

Parent Sign In Link

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BRIDGELAND TRACK & FIELD

2019 Parent Meeting

Wednesday January 7th, 2019



#TOUGHER TOGETHER

COACHES

- **Coach Vazquez** - Boys Head Coach
- **Coach Waters** - Interim HC, Distance/ Hurdles/ High Jump
- **Coach Kennedy** - Girls Head Coach, Mid Sprints
- **Coach Raffield** - Short Sprints
- **Coach Spotted-Wolf** - Shotput/ Discus
- **Coach Rader** - Pole Vault / Asst. Throws
- **Coach Fall** - Long Jump/ TJ/ Asst. Sprints
- **Coach Griffin** - Long Jump/ Triple Jump/ Asst. Sprints

BRIDGELAND HIGH ATHLETIC BOOSTER CLUB

- <http://www.bridgelandhighabc.com/>
- **We MUST grow this program!**
 - Goal: 100% Participation
- **Current Needs**
 - Pole Vault Poles
 - Digital Clocks for Practice
 - Shots/ Discs
 - Jump Ropes, Training Hurdles
 - ... and much more!

*Please visit BHABC Spirit Wear
for additional track gear!*

*ALL proceeds go towards our
All-sports Fund*

COMMUNICATION

- **Website**

- <https://bridgelandhs.wixsite.com/bearsxctf>
 - Schedules, Meet Information, Practices, Announcements, Etc.

- **Remind Group**

- Send text message “ **@BBBTF** ” to the phone number **81010**

- **Twitter**

- @bridgelandtfxc

ATHLETE SAFETY

- Your son's safety is/ and always will be our PRIMARY concern.
- ALL athletes must have completed the following BEFORE participation in training.
 - Current Physical on file with our trainers.
 - https://www.cfisd.net/download_file/20600
 - Rank One Paperwork
 - <https://www.rankonesport.com/Main/DistrictLookup.aspx>

CONTACT INFORMATION

Doc Morris – timothy.morris@cfisd.net

Doc Puetz – johanna.puetz@cfisd.net

PARENT EXPECTATIONS

- **COMMITMENT TO SUPPORT YOUR CHILD**

- **At Meets**

- **Positively reinforce your sons' efforts by trying (as able) to see competitions live**
- **Cheer for TEAM success**
- **Coaching/ yelling from the stands is a negative distraction**

- **At Home**

- **Talk more about EFFORT; less about performance**
- **Always reinforce TEAM PLAYER attitude**
- **Foster conversation about TEAM success as much as INDIVIDUAL success**
- **Be a source of POSITIVITY**

PARENT EXPECTATIONS

- **COMMITMENT TO SUPPORT THIS PROGRAM**

- **Support Coaches**

- **Appropriate Communication**

- Athletes should communicate with coaches regarding any track related issues **BEFORE** parent contact
- If a conference is deemed necessary, your son **WILL** be present during meeting

- **Inappropriate Communication**

- Event placement
- Programming, Technique, Practice/Organization
- Before, During, or Directly after meet (Except if checking athlete out of meet)

- **Practice**

- It is vital athletes are at every Training Day.
- Try to schedule appointments/ vacations **OUTSIDE** of practice/ meet time.

- **Support Bridgland High School Athletics**

- **100% Booster Club Participation**
- **Team Parents/ Volunteers: Meet Parents, Meet Photographer, Concessions**

ATHLETE EXPECTATIONS

- **Morning Practices** are from **6:00am**, Monday through Friday*.
- **Afternoon Practices** are from **3:00pm-4:40pm**, Monday through Friday*.
- **Be Consistent**
 - **Make Every Practice.**
 - **Follow the Programming.**
 - **BE COACHABLE!**
- **Be on Time.**
- **Meet Eligibility Requirements of CFISD and the UIL.**
- **COMPETE** in the events that will make our Track ***TEAM SUCCESSFUL.***

BRIDGELAND PROGRAMMING

WEEK 10: COMPETITION																			
MONDAY				TUESDAY				WEDNESDAY				THURSDAY			FRIDAY				
IT: LACTACID CAPACIT 85%				Long Speed Endurance 95%				ET: AEROBIC CAPACITY 65%				SE: Anaerobic Capacity 95%			CFISD INVITE				
SET	REPS		M	SET	REPS		M	SET	REPS		M	SET	REPS		M	SET	REPS		M
1	x 9	x 100	900	1	x 1	x 150	150	1	x 1	x 800	800	1	x 3	x 200	600	0	x 0	x 0	0
0	x 0	x 0	0	1	x 2	x 250	500	2											
0	x 0	x 0	0	1	x 1	x 200	200	0											
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1	9		900	3	4		850	3											
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Duration: <input type="text" value="14"/> min				Duration: <input type="text" value="40"/> min				Duration: <input type="text" value="19"/> min				Duration: <input type="text" value="21"/> min			Duration: <input type="text" value="10"/> min				
Technical Work				Technical Work				Technical Work				Technical Work			Technical Work				
Week 7	Week 8	SR18	Week 10	IV-DISTRICT	Week 12	IV-DISTRICT	EXT TEMPO	INT TEMPO	SPEED										

Name	TY	F	200m T	100	150	200	250	300	400	5
Jernigan			22.16	12.5	17.1	23.3	29.6	41.1	48.3	
Outing			22.21	12.5	17.1	23.3	29.6	41.1	48.4	
Boone			22.61	12.7	17.4	23.7	30.2	41.9	49.3	
Suszylo			22.88	12.9	17.7	24.0	30.5	42.4	49.9	
Singleton			23.77	13.4	18.3	25.0	31.7	44.0	51.8	

***PRACTICE*GEAR**

- Good Running Shoes
 - Sprint Spikes will also be used in practice, keep spikes **AT SCHOOL**
- Shorts
- Shirts
- Sweats

***MEET*GEAR**

- School issued Track Uniform
- School issued Meet Sweats/ Warm Ups
- School issued Travel Bag
- Personal Spikes and/or Field Event Shoes

MEET PARTICIPATION

- Top 3 in each event will compete in the meets as determined by coaching staff.
 - Remember, the goal is **TEAM SUCCESS**
- An athlete is allowed to compete in a max of 5 events (3/2 Rule).
- **As numbers and participation increase, not all athletes will be able to compete at all meets.**
 - We will always attempt to take athletes as NP's to gain competitive experience, however not all meets will allow this.
 - Due to EXTREMELY LIMITED budget and restrictions... only Scoring Athletes will be issued gear.
 - Please Utilize BHABC if you would like to GUARANTEED your athlete team gear.

Boys Track Schedule

DATE	DAY	TEAM	MEET	LOCATION
Feb. 7	Thurs.	ALL ATHLETES	Practice Meet*	Tompkins H.S.
Feb. 14	Thurs.	JV/9	Cy-Falls JV Meet	Cy-Falls H.S.
Feb. 16	Sat.	VARSITY	Seven Lakes Invitational	Seven Lakes H.S.
Feb. 21	Thurs.	JV/9	Bridgeland JV Meet	Bridgeland HS
Feb. 22	Fri.	VARSITY	TM Wildcat Relays	Tomball Memorial H.S.
Feb. 28	Thurs.	JV/9	Cy-Springs JV Meet	Cy-Springs H.S.
Mar. 2	Sat.	VARSITY	Walter Heintschel Relays	Crump Stadium (Alief ISD)
Mar. 6	Wed.	JV/9	Cy-Creek JV Meet	Cy-Creek H.S.
Mar. 7	Thurs	VARSITY	Bridgeland Invitational	Bridgeland H.S.
Mar. 20	Wed.	JV/9	Cy-Ranch JV Meet	Cy-Ranch H.S.
Mar. 21-23	Thurs-Sat	VARSITY	CFISD or Victor Lopez Invitational (TBD)	Cy-Falls H.S. or Rice University
Mar. 28	Thurs.	JV/9	Cy-Lakes JV Meet	Cy-Lakes H.S.
Mar. 30	Sat.	VARSITY	College Park Invitational	College Park H.S.
Apr. 3&4	Wed/Thurs	ALL ATHLETES	District 14-6A District Meet *	Merrill Green Stadium (Bryan)
Apr. 17	Wed.	VARSITY	Area 13/14-6A Meet *	Merrill Green Stadium (Bryan)
Apr. 26-27	Fri/Sat	VARSITY	Region II-6A Meet *	Baylor University
May 10-11	Fri/Sat	VARSITY	UIL State Meet *	Austin, TX



DISTRICT 14-6A



TEAM PLACEMENT

Varsity Letter

- Athletes who **compete in 3 OR MORE Varsity Meets** or who compete at the **2018 REGIONAL Track Meet** will be eligible to letter.
- Goal is always to achieve Athletic development, increase confidence through successful competition, and grow a passion for the sport of Track & Field

Initial Placement will occur **AFTER** Practice Meets.

- Subject to change week to week dependent on meet.

MEET SCHEDULES

Field Events (Order Subject to Change)

- Shot Put
- Discus
- Long Jump
- Triple Jump
- High Jump
- Pole Vault

MEET SCHEDULES (cont.)

Running Finals Begins

(Girls followed by Boys; 9th followed by JV)

3200 Meter

4 X 100 Meter Relay

800 Meters

100 Hurdles

110 Hurdles

100 Meters

4 X 200 Meter Relay

400 Meters

300 Hurdles

200 Meters

1600 Meters

9:00 pm – 10:00 pm 4 X 400 Meter Relay

estimated meet end times

LEAVING MEETS

- Every athlete rides the bus **TO** and **FROM*** the meet location.
- The expectation is that athletes **WILL** support **THEIR** teammates in competition.
 - The 4x400 will be supporting at shot/ disc rings
 - The throwers will be supporting the 4x400 as they race
 - ...and everything there in between.
- If an athlete **MUST** leave early, athletes should find their coach and checkout via signature of legal parent/ guardian.
- Athletes may **ONLY** leave with **THEIR** parent or guardian.

Should not be a habit of leaving early... be a good teammate!

TRAINING ROOM EXPECTATIONS

- An athlete needing treatment **MUST** attend **morning treatment** (6:00am – 7:00am)
 - Expectation: If you are **NOT** at treatment; you are **NOT** injured.
- An athlete that visits the doctor **MUST** bring the athletic trainers a **note stating specifics** regarding work out restrictions or return to play.
- If an athlete is suspected to have a concussion by either parent, coach or athletic trainer they **MUST** go through the **CFISD 6-Day Concussion Protocol**. The protocol does not start until the athlete is symptom free. The process will be thoroughly explained by an athletic trainer.

CONTACT INFORMATION

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BRIDGELAND T&F 4 CORE VALUES



DISCIPLINE



EFFORT



TOUGHNESS



HONOR

PROGRAM GOALS



GRADUATE W/ HONORS



BECOME A MAN OF HONOR



CULTURE OF CHAMPIONS

REMINDERS

- ***PLEASE CONNECT WITH US THROUGH OUR MEDIA OUTLETS BEFORE LEAVING TODAY***
- ***KICKOFF PRACTICE: MONDAY JAN. 14th***
 - ***ALL athletes should be preparing today through Monday. Sprinters be prepared for 200m Trial***
- ***NO SCHOOL/ PRACTICE MONDAY JAN. 21ST (MLK HOLIDAY)***

Q&A

“The battles that count aren’t the ones for gold medals... The struggles within yourself - the invisible, inevitable battles inside all of us - that’s where it’s at.” – Jesse Owens



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