Time</u> | <u>Where</u> | <u>Bus Leave</u> | <u>Student Release Time</u> |
|--------------------------------|-------------|--------------------------|-------------|--------------|------------------|-----------------------------|
| CMR | Apr. 2 | Tuesday | 3:00 PM | Great Falls | 12:00 p.m. | After 3rd |
| Belgrade/HHS | Apr. 6 | Saturday | 10:30 AM | Home | | |
| Bozeman/GFH | Apr. 13 | Saturday | 11:00 AM | Bozeman | 7:30 a.m. | |
| Frosh Inv. (frosh only) | Apr. 18 | Thursday | 3:30 PM | Home | | After 5th |
| G.F. Inv. (varsity only) | Apr. 19 | Friday | 11:00 AM | Great Falls | 7:15 a.m. | |
| Top Ten (invite only) | Apr. 23 | Tuesday | 3:30 PM | Missoula | 12:00 p.m. | Lunch |
| Small Schools | Apr. 25 | Thursday | 3:30 PM | Home | | After 5th |
| Skor/DeKam (varsity only) | Apr. 27 | Saturday | 9:30 AM | Home | | |
| Missoula Frosh (frosh only) | Apr. 27 | Saturday | 10:00 AM | Missoula | 6:30 a.m. | |
| Great Falls Frosh (frosh only) | May. 2 | Thursday | 3:30 PM | Great Falls | 12:30 p.m. | Lunch |
| Great Falls/Big Sky | May. 4 | Saturday | 11:00 AM | Home | | |
| Helena High | May. 7 | Thursday | 3:30 PM | Home | | After 5th |
| Divisionals | May 17-18 | Friday/Saturday | 2:00 p.m. | Helena | | After 3rd |
| State | May. 23-25 | Thursday/Friday/Saturday | 10:00 p.m. | Kalispell | 8:00 a.m. | All Day Thursday/Friday |



Capital High School

Varsity Girls Track Records

| Event | Record | Holder | Year |
|-----------------------|-------------|-------------------|-------------|
| 100 Meter Dash | 12.47 | Melanie Hull | 1983 |
| 200 Meter Dash | 25.80 | Laura Bennett | 1995 |
| 400 Meter Dash | 58.55 | Laura Bennett | 1997 |
| 800 Meter Run | 2:18.64 | Nadine Sneed | 1978 |
| 1600 Meter Run | 5:07.94 | Emily Nay | 1992 & 1994 |
| 3200 Meter Run | 11:06.14 | Emily Nay | 1995 |
| 100 Meter Hurdles 33" | 14.81 | Elena Carter | 2017 |
| 300 Meter Hurdles 30" | 44.51 | Carrie Damschen | 1998 |
| Shot Put | 47' 05 1/2" | Meg Jones | 1983 |
| Discus | 158' 02" | Meg Jones | 1983 |
| Javelin | 129' 09" | Lexi Wrigg | 2017 |
| Old javelin | 147' 11" | Amy Pratt | 1990 |
| High Jump | 5' 09" | Suzanne Krings | 1997 |
| Long Jump | 18' 08.25" | Elena Carter | 2017 |
| Triple Jump | 37' 03 3/4" | Kalei Scholl | 2012 |
| Pole Vault | 12' 06" | Suzanne Krings | 1998 |
| 400 Meter Relay | 48.46 | Leigha Carter | 2018 |
| | | Elena Carter | |
| | | Melissa Moreni | |
| | | Audrey Bloomquist | |
| 1600 Meter Relay | 4:01.02 | Laura Bennett | 1995 |
| | | Carrie Damschen | |
| | | Betsy Krings | |
| | | Emily Nay | |
| Retired Records | | | |
| 80 Yard Hurdles | 11.1 | Jacque Jakovac | 1977 |
| 100 Meter Hurdles 30" | 15.4 | Julie Langford | 1979 |
| 800 Medley Relay | 1:52.3. | Kim Wrigg | 1979 |
| | | Diane Taliaferro | |
| | | Judy Walbert | |
| | | Carrie Cloninger | |

Capital High School

Freshman Girls Track Records

| Event | Record | Holder | Year |
|-----------------------|-------------|--|------|
| 100 Meter Dash | 12.77 | Elena Carter | 2015 |
| 200 Meter Dash | 26.14 | Carrie Damschen | 1995 |
| 400 Meter Dash | 60.52 | Carrie Damschen | 1995 |
| 800 Meter Run | 2:22.59 | Sabrina Smith | 2006 |
| 1600 Meter Run | 5:07.94 | Emily Nay | 1992 |
| 3200 Meter Run | 11:19.05 | Emily Nay | 1992 |
| 100 Meter Hurdles 33" | 15.43 | Elena Carter | 2015 |
| 300 Meter Hurdles 30" | 46.80 | Carrie Damschen | 1995 |
| Shot Put | 38' 06" | Meg Jones | 1980 |
| Discus | 113' 08" | Kayla Eichenfels | 2004 |
| Javelin | 116' 09" | Paige Bartsch | 2018 |
| High Jump | 5' 03" | Sammi Bignell | 2007 |
| Long Jump | 16' 05 1/2" | Heidi Olheiser | 1981 |
| Triple Jump | 34' 11 1/2" | Marshell Moy | 1995 |
| Pole Vault | 9' 06" | Suzanne Krings | 1995 |
| 400 Meter Relay | 52.36 | Leigha Carter Melissa Moreni McKinlee Mihelish Sarah Ashley | 2017 |
| 1600 Meter Relay | 4:18.11 | Melissa Moreni McKinlee Mihelish Zoey Wall Maria Moore | 2017 |
| Retired Records | | | |
| 80 Yard Hurdles | 11.9 | K. Iverson | 1978 |
| 100 Meter Hurdles 30" | 16.3 | K. Iverson | 1978 |
| 800 Medley Relay | 2:00.2 | Nancy Whale Tori Kall Nadine Sneed Jean Brekke | 1977 |

Capital High School Bruin Track & Field
Top 15 Event Performances

Updated 05/28/18

| 100 Meter Dash | | School | 200 Meter Dash | | School | 400 Meter Dash | | School | 800 Meter Run | | School | | |
|----------------|--------------------------------|----------|----------------|---------------------------------|--------|-------------------|---------------------------|----------|---------------|-----------------------------|--------|----------|--------|
| Year | Year | Year | Year | Year | Year | Year | Year | Year | Year | Year | Year | | |
| 82 | Melanie Hull 12.47 | 10 | 95 | Laura Bennett 25.80 | 10 | 97 | Laura Bennett 58.55 | 12 | 78 | Nadine Sneed 2:18.64 | 11 | | |
| 12 | Kalei Scholl 12.51 | 12 | 98 | Carrie Damschen 25.84 | 12 | 13 | Marisa Sanchez 59.04 | 12 | 09 | Tara Will 2:18.99 | 12 | | |
| 18 | Audrey Bloomquist 12.66 | 11 | 18 | Audrey Bloomquist 26.29 | 11 | 96 | Betsy Krings 59.60 | 12 | 91 | Geni Steffens 2:19.84 | 12 | | |
| 96 | Laura Bennett 12.72 | 11 | 94 | Tiffany Bebich 26.30 | 12 | 94 | Tiffany Bebich 59.60 | 12 | 94 | Emily Nay 2:19.89 | 11 | | |
| 15 | Elena Carter 12.77 | 9 | 74 | Luebeck 26.44 | 12 | 98 | Carrie Damschen 59.63 | 12 | 04 | Becky Beall 2:21.54 | 12 | | |
| 98 | Carrie Damschen 12.84 | 12 | 80 | Kim Wrigg 26.44 | 12 | 74 | Jeri Burner 59.74 | 12 | 79 | Diane Talliferro 2:22.24 | 12 | | |
| 80 | Kim Wrigg 12.84 | 12 | 83 | Melanie Hull 26.44 | 11 | 84 | Michelle Eble 59.84 | 10 | 04 | Kristin Parker 2:22.12 | 11 | | |
| 83 | Kelly Grand 12.84 | 9 | 18 | Leigha Carter 26.48 | 10 | 04 | Alexa McLaughlin 1:00.04 | 11 | 97 | Chris Ricker 2:22.17 | 12 | | |
| 04 | Veronica Krings 12.87 | 11 | 08 | Claire Bischoff 26.49 | 12 | 94 | Emily Nay 1:00.54 | 11 | 06 | Sabrina Smith 2:22.59 | 9 | | |
| 87 | Kim Currie 12.89 | 10 | 18 | Katie Culver 26.52 | 12 | 17 | Abigail Harmon 1:00.54 | 11 | 12 | Marisa Sanchez 2:22.72 | 11 | | |
| 96 | Holly Gabbert 12.90 | 12 | 04 | Veronica Krings 26.54 | 11 | 04 | Veronica Krings 1:00.64 | 11 | 74 | Val Kokoruda 2:22.94 | 12 | | |
| 95-96-97 | Jamie Armbruster 12.94 | 10-11-12 | 96 | Betsy Krings 26.54 | 12 | 79 | Diane Talliferro 1:01.04 | 12 | 18 | Ella Krumm 2:23.04 | 9 | | |
| 18 | Leigha Carter 12.94 | 10 | 04 | Alexa McLaughlin 26.64 | 11 | 97 | Christina Rush 1:01.01 | 12 | 98 | Ann McCauley 2:24.14 | 12 | | |
| 18 | Katie Culver 13 | 12 | 97 | Danielle Merritt 26.74 | 12 | 18 | McKinlee Mihelish 1:01.12 | 10 | 07 | Candace Burner 2:24.78 | 9 | | |
| 12 | Grace Kurtz 13.04 | 9 | 15 | Shaelyn Lantz 26.79 | 11 | 74 | Jill Krott 1:01.34 | 10 | 01 | Allison Squires 2:24.74 | 10 | | |
| 06 | Ashley Kropp 13.04 | 12 | | | | | | | | | | | |
| 01 | Julia Roos 13.04 | 11 | | | | | | | | | | | |
| 1600 Meter Run | | School | 3200 Meter Run | | School | 100 Meter Hurdles | | FAT | School | 300 Meter Hurdles | | FAT | School |
| Year | Year | Year | Year | Year | Year | Year | Year | Year | Year | Year | Year | Year | Year |
| 92-94 | Emily Nay 5:07.94 | 9 - 11 | 95 | Emily Nay 11:06.14 | 12 | 17 | Elena Carter 14.81 | 11 | 98 | Carrie Damschen 44.51 | 12 | | |
| 04 | Kristin Parker 5:17.62 | 11 | 06 | Katie Gilboy 11:31.40 | 11 | 91 | Kristy Weterling 14.83 | 12 | 17 | Abigail Harmon 44.96 | 11 | | |
| 01 | Staci Anderson 5:19.64 | 11 | 18 | Hannah Rohrer-Fitzhugh 11:35.93 | 12 | 18 | Melissa Moreni 15.04 | 10 | 84 | Melanie Hull 45.08 | 12 | | |
| 01 | Allison Squires 5:19.74 | 10 | 01 | Staci Anderson 11:41.44 | 11 | 96 | Betsy Krings 15.11 | 12 | 96 | Betsy Krings 45.13 | 12 | | |
| 06 | Katie Gilboy 5:20.38 | 11 | 79 | Shelly Thompson 11:42.64 | 12 | 97 | Carrie Damschen 15.14 | 11 | 91 | Kristy Weterling 45.41 | 12 | | |
| 79 | Shelly Thompson 5:21.34 | 12 | 18 | Alana Tonidandel 11:47.04 | 11 | 96 | Holly Gabbert 15.34 | 12 | 94 | Marci Stumbo 45.52 | 12 | | |
| 17 | Hannah Rohrer-Fitzhugh 5:22.49 | 11 | 06 | Mandy Jourdonnais 11:48.14 | 12 | 94 | Marci Stumbo 15.63 | 12 | 00 | Katie Roberts 45.75 | 11 | | |
| 17 | Alana Tonidandel 5:22.69 | 11 | 03 | Erin Ellmaker 11:49.94 | 12 | 12 | Tori Nickol 15.70 | 12 | 96 | Holly Gabbert 45.54 | 12 | | |
| 03 | Erin Ellmaker 5:24.64 | 12 | 97 | Michelle Pilcher 11:55.66 | 11 | 84 | Melanie Hull 15.74 | 12 | 96 | Katie McCarvel 46.94 | 12 | | |
| 97 | Chris Ricker 5:24.64 | 12 | 86 | Sherri Schwertfeger 11:58.24 | 11 | 91 | Debbie Wilson 15.77 | 12 | 83 | Kelly Grand 47.34 | 9 | | |
| 97 | Michelle Pilcher 5:24.70 | 11 | 15 | Abby McBroom 11:59.70 | 10 | 95 | Gretchen Mockel 15.84 | 10 | 89 | Angie Brohman 47.38 | 12 | | |
| 77 | Vicki Fred 5:27.24 | 12 | 94 | Amy Burger 12:00.84 | 12 | 88 | Kara Campbell 15.87 | 12 | 91 | Debbie Wilson 47.39 | 12 | | |
| 74 | Reis 5:27.24 | 12 | 01 | Tracy Martin 12:06.04 | 9 | 89 | Angie Brohman 15.88 | 12 | 12 | Tori Nickol 47.60 | 12 | | |
| 09 | Tara Will 5:27.51 | 12 | 02 | Kristin Parker 12:14.54 | 11 | 96 | Katie McCarvel 15.94 | 12 | 88 | Kara Campbell 47.63 | 12 | | |
| 07 | Candace Burner 5:27.94 | 9 | 06 | Connie Mundi 12:18.34 | 10 | 01 | Jamie Jones 16.09 | 12 | 97 | Marshall Moy 47.99 | 11 | | |
| Shot Put | | School | Discus | | School | New Javelin | | Distance | School | Javelin | | Distance | School |
| Year | Distance | Year | Year | Distance | Year | Year | Distance | Year | Year | Distance | Year | Distance | Year |
| 82 | Meg Jones 47' 03 1/2 | 12 | 83 | Meg Jones 158' 02 | 12 | 17 | Lexi Wrigg 129' 09 | 11 | 90 | Amy Pratt 147' 11 | 12 | | |
| 82 | Paula Roos 41' 08 3/4 | 12 | 80 | Kathie Roos 134' 07 | 12 | 13 | Kaye Bignell 134' 09 | 12 | 85 | Linda Manolovits 145' 11 | 12 | | |
| 16 | Halie Kananen 40' 03 | 12 | 87 | Tabby Hall 132' 06 | 12 | 11 | Kaci Matthies 123' 02 | 12 | 80 | Beth Raymer 143' 11 | 12 | | |
| 06 | Lily Peterson 40' 01 | 12 | 84 | Susan Helvik 130' 03 | 12 | 07 | Kayti Kapphan 122' 03 | 12 | 80 | Kathie Roos 138' 03 | 12 | | |
| 86 | Billie Bennett 40' 00.75 | 12 | 96 | Nikki Dixon 129' 09 | 12 | 16 | Britania Shephard 119' 05 | 12 | 81 | Meg Jones 134' 10 | 12 | | |
| 96 | Danna Clayborn 39' 11.75 | 12 | 82 | Paula Roos 128' 04 | 12 | 15 | Savanna Bignell 119' 05 | 11 | 77 | Diane Drake 132' 10 | 12 | | |
| 13 | Allie Keleti 39' 05 | 12 | 15 | Halie Kananen 128' 03 | 11 | 10 | Catie Carson 117' 03 | 10 | 97 | Sara McMillan 132' 06 | 12 | | |
| 11 | Taylor Corne 39' 04.25 | 12 | 96 | Danna Clayborn 128' 02 | 12 | 18 | Paige Bartsch 116' 09 | 9 | 91 | Merrilee Rutherford 128' 05 | 12 | | |
| 80 | Kathie Roos 39' 01 | 12 | 11 | Taylor Corne 121' 04 | 12 | 07 | Jenna Frankino 114' 08 | 12 | 96 | Nikki Dixon 127' 02 | 12 | | |
| 96 | Nikki Dixon 38' 11 | 12 | 86 | Kris Hiatt 117' 11 | 12 | 10 | Kaitlin Stewart 112' 00 | 10 | 82 | Paula Roos 122' 11 | 12 | | |
| 86 | Kris Hiatt 38' 07 | 12 | 91 | Robie Pierson 117' 12 | 12 | 03 | Morgan Dolan 111' 10 | 12 | 87 | Patti Bennett 120' 01 | 12 | | |
| 84 | Susan Helvik 38' 05 | 12 | 89 | Amy Pratt 116' 04 | 11 | 05 | Nicole Becker 111' 06 | 11 | 84 | Helen DelaHunt 119' 08 | 12 | | |
| 00' | Mary Jo Kraft 38' 02 | 12 | 13 | Allie Keleti 115' 05 | 12 | 03 | Amy Nickel 110' 11 | 12 | 74 | Linda Reunig 119' 02 | 12 | | |
| 13 | Kaye Bignell 37' 09.25 | 12 | 83 | Cindy Bennett 114' 07 | 12 | 04 | Lacey Burwell 106' 10 | 12 | 96 | Amanda Walter 118' 09 | 12 | | |
| 16 | Britania Shephard 37' 01 | 12 | 86 | Billie Bennett 113' 09 | 12 | 12 | Lexie Starceski 106' 06 | 12 | 78 | Diane Lund 118' 06 | 12 | | |
| Long Jump | | School | Triple Jump | | School | High Jump | | Distance | School | Pole Vault | | Distance | School |
| Year | Distance | Year | Year | Distance | Year | Year | Distance | Year | Year | Distance | Year | Distance | Year |
| 17 | Elena Carter 18' 08.25 | 11 | 12 | Kalei Scholl 37' 03.75 | 12 | 97 | Suzanne Krings 5' 09 | 11 | 98 | Suzanne Krings 12' 06 | 12 | | |
| 80 | Kim Wrigg 18' 04 | 12 | 88 | Mindy Johnson 37' 03.5 | 12 | 14 | Maggie Settle 5' 05 | 12 | 09-10 | Sara Lubke 11' 06 | 11-12 | | |
| 97 | Laura Bennett 17' 11.5 | 12 | 18 | Audrey Bloomquist 37' 02.75 | 11 | 79 | Kathie Roos 5' 05 | 11 | 15 | Chiara Morelli 11' 03 | 11 | | |
| 97 | Suzanne Krings 17' 11.5 | 11 | 98 | Suzanne Krings 37' 02 | 12 | 02 | Jenna Grant 5' 04 | 12 | 02 | Morgan Dolan 11' 11 | 11 | | |
| 88 | Mindy Johnson 17' 04.25 | 12 | 88 | Kim Currie 36' 05.75 | 11 | 15-16 | Savannah Perschon 5' 03 | 11-12 | 14 | Mary Leslie 10' 09 | 12 | | |
| 14 | Maggie Settle 17' 02.5 | 12 | 03 | Becca Goe 35' 02.5 | 12 | 07 | Sammi Bignell 5' 03 | 9 | 06-07 | Kaycee Gillespie 10' 06 | 11-12 | | |
| 06 | Ashley Kropp 17' 01 | 12 | 98 | Marshall Moy 35' 01 | 12 | 92-93 | Marci Stumbo 5' 03 | 10-11 | 15-16 | Grace Allen 9' 06 | 10-11 | | |
| 89 | Kim Currie 17' 01 | 12 | 17 | McKinlee Mihelish 34' 10.75 | 9 | 09-10 | Maggie Rowe 5' 02 | 11-12 | 06-07 | Jackie Polette 9' 06 | 10-11 | | |
| 79 | Judy Walbert 17' | 12 | 16 | Savannah Perschon 34' 09 | 12 | 09 | Mikal Chancy 5' 02 | 12 | 00' | Keeley Scott 9' 06 | 12 | | |
| 81 | Meg Jones 16' 11.25 | 10 | 00' | Rachelle Rae 34' 08.5 | 12 | 88 | Mindy Johnson 5' 02 | 12 | 18 | Erma Rohrer-Fitzhugh 9' 00 | 9 | | |
| 13 | Alexa Welch 16' 10.75 | 12 | 13 | Kira Parker 34' 03.75 | 9 | 80 | Nancy Whale 5' 02 | 12 | 08 | Kristen Oaks 9' 00 | 12 | | |
| 98 | Marshall Moy 16' 10.25 | 12 | 96 | Gina Solberg 34' 03.25 | 12 | 13 | Kira Parker 5' 01.5 | 9 | 05 | Brenna Kerins 9' 00 | 11 | | |
| 97 | Heather Davis 16' 09.25 | 12 | 12 | Marisa Sanchez 34' 01.75 | 11 | 15 | Chiara Morelli 5' 01 | 11 | 02 | Veronica Krings 9' 00 | 9 | | |
| 00' | Rachelle Rae 16' 09 | 12 | 16 | Taylor Greene 33' 10.5 | 12 | 88 | Stephanie Bicknell 5' 01 | 10 | 00' | Julia Roos 9' 00 | 10 | | |
| 10 | Sammi Bignell 16' 08 | 12 | 84 | Heidi Olheiser 33' 10.25 | 12 | 98-00 | Rachelle Rae 5' 00 | 10-12 | 18 | Jaymee Sheridan 8' 06 | 9 | | |
| | | | | | | 86 | Jenny Avery 5' 00 | 12 | 16 | Audrey Bloomquist 8' 06 | 9 | | |
| | | | | | | 83-85 | Jenny Flanders 5' 00 | 10-12 | 15-16-17 | Madison Gates 8' 06 | 9-10 | | |
| | | | | | | 84 | Michelle Eble 5' 00 | 10 | 13 | Savanna Bignell 8' 06 | 9 | | |
| | | | | | | 83 | Susan Mills 5' 00 | 10 | 11 | Emily Burk 8' 06 | 12 | | |
| | | | | | | 82-83 | Heidi Olheiser 5' 00 | 10-11 | 02 | Shannon Tillo 8' 06 | 12 | | |
| | | | | | | 77 | Char Heen 5' 00 | 10 | 01 | Melissa Curd 8' 06 | 11 | | |
| | | | | | | | | | 98 | Bell Ballou 8' 06 | 12 | | |
| | | | | | | | | | 98 | Michele Malstrom 8' 06 | 12 | | |
| | | | | | | | | | 97 | Erin Baker 8' 06 | 10 | | |

Common Track & Field Injuries – preventative measures – treatment and rehabilitation exercises
Best prevention is to have a base conditioning program before the season starts. Provided free for all athletes.

❖ **Preventative measures athletes should use nightly**

Good stretching after practices – roller massage before and after practice – during your period, stretching should be done carefully as the body releases a hormone that allows tendons & ligaments to be overstretched.

Ice baths for runners – Ice bag for throwers on shoulder nightly

Hydration – keep the body lubricated – 80 oz. to 100 oz. per day

Nutrition to keep muscles fueled and body functioning well

Well rested – sleep is important

*Share your schedule with your Coaches – if you are in another sport, you might be overworking.

❖ **Treatment and Rehabilitation Exercises** – injuries take time, patience and a commitment to work with the trainer to improve and heal. The trainer cannot wave a magic wand and make an injury go away. You must take the time to talk to the trainer each day for help. The trainer will assume everything is OK if you do not keep checking with him. Communication with the trainer and your coaches are very important steps in rehabilitation. When coaches ask how you are doing, be honest. We cannot adjust workouts unless you are open and direct with us. Our trainer has the final say regarding practice and meet participation.

➤ **Sore, achy muscles**

Preventative

Good stretching after practices – roller massage before and after practice

Pre-season conditioning so body is in shape to do required workouts

Keep muscles warm – wear tights or sweats or keep heat in body

Treatment

Stretching – morning & after practice each day

Hot soaking bath

➤ **Pulled muscles (not just soreness) Mild pull – 3-5 days Severe pull 1-3 weeks**

Preventative

Good stretching after practices – roller massage before and after practice

Pre-season conditioning so body is in shape to do required workouts

Keep muscles warm – wear tights or sweats or keep heat in body – faster the workout, the more important it is to keep your muscles warm

Stop running – tell Coach when a muscle tightens especially the quad – make Coach listen

Treatment

Contact with our trainer daily – let him know if it is not improving

Stretching – morning & after practice each day

Ice – 20 minutes w/ 40 off each hour – 3-4 times per day for 3 days and before & after workouts

Then after 3 days, talk to trainer to see if you need to start using heat instead of cold.

Alternative workouts – Bike – walking – water workout

Possibly use thigh sleeve or ace wraps for support and warmth in muscle (Quad or hamstring)

Use the thigh sleeve during practice and in meets

➤ **Shin splints – lower leg pain – this term involves the muscles in the lower leg.**

Preventative

Good shoes with good arches – Additionally 'Super Feet' for arch support work for many athletes

Good stretching after practices – roller massage before and after practice

Specific stretching to Achilles, gastrocnemius and soleus muscle 3-4 times per day

Arch and front of leg massages – towel rolling or marble pickups – ABC's writing (in classes)

Pre-season conditioning so body is in shape to do required workouts

Stop running – tell Coach when a muscle tightens – make Coach listen

Treatment

Specific stretching to Achilles, gastrocnemius and soleus muscle 3-4 times per day

Ice massage & Ice 20 minutes w/ 40 off each hour – 3-4 times per day for 3 days then talk to trainer for possibly using heat

Alternative workouts – Bike – walking – water workout

Contact with our trainer weekly – let them know if it is not improving

Possibly use shin supports, Arch tape or shin tape support for support