

Capital High School

Lady Bruin

Track and Field 2020



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

Event Assignments	Coach
Head Coach/Sprints/Relays	Dick McMahon (Lon Carter)
Long and Triple Jump	Hollee Goody (Rick Thompson)
High Jump/Distance	Tim Kelly (Ed Darfler)
Running/Hurdles	Scott Lane (Jared Hunt)
Throws/Javelin	Matt Reyant
Throws/Shot Put Discus	Brooke Clark (Tom Kain)
Throws/Shot Put/Discus	Bret Charlton (John Joyce)
Pole Vault	Mikayla Bloyder (Lucas Canney)
Volunteer Assistant Javelin	Jacqui Engstrom
Volunteer Assistant Throws	Jyndia Ruff
Volunteer Assistant Running	Brittany Songer (Tam Kolar)
Athletic Trainer	Shawn Ruff

Main Expectations for Bruin Girls Track & Field Athletes

1. Come to practice daily and work. 3:35 – 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 and participation 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!!**

**WE are the Defending Western AA Champions...Let's "Send It" Again
and Go Even Further!**

CAPITAL HIGH SCHOOL

100 Valley Drive

We Expect Excellence

(406) 324-2500

Helena, Montana 59601-0199

(406) 324-2501 Fax

March 21, 2020

Hello,

The 2020 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 the program's expectations, goals, letter requirements, qualifying standards, and other useful information about Bruin Track and Field. In addition, a copy of the meet and practice schedule is also included. Look it over. If any of these dates cause a conflict with other activities or vacations, this does not exclude your daughter from participating in track. We just need some communication between herself, 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 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. Keep in mind though, there is an inherent risk involved in most high school activities and track is no different. Injuries do happen but rest assured that the coaches and staff will do our best to make this a positive and safe experience for your daughter.

Speaking of the staff, 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 needed to have a physical and baseline concussion test before they could practice. Also, all fees must be paid prior to the first meet. **Fees for participating in track consist of a \$50.00 participation fee and a \$30.00 activity ticket (unless they already have one). Also, 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 the bookkeeper's office during the school day. 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 3:35 most every day and may last until 6:00. We will provide athletes with most of the equipment and competition gear that they will need, but practice attire is for the most part their responsibility. We have some used spikes, throwing shoes, and javelin boots but several athletes prefer to either buy their own or compete in their own flats.

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, 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 the "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.

"Let's Go Bru!!!"



Coach McMahon
Phone: (406) 324-2819
Email: dmcMahon@helenaschools.org

Bruin Track and Field 2020
"Send It"

Bruin Track and Field – Twenty to Remember

- 1. It is your privilege to be a member of the Bruin Track and Field Team.**
- 2. Be loyal to your coaches, to your teammates, and to your school.** Support the program for everything it stands. 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.
- 3. Daily Practice is required.** Monday-Friday from 3:35 – 6:00 and some Saturdays. 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. 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.
- 4. Academics before Athletics.** Our varsity team had the highest team GPA out of all 14 AA high schools the past two years. "Champions in the Classroom" is a greatest honor we can earn. If you need a day to get caught up on your studies, just ask.
- 5. To earn a letter, certificate, or an end of the year award, you must complete the season in good standing unless injured or excused by the head coach.** Injured athletes are encouraged to complete the season as a manager or a student assistant coach.
- 6. Come to practice with a plan, work your plan, set goals, and learn all you can about your events.** 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.
- 7. Take care of yourself.** 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. Ice and stretch after every workout or competition.
- 8. 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.
- 9. Report injuries immediately to your coach and Mr. Ruff.** 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. Remember though, there is an inherent risk in sports and activities. Track is no different.
- 10. Be considerate to other team members.** Each person is trying to improve and needs help. Realize the worth of each team member and work together. Managers help the coaches prepare for practice and meets. They are team members and should be treated accordingly. Learn to give and receive constructive criticism.
- 11. Coaches can only spend a certain amount of time with each athlete.** Accept this and learn to work independently and cooperatively with your teammates. Watch, listen, and learn.
- 12. When traveling out of town, maintain high standards.** Neat/clean clothes, proper conduct, good manners, and great sportsmanship are required of everyone. Proper bus etiquette is a must. Seat belts will 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.

- 13. Team members are required to wear appropriate track team attire (including undergarments) at practice and meets.** T-shirts, sweatshirts, shorts and sweats pants, running 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. T-shirt with sleeves are requested. Keep your uniform clean and neat. Team members are expected to stay in competition uniform and attire for the duration of the meet. Our school colors are "Brown and Gold".
- 14. Team members are expected 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. You are expected to actively support your team during a meet. Cheering, carrying sweats, etc. are a great ways to help your teammates.
- 15. You must return on the team bus unless you are released (with a signed note) to your parent or guardian.** Unless there is a special circumstance, you are expected to stay for the entire meet. Leaving early should be for exceptional circumstances only.
- 16. 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. Each girl can request that a lock and locker be issued to them in the Girl's PE locker room.
- 17. No Swearing.** It is cause for disqualification from a meet and reflects poorly on you and this program.
- 18. Bullies and bullying behaviors have no place on this team.** Enough said!!
- 19. The words "I CAN'T" should never be heard in our gym or practice field and we don't make excuses.**
- 20. Finally, and most importantly....SEND IT Everyday!!!**

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.

Capital High Girls Varsity Performance Standards

100 - 13.50

200 - 27.70

400 - 1:04.00

800 - 2:35.00

1600 - 5:50.00

3200 - 12:40.00

100H - 17.10

300H - 51.00

Pole Vault - 9'00

Long Jump - 15'03

Triple Jump - 31'06

High Jump - 4'10

Shot Put - 32'00

Discus - 95'00

Javelin - 104'00

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

200 - 26.70

400 - 1:01.00

800 - 2:24.00

1600 - 5:23.00

3200 - 11:50.00

100H - 16.30

300H - 48.00

Pole Vault - 10'00

Long Jump - 16'06

Triple Jump - 34'00

High Jump - 5'01

Shot Put - 35'03

Discus - 113'00

Javelin - 115'00

4x100 (400) Relay - 50.60

4x400 (1600) Relay - 4:12.00

End of the Season Awards

Varsity Letter Award & Pin

Junior Varsity and Freshman Certificates

Manager Awards and Pins

Awards Selected by the Athletes

Chesterfield (Most Valuable Field Event)

Chesterfield (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.

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.

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.

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.

2020 Bruin Girls Track and Field Practice and Meet Schedule

February 19 (Wednesday) – Informational Meeting (Fitness Center)

March 3rd and March 4th (Tues./Wed.) – Early Track Sign Up and Collect Forms 3:30-4:30 Fitness Center

March 9	Practice 3:30 – 5:40	First Official Day of Track
March 10	Practice 3:30 - 5:40	No individual shall compete in any MHSA 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 3:30 - 5:40	
March 12	Practice 3:30 - 5:40	
March 13	Practice 3:30 - 5:40	Athletes must attend all practices. Communication is necessary for any illness or missed practice
March 14	Practice 9:00- 10:30	

March 16	Practice 3:30 - 5:40	
March 17	Practice 3:30 - 5:40	Support your Teammates – Stay for the whole practice and meet – If you need to leave early, you must have permission
March 18	Practice 3:30 - 5:40	
March 19	Practice 3:30 - 5:40	Healthy Habits – Balanced Life - Sleep, Nutrition, Water – Eat Breakfast and Lunch – Stretch and Ice
March 20	Practice 3:30 - 5:40	
March 21	Parent Meeting and Booster BBQ 9:00 (Gym)	

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

March 23	Practice 3:30 - 5:40	
March 24	Practice 3:30 - 5:40	
March 25	Practice 3:30 - 5:40	Bruin Track Day at Buffalo Wild Wings (must present a coupon)
March 26	Practice 3:30 - 5:40	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
March 27	Practice 3:30 - 5:40	
March 28	Practice TBD	

March 30	Practice 3:30 - 5:40	Spring Break ***There will be practice and two meets this week***
March 31	Great Falls High @ (Great Falls)	3:30 V-JV-Fr
April 1	Practice 3:30 - 5:40	Spring Break ***There will be practice and two meets this week***
April 2	Practice 3:30 - 5:40	Spring Break ***There will be practice and two meets this week***
April 3	Practice 3:30 - 5:40	Spring Break ***There will be practice and two meets this week***
April 4	Senior @ (Billings)	12:00 V-JV-Fr

April 6	Practice 3:30 - 5:40	
April 7	Practice 3:30 - 5:40	
April 8	Practice 3:30 - 5:40	Report injuries immediately – "RICE" for most problems
April 9	Practice 3:30 - 5:40	
April 10	Practice 3:30 - 5:40	
April 11	MPHS Invitational @ (Missoula)	9:30 Varsity invite only

April 13	Practice 3:30 - 5:40	
April 14	Coach's Meet @ (H) Vig	3:30 JV
April 15	Practice 3:30 - 5:40	
April 16	Freshman Invite @ (H) Vig	3:30 Freshman Only
April 17	Practice 3:30 - 5:40	
April 18	Optimist – Chicks Only (Great Falls)	11:00 Varsity only

April 20	Practice 3:30 - 5:40	
April 21	Top 10 Invite (Missoula)	3:30 Varsity invite only/JV and Frosh practice
April 22	Practice 3:30 - 5:40	
April 23	Small Schools @ (H) Vig	3:30 JV
April 24	Practice 3:30 - 5:40	
*April 25	Skor/Dekam @ (H)	9:30 Varsity only
*April 25	Freshman Invite (Missoula)	10:00 Freshman only

2018 Bruin Girls Track and Field Practice and Meet Schedule

April 27	Practice 3:30 - 5:40		
April 28	Practice 3:30 - 5:40		
April 29	Practice 3:30 - 5:40		
*April 30	Big Sky @ (Missoula) 3:30 V-JV		
*April 30	Great Falls Frosh Invite @ (Great Falls) 3:30 Frosh only		
May 1	Vigilante Day – Practice and Team Meeting 3:30-5:00		
May 2	Off – Active Rest		
May 4	Practice 3:30 - 5:40		
May 5	Practice 3:30 - 5:40		
May 6	Practice 3:30 - 5:40		
May 7	Helena High @ (H) Vig 3:30 V-JV-Fr		
May 8	Team Meeting/Divisional Team 3:30-5:00	Announce Divisional team. Divisional Team will practice. JV and Frosh will turn	
May 9	Practice 9:00- 10:30	in equipment and voting will take place for team awards.	
May 11	Practice 3:30 - 5:40		
May 12	Practice 3:30 - 5:40		
May 13	Practice 3:30 - 5:40		
May 14	Practice 3:30 - 5:40		
May 15	Divisionals (Kalispell) TBD	Divisional Track Team Only	
May 16	Divisionals (Kalispell) TBD	Divisional Track Team Only	
May 18	Practice 3:30 - 5:40		
May 19	Practice 3:30 - 5:40		
May 20	Practice 3:30 - 5:40		
May 21	State (Missoula) TBD	***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards	
May 22	State (Missoula) TBD	***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards	
May 23	State (Missoula) TBD	***Athletes must qualify at Divisionals by placing in the Top 6 or have met AA State Track Qualifying Standards	
May 27 (Wednesday)	Awards Night (CHS Cafeteria) 5:30		

TOP 10 WAYS TO PREVENT RUNNING INJURIES

John D. Sveen, PT, MS, SCS, CSCS

If your goal is to be the best runner you can be, you have to stay healthy. Successful injury-free running doesn't happen accidentally – it takes careful planning. And with careful planning you should be able to train as hard as you want without injury and without loss of workout time. So here are the Top 10 ways to prevent running injuries (in order of increasing importance).

10. **IMPROVE YOUR FLEXIBILITY (BUT DON'T OVERDO THIS)**: Focus on your calves, hamstrings, low back and front of hip.
9. **MINIMIZE RUNNING ON UNSTABLE TERRAIN**: This leads to over-pronation in flat feet and leads to ankle instability in high-arched feet.
8. **AVOID EXCESSIVE DOWNHILL RUNNING**: Downhill running increases the shock on foot strike up to 7 times body weight.
7. **IDENTIFY YOUR FOOT STRUCTURE**: Perform the "Wet-foot Test" to determine if you have a high-arched foot, a neutral foot, or a flat foot. People with high arches tend to be poor at absorbing shock. People with flat feet are typically 'over-pronators'. This means that their feet and legs roll inward too much.
6. **WEAR THE CORRECT SHOE FOR YOUR FOOT**: Wear a cushioned shoe for a high-arched foot, a stability shoe if you are a slight to moderate over-pronator and a motion-control shoe if you are a severe over-pronator. Shin splints may be helped by arch supports or orthotics, such as SuperFeet.
5. **AVOID RUNNING ON EXCESSIVELY HARD SURFACES**: Running on hard terrain tends to be more injury inducing in people with high-arched feet and in people who are inflexible. Try to do most of your running on grass and dirt (like Hicham El Guerrouj).
4. **DON'T INCREASE YOUR MILEAGE OR SPEED TOO QUICKLY**: In order for your muscles and connective tissue to strengthen and to meet the demands of the increased workload, increase your mileage by no more than 10-15% per week. Regarding speed work, just progress it gradually.
3. **LISTEN TO YOUR BODY**: Don't play slave to your training log. If your legs are sore or your body feels heavy and sluggish take it easy that day or better yet, cross train (stationary bike, bike, swim, etc.). This relative rest may in the big picture prove more beneficial than getting in those 10 miles that you 'needed' that day. Over-fatigue can lead to overtraining which can lead to injury.
2. **PAY ATTENTION TO RECOVERY**: Recovery may mean rest but it is also an active process involving:
 1. A light cool down of 5-10 minutes (to remove waste products).
 2. Re-hydrate with the proper fluids (usually a carbohydrate or sports drink).
 3. Replenish your fuel stores (consume protein to carbohydrate at a 1:4 ratio with 30 minutes upon completion of exercise. Chocolate milk works great for this.).
 4. Light stretching (to promote muscle relaxation).

Also remember to always follow a hard training day with an easy training day.

1. **STRENGTH TRAIN**: Two major musculoskeletal demands of running are pushing off and landing. Landing can produce very high forces and enormous stresses on the feet and legs. A 150-pound individual running 50 miles a week may subject each leg to 9,000,000 (45 tons) pounds of force in one week. Being able to absorb shock is the primary reason why strength training is so important. Stronger muscles will allow you to absorb shock better. They will also help you to push your body forward better which means you will be a faster runner. Strength training also increases the strength of your bones, tendons, and ligaments to make them less susceptible to trauma. With strength training, focus on high repetitions and less weight, typically performing 3 sets of 15-20 repetitions, 2-3 times a week. Core training and upper body training can enhance your running but this doesn't yield as much of a return as lower extremity strengthening.

So focus on the following lower extremity exercise to reduce your risk of injury:

1. Deep squats, progress to a one-legged version.
2. Walking forward lunges.
3. Single leg forward hops.

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, overworking can cause injuries.

❖ 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 of 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 of 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

Capital High School

Varsity Girls Track Records

Event	Record	Holder	Year
100 Meter Dash	12.46	Audrey Bloomquist	2019
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
	147' 11" <small>Old javelin</small>	Amy Pratt	1990
High Jump	5' 09"	Suzanne Krings	1997
Long Jump	18' 08.25"	Elena Carter	2017
Triple Jump	38' 10"	Audrey Bloomquist	2019
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"	Marshall 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 05/26/19

Year	100 Meter Dash	FAT	School	Year	200 Meter Dash	FAT	School	Year	400 Meter Dash	FAT	School	Year	800 Meter Run	FAT	School
19	Audrey Bloomquist	12.46	12	95	Laura Bennett	25.80	10	97	Laura Bennett	58.55	12	78	Nadine Sneed	2:18.64	11
82	Melanie Hull	12.47	10	98	Carrie Damschen	25.84	12	13	Marisa Sanchez	59.04	12	09	Tara Will	2:18.99	12
12	Kalei Scholl	12.51	12	19	Leigha Carter	26.11	11	19	Sydney Sheridan	59.37	12	91	Geni Steffens	2:19.84	12
96	Laura Bennett	12.72	11	19	Audrey Bloomquist	26.12	12	96	Betsy Krings	59.60	12	94	Emily Nay	2:19.89	11
15	Elena Carter	12.77	9	94	Tiffany Bebach	26.30	12	94	Tiffany Bebach	59.60	12	04	Becky Beall	2:21.54	12
19	Leigha Carter	12.78	11	74	Luepeck	26.44	12	98	Carrie Damschen	59.63	12	79	Diane Taliaferro	2:22.24	12
98	Carrie Damschen	12.84	12	80	Kim Wrigg	26.44	12	74	Jeri Burner	59.74	12	04	Kristin Parker	2:22.12	11
80	Kim Wrigg	12.84	12	83	Melanie Hull	26.44	11	84	Michelle Eble	59.84	10	97	Chris Ricker	2:22.17	12
83	Kelly Grand	12.84	9	08	Claire Bischoff	26.49	12	04	Alexa McLaughlin	1:00.04	11	06	Sabrina Smith	2:22.59	9
04	Veronica Krings	12.87	11	18	Katie Culver	26.52	12	19	McKinlee Mihelish	1:00.49	11	12	Marisa Sanchez	2:22.72	11
87	Kim Currie	12.89	10	19	Sydney Sheridan	26.54	12	94	Emily Nay	1:00.54	11	74	Val Kokoruda	2:22.94	12
96	Holly Gabbert	12.90	12	04	Veronica Krings	26.54	11	17	Abigail Harmon	1:00.54	11	18	Ella Krumm	2:23.04	9
95-96-97	Jamie Armbruster	12.94	10-11-12	96	Betsy Krings	26.54	12	04	Veronica Krings	1:00.64	11	98	Ann McCauley	2:24.14	12
18	Katie Culver	13.00	12	04	Alexa McLaughlin	26.64	11	79	Diane Talliferro	1:01.04	12	07	Candace Burner	2:24.78	9
12	Grace Kurtz	13.04	9	97	Danielle Merritt	26.74	12	97	Christina Rush	1:01.01	12	01	Allison Squires	2:24.74	10
06	Ashley Kropp	13.04	12												
01	Julia Roos	13.04	11												
Year	1600 Meter Run	FAT	School	Year	3200 Meter Run	FAT	School	Year	100 Meter Hurdles	FAT	School	Year	300 Meter Hurdles	FAT	School
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 Wetterling	14.83	12	17	Abigail Harmon	44.96	11
01	Staci Anderson	5:19.64	11	18	Hannah Rohrer-Fitzhugh	11:35.93	12	19	Melissa Moreni	14.97	11	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 Wetterling	45.41	12
79	Shelly Thompson	5:21.34	12	18	Alana Tonidandel	11:47.04	11	19	Eliza Thomas	15.29	11	94	Marci Stumbo	45.52	12
17	Hannah Rohrer-Fitzhugh	5:22.49	11	06	Mandy Jourdonnais	11:48.14	12	96	Holly Gabbert	15.34	12	00'	Katie Roberts	45.75	11
17	Alana Tonidandel	5:22.69	11	03	Erin Ellmaker	11:49.94	12	94	Marci Stumbo	15.63	12	96	Holly Gabbert	45.54	12
03	Erin Ellmaker	5:24.64	12	97	Michelle Pilcher	11:55.66	11	12	Tori Nickol	15.70	12	19	Melissa Moreni	46.24	11
97	Chris Ricker	5:24.64	12	86	Sherri Schwertfeger	11:58.24	11	84	Melanie Hull	15.74	12	96	Katie McCarvel	46.94	12
97	Michelle Pilcher	5:24.70	11	15	Abby McBroom	11:59.70	10	91	Debbie Wilson	15.77	12	83	Kelly Grand	47.34	9
77	Vicki Fred	5:27.24	12	94	Amy Burger	12:00.84	12	95	Gretchen Mockel	15.84	10	89	Angie Brohman	47.38	12
74	Reis	5:27.24	12	01	Tracy Martin	12:06.04	9	88	Kara Campbell	15.87	12	91	Debbie Wilson	47.39	12
09	Tara Will	5:27.51	12	18	Nina Bracht-Bedell	12:13.26	9	89	Angie Brohman	15.88	12	12	Tori Nickol	47.60	12
07	Candace Burner	5:27.94	9	02	Kristin Parker	12:14.54	11	96	Katie McCarvel	15.94	12	88	Kara Campbell	47.63	12
Year	Shot Put	Distance	School	Year	Discus	Distance	School	Year	New Javelin	Distance	School	Year	Javelin	Distance	School
82	Meg Jones	47' 05.5	12	83	Meg Jones	158' 02	12	17	Lexi Wrigg	129' 09	11	90	Amy Pratt	147' 11	
82	Paula Roos	41' 08.75	12	80	Kathie Roos	134' 07	12	13	Kaye Bignell	126' 09	12	85	Linda Manolovits	145' 11	
16	Halie Kananen	40' 03	12	87	Tabby Hall	132' 06	12	11	Kaci Mattlies	123' 02	12	80	Beth Raymer	143' 11	
06	Lily Peterson	40' 01	12	84	Susan Helvik	130' 03	12	07	Kayty Kapphan	122' 03	12	80	Kathie Roos	138' 03	
86	Billie Bennett	40' 00.75	12	96	Nikki Dixon	129' 09	12	16	Britania Shephard	119' 05	12	81	Meg Jones	134' 10	
96	Dannai Clayborn	39' 11.75	12	82	Paula Roos	128' 04	12	15	Savanna Bignell	119' 05	11	77	Diane Drake	132' 10	
13	Allie Keleti	39' 05	12	15	Halie Kananen	128' 03	11	10	Catie Carson	117' 03	10	97	Sara McMillan	132' 06	
11	Taylor Come	39' 04.25	12	96	Dannai Clayborn	128' 02	12	18	Paige Bartsch	116' 09	9	91	Merrilee Rutherford	128' 05	
80	Kathie Roos	39' 01	12	11	Taylor Come	121' 04	12	07	Jenna Frankino	114' 08	12	96	Nikki Dixon	127' 02	
96	Nikki Dixon	38' 11	12	86	Kris Hiatt	117' 11	12	19	Audrey Hofer	114' 02	10	82	Paula Roos	122' 11	
86	Kris Hiatt	38' 07	12	91	Robie Pierson	117'	12	10	Kaitlin Stewart	112' 00	10	87	Patti Bennett	120' 01	
84	Susan Helvik	38' 05	12	89	Amy Pratt	116' 04	11	03	Morgan Dolan	111' 10	12	84	Helen DeLaHunt	119' 08	
00'	Mary Jo Kraft	38' 02	12	13	Allie Keleti	115' 05	12	05	Nicole Becker	111' 06	11	74	Linda Raunig	119' 02	
13	Kaye Bignell	37' 09.25	12	83	Cindy Bennett	114' 07	12	03	Amy Nickel	110' 11	12	96	Amanda Walter	118' 09	
16	Britania Shephard	37' 01	12	86	Billie Bennett	113' 09	12	04	Lacey Burwell	106' 10	12	78	Diane Lund	118' 06	
Year	Long Jump	Distance	School	Year	Triple Jump	Distance	School	Year	High Jump	Distance	School	Year	Pole Vault	Distance	School
17	Elena Carter	18' 08.25	11	19	Audrey Bloomquist	38' 10"	12	97	Suzanne Krings	5' 09	11	98	Suzanne Krings	12' 06	12
80	Kim Wrigg	18' 04	12	12	Kalei Scholl	37' 03.75	12	14	Maggie Settle	5' 05	12	09-10	Sara Lubke	11' 06	11-12
97	Laura Bennett	17' 11.5	12	88	Mindy Johnson	37' 03.5	12	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
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
19	Audrey Bloomquist	17' 01.5	12	98	Marshall Moy	35' 01	12	92-93	Marci Stumbo	5' 03	10-11	19	Emma Rohrer-Fitzhugh	9' 06	10
06	Ashley Kropp	17' 01	12	17	McKinlee Mihelish	34' 10.75	9	09-10	Maggie Rowe	5' 02	11-12	19	Jaymee Sheridan	9' 06	10
89	Kim Currie	17' 01	12	16	Savannah Perschon	34' 09	12	09	Mikal Chancy	5' 02	12	19	Pressly Smith	9' 06	10
79	Judy Walbert	17'	12	00'	Rachelle Rae	34' 08.5	12	88	Mindy Johnson	5' 02	12	15-16	Grace Allen	9' 06	10-11
81	Meg Jones	16' 11.25	10	13	Kira Parker	34' 03.75	9	80	Nancy Whale	5' 02	12	06-07	Jackie Polette	9' 06	10-11
13	Alexa Welch	16' 10.75	12	96	Gina Solberg	34' 03.25	12	13	Kira Parker	5' 01.5	9	00'	Keely Scott	9' 06	12
98	Marshall Moy	16' 10.25	12	12	Marisa Sanchez	34' 01.75	11	19	Paige Bartsch	5' 01	10	19	Libby Hansen	9' 00	9
97	Heather Davis	16' 09.25	12	19	Lexi McGrath	34' 0.75	11	15	Chiara Morelli	5' 01	11	08	Kristen Oaks	9' 00	12
00'	Rachelle Rae	16' 09	12	16	Taylor Greene	33' 10.5	12	88	Stephanie Bicknell	5' 01	10	05	Brenna Kerins	9' 00	11
												02	Veronica Krings	9' 00	9
												00'	Julia Roos	9' 00	10

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the Following Supporters of Capital High Girls
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