



2026

BRUIN GIRLS  
TRACK & FIELD





# BRUIN GIRLS TRACK AND FIELD



## Parent Player Handbook

### **2026 Bruin Girls Track & Field Staff**

#### **Event Assignments**

#### **Coach**

Head Coach	Jared Hunt
Hurdles/Relays	Jared Hunt
Sprints/Relays	Tim Kelly
Distance/Relays	Sarah Perry
Long Jump/Triple Jump	Hollee Goody
High Jump	Emma Hagengruber
Pole Vault	Mikayla Nickol
Javelin	Lexi Wrigg
Shot Put/Discus	Bryana Curry
Volunteer – Shot/Disc	Cherron & Trever Murphy
Volunteer – Distance	Hannah Rohrer-Fitzhugh



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### **Main Expectations for Bruin Girls Track and Field Athletes**

#### **1. Come to practice daily and work.**

If you must miss, check in with your coach in person, text, or call. **Don't "just tell a friend"**. Missing practice before a track meet without contacting a coach or having prior approval may result in not competing in the next scheduled meet. Practice attendance does affect the level of competition. If practice attendance and participation become a problem, athletes may be removed from the team.

Attend all classes, practices, and workouts. The only excuse for missing is for family emergency, illness/injury, or school related activity. Schedule doctor's, dentist's, hair, etc. appointments around practice time. If you must miss practice, let your coach know ahead of time. Do not relay messages through another player.

#### **2. Healthy Habits – Balanced Life - Sleep, Nutrition, Water – Eat Breakfast and Lunch – Stretch and Ice**

**Nutrition:** "WHAT YOU PUT IN YOUR BODY IS WHAT YOU WILL GET OUT OF IT"

In training, the body will require much greater energy sources than those less active. This means you need extra feedings. Snacks keep the energy systems ready to train and leave the body with enough energy to recover. When an athlete is training, the body is in a constant state of repair. Most athletes are also growing, which also requires incredible amounts of energy. Nutrition is very important to support ongoing process of maintaining and repairing muscle mass so that you remain structurally capable for the requirements of your sport.

#### **Sleep:**

Researchers speculate that deep sleep helps improve athletic performance because this is the time when growth hormones are released. Growth hormones stimulate muscle growth and repair, bone building and fat burning, and help athletes recover. Studies show that sleep deprivation slows the release of growth hormones. Sleep is also necessary for learning a new skill, so this phase of sleep may be critical for some athletes. Sleep experts recommend seven to nine hours of daily sleep for adults, and nine to ten hours for adolescents and teens.

How to Use Sleep to Improve Sports Performance:

- Make sleep a priority in your training schedule. No screen time 90 minutes before sleep!
- Increase your sleep time several weeks before a major competition.



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### 3. Support your teammates

Hazing/Bullying: Hazing of students is not acceptable and will not be tolerated. Please see the Student/Parent Activities Handbook for Definition. Any allegations of hazing/bullying must be reported to the building administrator. Appropriate discipline will be administered and could result in removal from the program.

### 4. High Standards of Conduct

- Sportsmanship – Team Respect – Competitor Respect – Officials Respect
- Manners and appropriate attire at practice & track meets.
  - Wear Bruin Gear! Rep your school and be proud! GO BRU!!!
- Courtesy everywhere.
  - At the track, at a restaurant, at the grocery store, etc.
- High moral standards
  - No lying, stealing, etc.
- Refrain from drinking, drugs, & illegal activities.

Breaking the law or conducting yourself in a manner that involves doing illegal activity will not be tolerated. Alcohol, Tobacco, other drugs and drug paraphernalia use will be punished according to the school policy. If an athlete self-reports the use of alcohol, tobacco or other drugs, they will be subject to a 5-day team practice suspension and 20 calendar day suspension from all athletic events. If an athlete has legal action taken against them due to the use of alcohol, tobacco, or other drugs, they will be subject to a 5-day team practice suspension and 30 calendar day suspension from all athletic events. Second and Third Offense will follow Helena Public Schools Policy for return to activity participation.

5. Report injuries immediately to a coach– “ICE” (Ice/Compression/Elevation) for most problems – See our athletic trainer, Mr. Ruff, and then report to your coach. Athletes who 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 School. GO BRU!!!

7. Grades – MHSA requires a student passes 4 classes. However, I will be checking with teachers on a regular basis. If an athlete is failing a class, she is jeopardizing her success and the success of our team. Corrective action will range from mandatory study hall during practice to athletic competition time being affected. Actions will be determined by the individual’s effort to correct the situation.



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### **Parent-Athlete-Coach Communication**

React to every situation in a positive manner. Your thoughts dictate your emotions; your emotions dictate your actions! Communicate with players and coaches before conflicts arise. The coaching staff will always have justification of any decision made. Athletes, please communicate with your coach(s) if you have concerns before they become problems.

#### **Parent Meetings: Things to Discuss**

1. YES: Treatment of your student- mentally and physically; Ways to help your student improve; Concerns about your students' behavior.
2. NO: Varsity Status; Team Strategy; Relays; Other Students.

#### **Chain of communication:**

1. Athlete to Coach
2. Parent to Coach with Athlete
3. Parent with Administration and Coach

#### **3 Rules for meetings:**

1. Never on a competition day! Must be 24 hours after a track meet.
2. Player must be present and have previously met with the coach!
3. Assume any communication with any coach is shared with the entire staff.

As a coaching staff, we take pride in being accessible and actively communicating with our athletes. If a concern or issue from an ATHLETE arises, it is their responsibility to request a meeting with their coach. This discussion must be initiated by the athlete. Athletics are an opportunity to learn life lessons and skills, including teaching these young women to be advocates for THEMSELVES. Parents, please don't take that opportunity for life lessons away from them.



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### Practice:

Practice will be held Monday-Friday and some Saturdays.

- Monday-Friday 3:45-5:15/5:30
- Saturday: Not all Saturdays. Will be communicated beforehand.
- Practice locations will be communicated in advance and can be held at Capital High School, Vigilante Stadium, or various locations around town (ex. Carroll College Hill).

Everyone is expected to stay for the entire practice period unless Coach Hunt or your event coach grants permission. Be ready and on time. We will work around driver's education and other commitments you may have. If you are unable to attend practice, be sure to contact Coach Hunt and 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 Hunt (406-431-2535) or your event coach. If you are absent from school on the day of a track meet or practice, you may not participate. If you are absent on a Friday, you may not compete in a Saturday track meet.

### Practice Gear:

This is springtime in Montana. You may need sunscreen and a winter coat all in one practice. Make sure you have all the necessary clothing (Sweats or leggings, shorts, sweatshirts, and t-shirts) for every practice. **We will go outside!**

### Track Meets:

All athletes are required to stay for the duration of the track meet. Just because your event is over does not mean you get to leave. If you must leave early from a track meet it must be pre-approved by Coach Hunt. We have many students involved in other activities and we want to support that as much as possible.

### Bus Trips:

Athletes are expected to ride to and from away track meets with the team bus! Exceptions will be made on school nights or family requests. To be excused from riding the bus, **PARENTS** must personally contact one of the coaches at the site of the meet and provide a signature to release the athlete. Release of participants to any other person, other than the students' parent, requires prior approval from building administrator that must be communicated to coach prior to leaving on the trip.



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### First Student Trip Bus Rules

1. **Follow you bus driver's instructions/directions** – Be respectful to the driver. **Do not engage in any activity that would cause the driver to be distracted from their driving.**
2. **CARGO DOORS** are only to opened and closed by drivers
3. **EMERGENCY EXITS** cannot be blocked by people or objects
4. **SEATING** – Stay in your seat with your seat belt fastened at all times! Face forward, no leaning into the isle. No feet on the back or top of seats. **NO standing, walking, or moving seats while the bus is moving.** Ask the coach if you need to get anything from the overhead compartments.
5. **FOOD/DRINKS** – NO FOUNTAIN DRINKS; if you are going to have a drink on the bus it must have a screw top lid. If you stop for a meal, you must clean your mess up. **ABSOLUTELY NO ICE CREAM.**
6. **PHONES** – NO **FLASH** PHOTOGRAPHY or **FLASHLIGHTS**. When it is dark do not shine phone screens towards the driver. This is very distracting and dangerous for the driver.
7. **MUSIC** – Must be listened to through headphones, NO speakers.
8. **WINDOWS** – Ask driver if you can lower windows. Windows are to be no lower than **THREE (3)** notches. Nothing is to be extended out the windows (body parts, etc.) or thrown from windows. No hollering or gestures through window(s).
9. **PROFANITY & OBSCENE GESTURES** – Will not be tolerated.
10. **INSIDE/OUTSIDE OF BUS** – Keep your hands/etc. to yourself. No taking others' possessions. No throwing of any objects. No holding/hanging on to seats, exterior of bus, hitting, spitting on or into bus, or other unsafe activities.



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### **Participation Disqualifiers**

- 1) Violating the school's eligibility/drug & alcohol or academic policies.
- 2) Breaking TEAM rules for competition day dress code, conduct at school, attendance at practices, walkthroughs, film sessions, etc.
- 3) Demonstrates lack of effort in practice or in track meets.
- 4) Athletes must demonstrate enthusiasm for the TEAM while not competing.
- 5) Displaying ANY attitude detrimental to the TEAM in practice, in the tent, in the locker room, on the bus, etc. Athletes MUST put the TEAM FIRST in all situations. Those that complain or speak negatively of their teammates or coaches may disqualify themselves from the track meet.
- 6) Failure to manage frustration. When athletes allow frustration to fester their performance will inevitably decline. This is detrimental to the team's ability to compete and will result in a substitution until the athlete has regained control of her emotions.
- 7) Showing disrespect toward coaches, teammates, officials, or our opponents. Examples would include, but are not limited to, complaining to the officials, taunting, using profanity, etc.



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### **Communication:**

The Girl's Track and Field Team uses Microsoft Teams to communicate with the girls about news and updates regarding Track and Field.

Parents: I will be sending a weekly update via email from [jhunt@helenaschools.org](mailto:jhunt@helenaschools.org). This will have the information for the week or coming weeks. This will ensure that you are hearing the same message we are relaying to the girls.

### **Participation Fees:**

\$90 - 1<sup>st</sup> Activity of School Year (will receive an activity ticket)

\$60 - 2<sup>nd</sup> or 3<sup>rd</sup> Activity of School Year

\$40 - CHS Girls Track Spirit Pack (Sports Extras)

- Goes towards Items the girls are allowed to keep
  - Sweatshirt
  - Spandex bottoms
  - Different food options (Snacks etc.).
    - Used for long Saturday meets
    - Postseason meals for the team

Pay with RevTrack or with Charmaine Barker, the CHS Bookkeeper.

**\*\*Students who qualify for free and reduced lunches and can request a waiver of all fees.\*\***

### **Fundraising:**

Adrenaline Fundraising – Rob Tesch

Buffalo Wild Wings Night

Posters

Proceeds will go directly back to the program to use for:

- UNIFORMS!!!
- Equipment for the program
- Hurdles
- Exercise Bands
- Javelins
- Competition Shoes/Spikes
- Shot Puts
- Discus
- Travel Gear (Bags, sweats, etc...)
- New Tent



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### **Bruin 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 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.

#### **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 Optimist Great Falls Invitational, MCPS, 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.

**\*\*Final lettering decisions are at the discretion of the head coach\*\***



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### Capital High Girls Varsity Performance Standards

100 - 13.50

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 - 12:40.00

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 - 13.0

Pole Vault - 10'

4x100 (400) Relay - 50.60

200 - 26.7

Long Jump - 16'6"

4x400 (1600) Relay 4:12.00

400 - 1:01.0

Triple Jump - 34'

800 - 2:24.0

High Jump - 5'2"

1600 - 5:23.00

Shot Put - 35'3"

3200 - 11:50.00

Discus - 113'00

100H - 16.3

Javelin - 113'00

300H - 48.5



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### Relay Expectations

Relays are a top priority for the CHS Girl's Track team. We place a high value on who gets to represent Capital High School in these events. We want high character individuals who are valuable members to the team. The following criteria will be factored into the decision on who will be considered for a relay:

1. Must meet all player expectations:
  - a. Bruin Leaders
  - b. Bruin Values
  - c. Bruin Behaviors
2. Standard of Academics
3. No Un-excused absences
  - a. Great communication with the coaching staff
  - b. Practice availability
4. Health of the Student Athlete
5. Great Teammate
  - a. These events are just as much about continuity and chemistry as they are about talent.
6. Athletic performance standards

**\*\*Final relay decisions are at the discretion of the head coach\*\***



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## Parent Player Handbook

### **Bruin Behaviors**

Academics: You are here to get an education first and foremost.

**GRADUATE!**

- Set yourself up for the future utilizing the resources provided for you.
- Given tools for success.
- College opportunities
- Athletics are a privilege; you must take care of the classroom first.

Accountability: You control your destiny by the choices and decisions you make.

- Simplify your life, then prioritize.
- Get organized, plan ahead, be early, come prepared. Communicate.
- You own it – No excuses, no complaining. Remorseful – Make it right!
- Learn

Work Ethic: Grinder. No Short Cuts. Finish Everything.

- Focused and deliberate work. Nothing is casual.
- Great energy, tempo and positive vibe.
- Consistent – no bad days.

Toughness: Consistently perform toward the upper range of your talent and skill regardless of circumstances.

- Physical – Strong, powerful and aggressive.
- Mental – Can deal with adversity. Resilient. Can come back quickly.
- Be here now. 1 play at a time, 1 meeting at a time, 1 day at a time.

Competitive Spirit: Has a “prove it” mentality.

- No Fear. Loves to compete, practice and prepare.
- Will never back down, slow down, or lay down.
- Hungry and Humble.



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### **Bruin Leader**

- Is all about service and sacrifice for their teammates and their program
- Does not have a bad day
- Exceeds expectations
- Is someone we can trust
- Is a relentless worker
- Is positive and vocal
- Has grit (passion and perseverance)
- Is knowledgeable
- Is approachable and helpful
- Is of integrity
  - Honest
  - Humble
  - Respect
  - Courage
  - Poise
  - Confidential
  - Forgiveness
  - Commitment

### **Leadership Principals**

- Leaders are problem solvers. They figure out how to fix it or solve it.
- Leadership maintains a standard of excellence – Constantly demanding, never demeaning.
- A leader must inspire trust.
- A true leader is responsible for making everyone around them better.
- Leaders look out for the long-term health of your program – they leave it better than they found it. (Make Capital High Bruins better)



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## Parent Player Handbook

### Bruin Values

Trust: Confidence in a person's ability and integrity

- Person of your word.
- Giving your all – Do your job.
- Consistent and predictable

Unity: Family. Can stay together in times of adversity and turbulence

- Supportive, friendly, courteous and accepting.
- Knowing and accepting your role.
- Communication style – open, honest, direct and respectful.
- No conduct detrimental to the team.

Integrity: Do the right thing – in public and in private.

- Honest – Free from deception.
- Humility – Low ego, no arrogance, no entitlement.
- Respect – Treating all people like they are important. Manners.
- Confidential – Be respectful of teammates issues. No gossip or drama.
- Courage – Follow your conscience and do what's right regardless of personal cost.
- Poise – Showing patience and self-control.
- Commitment – Sticking with your choice – make it work.
- Forgiveness – Letting go of resentment.

**Integrity Always Trumps Loyalty**



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## Parent Player Handbook

### Deliberate Practice

1. Designed to improve
  - a. Identify areas that need to be improved, isolate and focus on them until they improve.
  - b. Continually stretches an individual just beyond his current ability.
  - c. Set goals. Immediate, day-to-day goals. What do you need to get better at now?
2. Great Tempo
  - a. Top performers get tons of reps.
  - b. Good pace and deliberateness in everything they do.
  - c. Positive and enthusiastic.
  - d. They will do activities (drills) over and over until they are right.
3. Feedback
  - a. It is critical that performers get accurate and continuous feedback.
  - b. They want to hear it!
4. Mentally Demanding
  - a. Must have total and all out focus and concentration.
  - b. Continually seeking the exact elements that they need.
  - c. Practice with your body and you need all day; practice with your mind and you need 2 hours.
5. Self-Observation
  - a. Top performers focus intently on their performance.
  - b. They judge themselves differently than the average. They are very specific.
  - c. They judge themselves against the standard they are trying to achieve.
  - d. The standard must stretch them just past their current limits.
6. It's Hard
  - a. It is difficult and exhausting to perform activities over and over that continually stretch and challenge individuals.
  - b. This is a tough process that takes tremendous discipline.
  - c. The costs come now, the benefits later.
  - d. Most can't grind like this; if they did, everyone would be great.



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### THIS IS HOW WE DO THINGS AROUND HERE

- We are trying to create the best versions of ourselves; academically, athletically, and socially.
- You represent every person in this room... and we are held to a different standard.
- We expect a spectacular attitude and relentless effort – consistently.
- We go to class. We are here to learn, improve and grow. Athletics come second.
- We are respectful to everyone.
- We are great practice players.
- We are role models.
- We are on time (early) to everything.
- We take care of each other (every player in the program is watched out for).
- Nobody out works us.
- Manners and appearance matter (manners and cell phones).
- We are confidential.
- Roles. It is about the TEAM.
- We compete every day!
- Body language is crucial.
- If you don't want people to know about it, don't do it.
- We are hungry and humble.
- Don't try to win, just be a winner.



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





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<b>Date</b>	<b>Team</b>	<b>H/A</b>	<b>Time</b>
April 3	Glacier	<b>Away</b> – Glacier HS	2:00 PM
April 7	Big Sky/ Hellgate	<b>Home</b> – Vigilante Stadium	3:30 PM
April 14	Butte	<b>Home</b> – Vigilante Stadium	3:30 PM
April 17	MCPS Invitational	<b>Away</b> – MCPS Stadium – Missoula Big Sky HS	9:30 AM
April 21	Small Schools	<b>Home</b> – Vigilante Stadium	3:30 PM
April 23	Helena Frosh Inv	<b>Home</b> – Vigilante Stadium	3:30 PM
April 25	Dahlberg (BOYS)	<b>Away</b> – East Middle School - Butte	11:00 AM
April 25	Optimist (GIRLS)	<b>Away</b> – Memorial Stadium - Great Falls HS	11:00 AM
April 28	Top 10	<b>Away</b> – MCPS Stadium – Missoula Big Sky HS	3:45 PM
May 2	Skor Dekam	<b>Home</b> – Vigilante Stadium	9:30 AM
May 2	Missoula Frosh Invitational	<b>Away</b> – MCPS Stadium – Missoula Big Sky HS	10:00 AM
May 7	Great Falls Frosh Invitational	<b>Away</b> – Memorial Stadium - Great Falls HS	4:00 PM
May 9	CMR	<b>Away</b> – Memorial Stadium - Great Falls HS	10:30 AM
May 14	Cross-Town HHS	<b>Home</b> – Vigilante Stadium	3:30 PM
May 22	Western AA Divisional	<b>Home</b> – Vigilante Stadium	TBD
May 28-30	AA State Track and Field	<b>Away</b> – MCPS Stadium – Missoula Big Sky HS	TBD



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2026 Travel Schedule							
Meet Schedule	Day	Date	Time	Location	Excused	Leave	#Buses
Glacier	Friday	3-Apr	2:00 p.m.	KALISPELL	Spring Break	8:00 a.m.	2
BigSky/Hellgate	Tuesday	7-Apr	3:30 p.m.	HELENA	After 5th - 1:25 p.m.		
Butte	Tuesday	14-Apr	3:30 p.m.	HELENA	After 5th - 1:25 p.m.		
MCPS Invite	Friday	17-Apr	9:30 a.m.	MISSOULA	ALL DAY		1
Helena Small Schools	Tuesday	21-Apr	3:30 p.m.	HELENA	After 5th - 1:25 p.m.		
Helena Frosh Invite	Thursday	23-Apr	3:30 p.m.	HELENA	After 5th - 1:25 p.m.		
Optimist	Saturday	25-Apr	11:00 a.m.	GREAT FALLS		8:00 a.m.	1
Top 10	Tuesday	28-Apr	3:45 p.m.	MISSOULA	After 3rd - 11:05 a.m.	11:45 a.m.	1
Skor/Dekam	Saturday	2-May	9:30 a.m.	HELENA			
Missoula Frosh Invite	Saturday	2-May	10:00 a.m.	MISSOULA		6:30 a.m.	1
Great Falls Frosh Invite	Thursday	7-May	4:00 p.m.	GREAT FALLS	After 4th - 12:00 p.m.	1:00 p.m.	1
CMR	Saturday	9-May	10:30 a.m.	GREAT FALLS		8:00 a.m.	2
Cross-Town HHS	Thursday	14-May	3:30 p.m.	HELENA	After 5th - 1:25 p.m.		
Wester AA Divisional	Friday	22-May	12:00 p.m.	HELENA	After 2nd/HR - 10:10 a.m.		
AA State	Thursday	28-May	5:00 p.m.	MISSOULA	ALL DAY	TBD	1
AA State	Friday	29-May	9:00 a.m.	MISSOULA	ALL DAY		
AA State	Saturday	30-May	9:00 a.m.	MISSOULA			



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### 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 times.

##### Teammate of the Year (MOST INSPIRATIONAL)

-Selected by all team members. This athlete should be the person who most influences 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 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 of 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 (Most Improved/Dedicated)

##### Coach's Award – 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

-Highest Point Scorer on the Track

##### BROWN AWARD

-Highest Point Scorer in the Field

##### WHITE AWARD

-Highest 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 High Athlete in her event.

##### SCHOOL RECORD

-Breaking an existing mark.