



# 2024 TRACK & FIELD

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Girls' Head Coach: *Ms. Szostak*  
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Check for the latest info at: <http://vikingtrack.weebly.com>

**Eligibility:** Being a part of an athletic team is a privilege offered to any student who is capable of meeting the physical, academic, and behavioral requirements. Parents and athletes should review the *extracurricular code of conduct* sheet together (located near the end of this packet). Athletes should be aware that their conduct is being evaluated by the school district's administrators, teachers, coaches, chaperones, and bus drivers. After the 3<sup>rd</sup> time an athlete is ineligible due to academic or behavioral reasons, he/she will be removed from the team.

**Practices:** Practice days and end times are noted on the attached calendar. Athletes should be picked up outside the Viking gym entrance on practice days. *There will be no phones available in the gym to call for a ride.* Athletes may be removed from the team after excessive absences, or being picked up late too many times. In the event of rain, students should listen for announcements to find out about practice that day. We understand that some students are involved in other activities besides track. We would like to help you balance your schedule, but you **MUST let your coach know in person or by email before the start of practice if you will not be there, including if you are absent from school that day.**

**Meets:** Athletes will stay after school and be bused to all meets. Meets usually begin between 4:00 and 4:30, but time can vary depending on dismissal times of the participating schools and when the teams all arrive. You will be bused back to Viking from all meets. You may leave with a parent at the site of the meet or be picked up at Viking after the meet (approximately 6:00 – 7:00). Additionally, due to the limited number of spots in the meet lineups, it is possible that not everyone will attend all of the meets on the schedule. During practice, the athletes will compete with each other for those spots. Ability, attitude, and attendance will be used to determine who will be competing in the meets.

If you know there is a meet that you cannot attend because of another commitment, **PLEASE let your coach know in person or by email, including if you are absent from school that day.** Take special notice of the dates of the conference and sectional meets, as we cannot change the lineups of those meets at the last minute.

You should bring water and snacks to each meet so you have energy to compete. Some meets will provide concession stands, but that is not guaranteed. A banana and a granola bar would be a suitable snack to eat after school or when you arrive at the track. Do not bring valuables and leave them in your bag, which may be unsupervised.

The decision to cancel a meet because of the weather will often not be made until 2:00 PM or later because canceled meets are very rarely rescheduled. Admission to the meets is free except for Conference, Sectional, and State, which charge to get in.

**Uniforms:** All participants must wear a school-issued shirt during meets. Everyone will receive a Viking singlet (shirt). You also need to wear black shorts. They can be your P.E. shorts, your own black shorts, or you may check-out a pair of black shorts for the season. You will also be issued a Viking warm-up suit with jacket and pants. Because the uniforms are identical, it is strongly recommended that you attach some masking tape inside each piece with your name on it. You will be charged for the replacement of any part of **YOUR** uniform that is not returned at the end of the season. This means if you return someone else's, theirs gets checked-in but yours is still missing. You may wear a **black** shirt or leggings under your uniform to keep warm. Additionally, some of the meets get very cold as the sun sets. Bring extra clothes, including hat and gloves to keep warm! Please wash your jacket and pants before returning them at the end of the season. We will wash all the shirts and shorts when they are turned in. Return your uniform to your coach as soon as your season is over. If your uniform doesn't get turned in on time, you will miss end of the year activities!

**Shoes:** Either running shoes or cross-trainers are suitable for practice and for meets. You may wish to purchase spikes if you are a sprinter, however this is not a requirement. Spikes should be pyramid style only and no longer than 1/4 inch. Please do not wear basketball, wrestling, or other shoes that are not suitable for running. If you would like to be professionally fitted for running shoes or spikes, visit *847 Running Company* in downtown Libertyville. Tell them you are on the Viking Track Team for 10% off your purchase.

**Injuries:** It is normal for muscles to get sore after tough workouts, and this can usually be treated by applying ice in 15-minute increments for a few hours. If more serious injuries occur such as sore joints, then you may want to visit a doctor or physical therapist.

**Postseason:** Students will be competing at each regular meet to earn the privilege of going to the Conference and Sectional meets. Start times of these meets will be communicated a few days prior. At these meets, we may only enter two students and one relay per grade level in each event. This means some students will not be able to participate in these meets and their final meet will be on **5/1**. First place finishers in every event at the Sectional Meet, as well as those who meet the qualifying standards, will qualify for the State Finals in East Peoria, IL. The cost of hotel room and transportation to the State Finals are not provided by the school. However, qualifying for the State Finals is quite an honor, and the coaches will assist in making arrangements for all students who qualify.

**Awards:** All athletes who participated in at least one meet should join us for Awards after school at Viking on **5/23**. You will receive a certificate of accomplishment, any ribbons or other awards you have earned, team photos if you ordered them, and of course, cake. We will also watch the highlight movie of the season. Please be picked up at 4pm at the activity entrance. Parents may attend if they wish.

**Picture Day:** Track pictures will be taken at Viking on **5/1** before we travel to a meet. You will be given a picture form at practice. If you wish to order pictures, you should bring the form on picture day and hand it to the photographer. Do not return your picture form to your coach. Or scan this QR code to order instead. →

