

2016 DGS Girls Track & Field Team Handbook

1. Welcome
2. Practice Schedule
3. Meet Schedule
4. Athlete Requirements
5. Athlete FAQ
6. Parent Information
7. Nutrition & Sleep
8. State Qualifying Standards
9. DGS Running Boosters

Coach Nicole Sanders (Sprints, Hurdles)

- email: nsanders@csd99.org
- cell phone: 630-217-7344

Coach Doug Plunkett (Distance)

- email: dplunkett@csd99.org
- cell phone: 331-481-9894

Coach Brian Kukulski (Pole Vault, Throws)

- email: bdk319@yahoo.com
- cell phone: 630-484-0512

Team Website: www.dgscctf.com

Team Twitter: [@dgscctf](https://twitter.com/dgscctf)

Coach Tim Pinnick (Sprints, Long/Triple Jump)

- email: t_pinnick@yahoo.com
- cell phone: 630-913-7688

Coach Mike Farthing (Sprints, Long/Triple Jump)

- email: farthing.michael@gmail.com
- cell phone: 630-730-6394

Coach Kathleen Meeks (Distance)

- email: kmeeks@csd99.org
- cell phone: 630-542-0165

Coach Carolyn Riha (Sprints, Long/Triple Jump)

- email: carolynmriha@gmail.com

Welcome to 2016 DGS Girls Track & Field

The 2016 DGS Girls Track and Field season has begun! Thank you for the support of your daughter in her pursuit of an exciting athletic experience. Track and Field is an amazing sport, and one thing that makes it unique, is that it attracts such a wide range of athletes and a variety of personalities. This sport has been an important part of the coaches' lives for many years, and we truly hope that the girls on the team will treasure their time spent with the Downers Grove South Track and Field team.

Practice Schedule

Practices will be held Monday – Saturday throughout the season. Most after school practices will be held from 3:37-6:00 (exact ending times for all practices are approximate, some may be a few minutes longer and some may be completed sooner). There will be several exceptions during Indoor season for POLE VAULT athletes where practice will be held 6-8pm on Thursdays. Most Saturday practices will be held from 10:00-12:00.

Attendance

Track and Field athletes are required to be at practice every day. If for some reason your daughter can't be at practice, it is her responsibility to contact Coach Sanders ahead of time (if at all possible) to let her know. If she is sick and does not attend school, please call or e-mail Coach Sanders sometime during the day. If she is sick on the day of a meet, this is especially critical so that she can be replaced with another athlete. If an athlete is absent from practice and unable to contact a coach that day, she should bring a note from a parent the next day, or the parent should call/e-mail Coach Sanders. Include your phone number on all e-mails and notes so that the absence can be verified, if necessary.

Missing practice for a job is not excused, nor is missing practice to do homework, except for in a few extreme cases. We expect the girls on the team to be organized when it comes to their academics, and they should never put off big projects until the day before they are due! There are certainly occasions when your daughter might need extra help from a teacher, and we are more than willing to accommodate an academic need if it is communicated to a coach. If your daughter needs to see a teacher after school, she should come to practice first to tell a coach that she will be late. I can't stress enough that communication with the coaches is the key to avoiding attendance issues! Everyone on the team is allowed one unexcused absence. In the case of a second unexcused absence, the athlete will be suspended from a meet. The third unexcused absence will result in removal from the team. Attendance is important, but participation and hard work is the key. All girls should come to practice prepared and ready to work.

2016 DGS Girls Track and Field Meet Schedule

Date	Day	Opponent	Levels	Place	Bus Time	Meet Time
*Feb. 13	Sat.	Hinsdale Central Quad	FS-Var	Hinsdale Central (160m 1/8" spikes)	8:00a	10:00a
*Feb. 20	Sat.	Benet, St. Ignatius, Westmont	FS-Var	HOME (160m 1/8" spikes)	N/A	2:00p
*Feb. 26	Fri.	Batavia Quad	JV-Var	Batavia (200m 1/8" spikes)	3:30p	4:30p
**Mar. 3	Thur.	North Central Invite	Var	North Central College (200m 1/8" spikes)	3:30p	4:45p
**Mar. 7	Mon.	Mustang Relays Invite	Var	North Central College (200m 1/8" spikes)	4:00p	6:00p
***Mar. 9	Wed.	Wheaton South JV Invite	JV	Wheaton South (179m flats)	3:30p	5:00p
***Mar.11	Fri.	Batavia 'Distance Madness'	Var	Batavia (200m 1/8" spikes)	3:30p	4:30p
***Mar. 12	Sat.	Proviso East Invite	FS-Var	Proviso West (200m 1/8" spikes)	8:00a	10:00a
****Mar. 18	Fri	WSC Championship (PV at Morton 3/17 at 4:30p)	FS-Var	Addison Trail (160m 1/8" spikes)	2:45p	5:00p
**Mar. 26	Sat.	IPTT Classic	Var	Illinois Wesleyan (200m 1/8" spikes)	TBA	2:05p
*Apr. 6	Wed.	Downers North, York	FS-Var	HOME	N/A	4:30p
****Apr. 9	Sat.	DGS Invite	FS-Var	HOME	N/A	9:00a
*Apr. 13	Wed.	DGN, HC, HS	FS-Var	Downers North	3:30p	4:30p
**Apr. 15	Fri.	Wheaton North Invite	JV-Var	Wheaton North	2:45/3:30p	4:30p
*Apr. 18	Mon.	Lyons Township, York	FS-Var	HOME	N/A	4:30p
**Apr. 22	Fri.	Lockport Invite	Var	Lockport	2:45/3:30p	4:30p
*Apr. 25	Mon.	AT, PE, WB (Senior Night)	FS-Var	HOME	N/A	4:30p
**Apr. 29	Fri.	Wheaton South Invite	Var	Wheaton South	2:45/3:30p	4:30p
****May 6	Fri.	WSC Championship (PV at MOR 5/5 at 4:30p)	FS-Var	Leyden	2:45/3:30p	4:30p
*****May 9	Mon.	Redhawk JV Invite	JV	Naperville Central	2:45/3:30p	4:30p
**May 13	Fri	IHSA Sectional	Var	Lockport	2:45p	4:30p
**May 20	Fri.	IHSA State	Var	Eastern Ill. University	TBA	TBA
**May 21	Sat.	IHSA State	Var.	Eastern Ill. University	TBA	TBA

Please keep ALL above dates open. All OUTDOOR meets are 400m track with 1/4" spikes.

Here are some guidelines for who will participate:

* = Everyone participates, everyone attends.

** = Limited participation, based on performance. Those not participating are encouraged to attend.

*** = Everyone will participate in one of these meets. Saturday is for the top performers.

**** = Limited participation, everyone is required to attend.

***** = Everyone not participating in Sectionals is in this meet.

If an athlete is unable to attend a meet, please let Coach Sanders know as soon as possible!

Athlete Requirements

Attendance: Be at EVERY practice and be ON-TIME. Try to schedule outside conflicts around our practice schedule and if an absence is unavoidable, communicate it AHEAD of time with Coach E. One unexcused absence is a *warning*, the 2nd is *suspension* from the next meet, and the 3rd is *dismissal* from the team. The coaches will determine if an absence is excused.

Attitude: Track & Field events are difficult. Training for them is even more difficult. Practices WILL be hard. Do not waste your time and effort if this is something you don't want to do. RESPECT the sport and all those that are competing in it by putting in 100% effort ALL of the time.

Dressing properly for practice: As a general guideline, during indoor season the throwers are usually inside, the distance team is usually outside, and the sprinters split their time between the two. Starting near the end of March, all of the girls will be outside every day. The girls should keep a supply of clothes for both warm and cold weather in their locker. Forgetting cold weather clothes (hat, gloves, sweatpants, sweatshirt, etc.) at home is not an excuse to miss practice. In addition, we will not tolerate low-cut shirts in practice. If we do not feel an athlete is dressed appropriately for practice she may be asked to leave and will be given an unexcused absence.

Things you NEED: You will need a good pair of running shoes (even throwers) to use in practice each day. All runners will also need a pair of spikes (1/4 inch spikes in the shoes) to use for meets. There are different kinds of spikes for sprinting and distance events and other specialty shoes for throwers and jumpers. We suggest shopping at a running specialty store. Dick Pond in Lisle (on Maple, west of I-355) offers the team a 5% return on all purchases if you mention that you are on the DGS track and field team. The Dick Pond Shoemobile will be set up at 6:00p during out time trials on Feb. 3rd. You will need a combination padlock for your locker.

Lockers: We are assigned the locker room in the basement near the weight room. Coaches will be unlocking the locker room before school at 7:45am and at 2:30pm after 7th period. Please find one of the coaches if the locker room is locked and needs to be opened. You must provide your own lock. Please lock up all of your possessions (especially your uniform, shoes & spikes) at ALL times. We share this locker room with other sports teams and things left out WILL unfortunately get stolen.

Academic Eligibility: In order to be eligible to compete on the Track and Field team (or any sports team at DGS), an athlete must be passing five classes. Coach Sanders receives a grade sheet every week which indicates who is ineligible to compete, as well as those athletes who are close to being ineligible. Ineligible athletes are still required to practice, but are not allowed to compete in meets. If an athlete is ineligible for three weeks in a row, unless there are extenuating circumstances (such as an extended illness or a death in the family, etc.), we will ask her to leave the team in order to place more focus on academics.

Respect for Others: All athletes on the team are expected to respect their teammates and coaches. If your daughter experiences an issue with another girl on the team, she should discuss her problem with a coach or a captain (the captain will then bring the issue to a coach's attention). While the girls are expected to show respect to the coaches, this does not mean that we don't want them to bring up concerns with us! Sometimes it might feel intimidating for a teenager to bring up a concern with a coach, but we've found that issues between athletes and coaches are usually misunderstandings and can be resolved pretty easily if communicated.

Athlete Requirements cont.

Respect for Training/Competing: The coaches are sincere in their goal of helping every single athlete be the best that she can be, regardless of ability. We have worked hard creating the season's training plan, and we ask that the girls on the team trust in our plan and give 100% at practices and at meets. We recognize that the girls will invariably have "good" and "bad" days, both physically and emotionally (after all, they are teenagers!), but that should not prevent them from following directions and doing their best on that particular day. Again, if issues arise, please communicate them with a coach so we can best help the athlete.

Uniforms: You will be provided with a Downers Grove South uniform top and shorts, and a vinyl warm-up jacket and pants. These items will be numbered. You are expected to take care of this clothing. Please wash all of these items in COLD water and HANG them to dry rather than using the dryer. You should remember your numbers and return all clothing in good shape at the end of the season. There will be one day after school at the end of the season dedicated to uniform turn-in. If you do not turn in your assigned uniform, you will be charged to replace it. The warm-ups are custom made and cost nearly \$100 each to replace. At outdoor meets, in cold weather, a white shirt may be worn under the uniform top. The shirt may be short or long-sleeved. A lot of girls like Under Armour style shirts. Black running tights may be worn under uniform shorts in cold weather. **Uniform turn-in will be after school on May 23 and May 24.**

Injuries: If you become injured, you need to bring up this issue with a coach as soon as possible so that a recovery plan can be put into place. The coach might ask that you to visit the trainer or even see a doctor. If you are injured, you are still expected to attend practice. Injured athletes often work with the trainer during practice time or help the coaches.

Team/Individual Pictures: Picture Day for Girls Track & Field is March 12th. Anyone wishing to purchase team or individual photos, must turn in a completed picture form and money on that day.

Parent Meeting: Thursday, February 4th from 6:00 – 6:30pm (before the Time Trials) is our Parent meeting in the Field House. This meeting is for parents to hear from the coaches about their expectations of athletes and team. The Dick Pond Shoemobile will also be set up at 6:00 and information about the DGS Running Boosters will be presented.

Athletic Code Presentation: Community High School District 99 requires all student-athletes and their parent or guardian to participate in a Healthy Lifestyle presentation each year in which the athletic handbook is reviewed and the state mandated steroid education takes place. You will receive an email to the email address that you used to register on dgs8to18, from DGS Athletic Director Randy Konstans asking you to view Healthy Lifestyles Video. It is required that all athletes and their parents view the presentation and complete the verification form once a year. If you already watched the presentation for another sport, you do not have to watch it again.

Meet Lineups, Earning a spot at an Invitational & Special Rules: Athletes, please refer to the Parent Information section later in the handbook regarding: 1) meet line ups, 2) earning a spot at an invitational, and 3) special meet rules.

Athlete FAQ

Who is Our Competition? Above anything else, **our main competition is ourselves.** We cannot control who we run against or how good they are. We cannot play defense. All we can do is run our best (in practice and in meets) and work on getting better. Our number one team goal is to have every athlete improve upon their times throughout the course of the season.

What is Conference? Downers Grove South competes in the West Suburban Gold Conference. It is made up of 7 schools (Addison Trail, Hinsdale South, Leyden, Morton, Proviso East, Willowbrook and DGS). We compete against these schools in two championship track meets. The first is the WSC Gold Indoor Championship meet held during the 3rd week of March. The second is the WSC Gold Outdoor Championship meet held at the beginning of May. One of our team goals is to win the both meets on each level (Varsity and Frosh/Soph). ***Currently we have done this for 11 straight seasons!***

What are “open” meets? The first 2 indoor meets and most of our weekday outdoor meets are considered open meets. These meets generally do not have any limits on the number of entries for each event, so all team members will compete.

What are Invitationals? Most of our Friday and Saturday meets are considered Invitational Meets. These meets have limits on the entries for each event (usually 2 per event, per level). Not everyone on the team will compete at these meets. Competition in most of these meets is very tough and finishing in the top 3 is a usually good accomplishment. Athletes who are not designated as competing or as an alternate are encouraged to attend these meets, but not required to. The exception is that all athletes are required to attend both conference championship meets and our outdoor invitational on April 7.

What is the Top Times Meet? The IPTT Classic is the final indoor meet on our schedule. It is held at Illinois Wesleyan University in Bloomington, IL on the last weekend in March. It serves as the “unofficial indoor state meet” in Illinois. Individual athletes and relays must QUALIFY for an invitation to this meet by using their efforts in previous indoor meets. We have traditionally qualified 1 or more relays and several individuals to the meet. Qualifying standards are listed later in the handbook.

What is the State Series? The Illinois High School Association (IHSA) State competition is a 2-week series that begins with the IHSA Sectional on May 13th, the week after the outdoor conference championship. Only our top 2 athletes in each event compete in the IHSA State series. At the Sectional meet we compete against 14-16 other schools and the top 2 finishers automatically qualify for the IHSA State Meet in Charleston. Our goal is to qualify as many individuals and relays as we can for the State Meet each season. The state is divided into 3 classes according to school enrollment size. We will be competing at the Class AAA level against the largest 25% of all schools in Illinois.

Parent Information

Communication

Please feel free to contact the coaches with any questions, comments, or concerns. We all check our email frequently, so email is a very convenient way of communicating with us. In addition, most coaches also accept text messages.

Meet Workers

Parent helpers are needed at all home meets and even at some of our away meets. You need not have experience to work at one of our home meets. You can help with concessions or timing or even at one of the field events. If there are parents out there with just a bit of experience working a field event, we would be grateful for your help at one of our away invitationals. At these meets, the host school usually asks for each team to provide two or three workers, and when coaches have to take these jobs it makes it difficult for us to coach our athletes. Please take a look at our schedule, and if possible, make a commitment to volunteer at a meet. [2016 Home Meets: Feb 20, Mar 7, Apr 6, Apr 9, April 18, & April 25.](#)

Running Boosters

The DGS Running Boosters provide financial assistance for the girls and boys track and cross country teams, and they also help organize a variety of events such as Meet the Team Night and Awards Night. In addition, they run a concession stand at our home meets. If you want to join the boosters, please contact Coach Sanders for more info. Becoming a Running Booster member is a great way to support DGS Track and Field!

Awards Night (Tuesday, May 24th at 6:30pm)

The 2016 Awards Night will be held in the cafetorium on Tue., May 24 for all levels. Lemonade and cookies are usually served by the Running Boosters.

Parent Information cont.

Parent Meeting

On Thursday, Feb 4th from 6:00 – 6:30pm is our Parent meeting in the Field House. This meeting is for parents to hear from the coaches about their expectations of athletes and team. The Dick Pond Shoemobile will also be set up at 6:00 and information about the DGS Running Boosters will be presented.

Meet Lineups

Meet lineups are usually distributed a few days before each meet. The lineup indicates who is participating in the events at the upcoming meet. Putting together a track and field lineup is not an easy task, and is done with several things in mind. Unlike a lot of sports, we don't approach all of our meets with the goal of winning the team title. For some meets, we choose to put girls in events that they don't normally compete in, or that aren't their strength. As an example, our top sprinters competed in the 800 meter run at a few outdoor meets last year. This might've cost us the win for the team, but it provided valuable training and gave their legs a rest in the sprint events. For some meets, the goal is for our team to win, and in that case, our lineup will look much different. At conference, for example, our top sprinters will sometimes compete in the maximum amount of events (4) in order to score as many points as possible. In this scenario, we also might put our top distance runners in two events, such as the 800 and 1600, when they normally only compete in one event. Your daughter will not compete in the exact same events at each meet. She might be given the opportunity to participate in a variety of events until we learn where her strengths lie. Junior and Senior athletes tend to focus more on a few events (or even just one event), whereas earlier in their career, the girls might be doing several field and running events. Making decisions about who competes in limited entry invitationals is difficult, but is based mostly on who has the best marks in their events. This is sometimes complicated if we have an athlete who has been improving steadily and we feel she is ready for a breakout performance at an invitational, or an athlete who might have the top time in her running event but has been hampered by injury and needs a break. On occasion, we give girls who do not have top marks in their events the chance to run in an invitational. An example of this would be a senior who has shown a high level of commitment to the team for four years and is given that special opportunity to run in a big race at the end of her high school career. The coaches spend a lot of time making decisions about our lineups, and we are happy to discuss those decisions in detail.

Meet Levels

Nobody is locked in to a certain level (Varsity, Frosh/Soph, JV). The level for which your daughter competes may change from meet to meet. For example, a Freshman might participate on the Frosh/Soph level at the beginning of the year, but then move up to Varsity later in the season. Juniors and Seniors are designated Varsity at all of our open meets, but if they don't have one of the top marks in their event, they probably won't participate in invitationals, with the possible exception of those meets that have JV events.

Earning a Spot at an Invitational

Based on our team's marks the last few years, the following are some guidelines for what times/distances usually earn spots at invitationals. Please remember, achieving these marks does NOT guarantee that your daughter will compete regularly in invitationals. This is merely a study in what marks have been sufficient in the past.

Indoor season:	Varsity	JV or F/S	Outdoor season	Varsity	JV or F/S
55 meter dash	7.8	8.1	100 meter dash	13.4	14.2
55 meter hurdles	10.5	12.0	100 meter hurdles	18.0	21.0
200 meter dash	28.5	31.0	200 meter dash	28.0	30.0
400 meter dash	1:06.0	1:12.0	300 meter hurdles	50.0	56.0
800 meter run	2:38.0	2:47.0	400 meter dash	1:03.0	1:08.0
1600 meter run	5:30.0	6:05.0	800 meter run	2:32.0	2:44.0
3200 meter run	12:00.0	13:00.0	1600 meter run	5:25.0	6:00.0
Long Jump	15-00	14-00	3200 meter run	11:40.0	12:50.0
Shot Put	27-00	24-00	Long Jump	15-06	14-00
Pole Vault	8-00	6-00	Shot Put	28-00	24-00
High Jump	4-06	4-02	Discus	75-00	60-00
Triple Jump	33-00	27-00	Pole Vault	8-00	6-06
			High Jump	4-08	4-04
			Triple Jump	34-00	28-00

An athlete's ranking in her event(s), compared to others on the team, is a better way to predict if she will participate in invitationals. These times/distances will vary from year to year depending on the level of athletes on our team in each particular event. For example, we have several extremely talented 3200m runners on the team this year, so it might take an 11:20 or better in order to compete in the Varsity 3200m. In other events we will be weaker, and earning a spot at an invitational in those events will not be as competitive. We keep detailed statistics that we distribute to the team and post online, which show where each athlete ranks in her events.

Special Rules at Meets

All athletes are expected to travel to and from all away meets on the bus, with the team. If an athlete has a conflict with a meet and she wants permission to leave early with a parent, she must discuss this with a coach and get permission in advance.

Athletes are not allowed to use cell phones and iPods or other similar devices anywhere in the field of competition. Indoors, that includes the entire fieldhouse. Outdoors, that includes the infield, field event areas and the track.

Chaos!

Track meets, especially indoor meets, can be rather chaotic for the athletes and spectators. The girls are expected to know what's going on at the track meets and be responsible for warming up, checking in at their events (checking out, if necessary), and cooling down after their events. Sometimes it is not possible for the coach to help an athlete get ready for her event (the coach may be helping at another event), so she should be aware of what needs to be done in order to prepare herself to compete at her best.

Nutrition & Sleep

An important part of achieving athletic success is in properly fueling one's body. I have several concerns when it comes to the nutrition of the girls on the team:

- They NEED to eat a healthy breakfast every day. This is the primary fuel for the day and should include whole grains, fruits, and plenty of protein. If you are stuck eating on the go, please invest in some protein-rich breakfast bars or drinks.
- Many athletes have lunch very early in the day, and then go without any food for the remainder of the school day. They show up at practice hungry, and performance suffers. It is important to eat a healthful snack a few hours before practice. Each athlete's stomach tolerance differs – some girls have no problem snacking minutes before they work out, while others need several hours for digestion in order to feel comfortable while training.
- Protein should be consumed within an hour after workouts and competitions. This is extremely important! Protein is necessary to repair muscle tissue damaged during exercise, and will aid significantly in proper recovery and athletic development.
- Iron is often an issue with female athletes. Low iron levels result in low energy and make it difficult for the body to transport oxygen to the muscles. The girls WILL see a drop in performance when iron levels are low. In order to assure that iron levels are sufficient, female athletes should be sure to consume some red meat on a weekly basis. If vegetarian, rely on green leafy vegetables, beans, and whole grains. Increase your vitamin C intake with a glass of orange juice every day, which will increase iron absorption. For more information on this topic, and on female track athlete issues, go to the Iron Information section on our website (www.dgscctf.com).
- Too much sugar is being consumed! Sugar can provide an immediate energy boost, but the long-term effect of those empty calories is lethargy. Avoid soda (candy in a can) and "fruit" drinks which admit in small print to contain only a small percentage of actual fruit. In addition, the phosphates in soda (even diet soda) leach valuable calcium from bones!
- Water is a necessity. Track and field athletes need to consume a lot of water throughout the day. Remember, when you're thirsty, you're probably already dehydrated.
- Think whole, unprocessed foods. Processed foods have a lot of additives and lack key nutrients. Whole grains, lean meats, and of course fruits and vegetables should be the centerpiece of everyday eating.
- When eating food from the school cafeteria, make smart choices. Try to avoid the greasy, low-nutrient selections which are not equipped to supply the energy needed for a practice session. Bringing homemade lunches is recommended, or the girls need to be extremely picky about what they eat from the cafeteria. Too many of them show up for practice saying they ate nachos and French fries for lunch.

Sleep

Proper sleep is a necessity and cannot be stressed enough. Ideally, eight to nine hours per night will promote proper recovery for athletes. Sleep helps to regenerate your body and will allow for peak performances in competition.

State Qualifying Standards

INDOORS

Illinois Prep Top Times Indoor Classic

March 26, 2016

at Illinois Wesleyan University

There are no qualifying standards for Illinois Prep Top Times Meet. Instead, top 12 athletes in each event will qualify (AAA Girls).

OUTDOORS

Illinois High School Association State Meet

May 20-21, 2016

at Eastern Illinois University

An athlete must equal or exceed these standards at the May 13th IHSA sectional meet to qualify

Qualifying Standards – AAA Girls

Event	FAT Time/Distance
100m	12.64
100m H	15.57
200m	25.95
300m H	46.78
400m	59.29
800m	2:20.07
1600m	5:11.50
3200m	11:12.45
4x100m	49.50
4x200m	1:45.82
4x400m	4:03.37
4x800m	9:36.75
High Jump	5'3"
Long Jump	17'5"
Pole Vault	10'3"
Triple Jump	35'10"
Shot Put	38'0"
Discus	116'8"