

Dear Running Falcons,

It is that time again! Warm Weather and Spring Track are almost here. This year, we have a much anticipated spring season awaiting us here at Deer Park. The past few years we have made great progress in building our team into a competitive program. This past winter, we had two league champions (first time since 2008 in winter), a league runner up relay team, a 5th place individual finish at the LI Championship meet, and a possible National Meet selection among other accolades. So, the expectations for spring are pretty high. But…they are totally realistic!

Spring Track will operate the same way as Cross Country and previous Track seasons have. But, my expectations are higher than ever before. The same rules and policies apply to Spring Track as they did in XC and past Track seasons. For our returners, you know what I expect from you and what you need to do. For those of you who are new comers, this packet outlines everything you need to know about being part of this program. As always, I challenge each of you to be a leader, be a good teammate, be a professional, carry yourself with respect, and **work hard**. Being on a team like this is a special opportunity that you will likely not have again once your time at Deer Park is over. So to put it simply, do not waste it!

We will be traveling to some familiar and new highly competitive meets. We will HOPEFULLY be returning to the most prestigious track meet in America, the Penn Relays. In addition to that, possibly be traveling to Randell’s Island Track Complex in NYC. Not only that, but we will once again be hosting our own invitational on Friday May 12th.

There are so many awesome opportunities and experiences that lie ahead for us this season. I would like to be able to take full advantage of them. But, it is up to each and every one of you whether that happens or not. We succeed or fail as a program. At the end of the day, if you work hard, push yourself, push your teammates, and run with **No Regrets**, the chips will fall into place. Your time to succeed is NOW; do not let it pass you by.

 -Coach Brouillard and Coach PJ

**Deer Park SPRING Track**

**2017 Season**

***Running Falcons***

  

**Contact Information:**

Head Coach: Mr. Brouillard (Tbrouillard31@gmail.com)

Assistant Coach: Mr. Slackman “PJ” (slackmanicus@yahoo.com)

Team Captain: Chris Cox

Assistant Captain: Ryan Brown

Twitter: @DPRunninFalcons – FOLLOW US!

Website: <http://dpxctrack.weebly.com/>

**Policies and Procedures**

1. Practice times will vary but generally we will start practice at 3:00 PM after school. Since we practice later, all extra help or club requirements must be completed before that time.
2. Competitions – You are expected and required to be at EVERY MEET unless otherwise expressed, regardless if you are competition that day, no exceptions or excuses. Competition is the whole purpose of why we are here
3. More than **TWO** unexcused absences (non –emergency Doctor appointments, forgot you had something to do, etc..) will results in either suspension from competition or potential dismissal from the team. You have to be here every day to have the right to stay on the team.
4. Must be prepared everyday! This includes running shoes, running clothing, Rope, Water, and post practice snack (this will be stressed more than ever).

Policies and Procedures Continued

1. Preparing for the Elements – Along with the equipment listed above, you must also have LAYERS with you. Sweatshirt, pants, under armor, hats, gloves, etc. If you are not dressed warm I will not let you practice under any circumstances. It might be spring, but it is still cold during a good portion of the season. Failure to safely prepare on more than one occasion will result in possible disciplinary action.
2. Chain of Command – Any and all issues should be brought to the coach’s attention. Captains will serve as a liaison for minor issues and will communicate with Mr. Brouillard daily. **Do not hesitate to speak with the coaches either way.**
3. Academics – You must always be in good standing to be eligible to practice and compete.
4. Responsibility – You must be responsible for your actions or lack thereof. Own up to your mistakes and do the right thing in every situation.
5. Communication – Any and all issues must be properly communicated to me. If there is an issue or conflict and it is not something that is last second, do not leave it until then to tell me.
6. Respect – Respect your coaches, teammates, and program. If you do not prescribe to the goals of this program, you don’t belong here. **Take pride in what you do and take it seriously**!

SPRING TRACK VARSITY STANDARDS

|  |  |
| --- | --- |
| **100 Meter Dash** | **11.7** |
| **110 Meter Hurdles** | **16.0** |
| **200 Meter Dash** | **25.5** |
| **400 Meter Dash** | **57** |
| **800 Meter Dash** | **2:10** |
| **1600 Meters** | **4:59** |
| **3200 Meters** | **10:45** |
| **Long Jump** | **17’0** |
| **Triple Jump** | **35’0** |
| **High Jump** | **5’6** |
| **Shot Put** | **35 FT** |
| **Discus** | **110’** |

Student Athlete Contract

(Required for continued participation)

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agree to follow and adhere to the rules and policies that govern the Boys Winter Track Team. I fully understand what is expected of me as both a student and an athlete. I understand that being on this team is a privilege that has to be continuously earned. I also understand that I am a representative of my coaches, my team, my school, and my community, and will represent with respect.

Additionally, I understand that if any of the rules are violated at any time in the season that I could face penalties for such actions including suspension or dismissal from the team. I understand that I must be at practice every day unless an accountable reason is required for me to miss a practice. It is also mandatory to be at ALL competitions. Additionally, I understand that I might be called upon to represent my team in various other ways such as fundraising and community service, and that those events are required.

It is my intention to give my best effort at practice and at our meets while upholding the standards of the Deer Park High School Athletic Program. I have read, reviewed, understand, and agree to the rules and policies of this team and everything stated within this contract.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

Student Athlete Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature Date

Deer Park Falcons

SPRING track Season

Season Goals

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What are three important goals you wish to accomplish this season**?

*
*
*

**List 3 Events you would like to focus on this season**

**1)**

**2)**

**3)**

**Why did you choose these goals?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_