



JON HANNAM

Athletics/Activities Director

jhannam@cedarburg.k12.wi.us
(262) 376-6261

HEATHER PARKINSON

Athletics Manager

hparkinson@cedarburg.k12.wi.us
(262) 376-6260

Girls Track & Field

Program Goals, Philosophies, and Procedures

Head Coach:	Josh McHale	jmchale@cedarburg.k12.wi.us	262-838-0624
--------------------	-------------	-----------------------------	--------------

PROGRAM PHILOSOPHIES	PROGRAM VISION	PROGRAM GOALS
Run as fast as we can, as often as we can, while staying as fresh as we can.	To be consistently top 4 in conference give or take with our Senior class.	To help as many girls as we can get faster, jump higher, and throw further.

TEAM PHILOSOPHIES		
VARSITY	JV1	
Varsity teams are intended to be competitive. Coaches of varsity teams will select players who can compete/contribute at the varsity level. Not all players will have the opportunity to play in every competitive event. When considering underclass students for the varsity level, player readiness and development should be considered along with the potential for team success.	Junior Varsity will place a greater emphasis on ensuring adequate playing time for all student-athletes. Winning is still a goal, but developing the skills and knowledge student-athletes will need to be successful at the varsity level is also a goal. Playing time/participation may not be equal among players for each event, but most student-athletes should in most of the competitive events. At the JV level, promoting skills and positive attitudes is critically important.	



JON HANNAM

Athletics/Activities Director

jhannam@cedarburg.k12.wi.us
(262) 376-6261

HEATHER PARKINSON

Athletics Manager

hparkinson@cedarburg.k12.wi.us
(262) 376-6260

TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

<i>Skills & Talent</i>	<i>Attitude & Work Ethic</i>	<i>Potential</i>	<i>Team & Program Needs</i>
----------------------------	----------------------------------	------------------	---------------------------------

PLAYER RESPONSIBILITIES

- Come to practice everyday on time.
- Communicate any known absences to the head coach.
- See the trainer at CHS for any injuries, seeing the trainer and following their instructions counts as practice.
- Follow coaches instructions to the best of your ability.
- Be available to compete through JV Conference (JV athletes) or Regionals (Varsity athletes).

PARENT RESPONSIBILITIES

- Allow your daughter to be coached by the high school coaches on staff. If needed, a technique specialist can be used on a case by case basis as vetted and approved by the head coach.
- Communicate with the head coach any absences or concerns.

COACH RESPONSIBILITIES

- Attend all practice and meets.
- Be prepared with a practice plan every day.
- Monitor your group during practice.
- Differentiate instruction to meet your athletes where they are and help them progress to the best of your abilities.
- Do everything we can to make practice the best part of a kids day.

PLAYER & COACH COMMUNICATION

All coaches must avoid group texts and texting with athletes. Each team/coach is expected to have an immediate form of communication to use with athletes outside of traditional texting.

COMMUNICATION EXPECTATIONS

Head coach will send out a weekly email during the season. He will also keep the website as up to date as possible, especially from the Spring Parent meeting through the end of the season. Within reason, give live updates at meets through our Twitter account.



JON HANNAM

Athletics/Activities Director

jhannam@cedarburg.k12.wi.us
(262) 376-6261

HEATHER PARKINSON

Athletics Manager

hparkinson@cedarburg.k12.wi.us
(262) 376-6260

VARSITY LETTER CRITERIA

Any Senior OR
Participate at the Conference Relays, Conference or Regionals
meet
AND
Finishes the season in good standing. Including being available
through the Regionals meet.

CAPTAIN CRITERIA

Senior (or Junior if no Senior is willing to lead) that leads their
specialty area during meets and practices. Captain will lead by
example and encourage other members of their specialty group.
Specialty groups include; Sprints, Distance, Throws, Hurdles,
High Jump, Long/Triple Jump, and/or Pole Vault. In a perfect
season we will have seven captains.

MISSED GAME & PRACTICE POLICY

- Unexcused missed practice will result in missing the next meet.
- Unexcused missing varsity meet will result in being demoted to JV, and a meeting with the head coach to determine the best plan moving forward for the athlete and team.
- Unexcused missing JV meet will result in missing future meet, and a meeting with the head coach to determine the best plan moving forward for the athlete and team.
- If an athlete chooses to scratch from an event (due to a non-injury or non-coach approved reason) during a meet they will not participate in any subsequent events in that particular meet.

STRENGTH & CONDITIONING EXPECTATIONS

During the season all athletes will lift twice a week. Preferably with the team. Record workout in TeamBuilder. If the athlete has their own program it must be approved by the Head Coach.