

# ***BLUE JAY***

## ***Track & Field***

### ***2024***

Name \_\_\_\_\_

**“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.” - Vince Lombardi**

# TO PARTICIPATE IN TRACK AND FIELD AT JCHS

1. You must be in good standing with the school.
2. You must be academically eligible to participate according to JCHS athletic policy and KSHSAA rules.
3. You must have been cleared from the previous sport of participation.
4. You must have a Physical on file which was completed after May 1<sup>st</sup> of 2023.
5. You must have a **completed** JCHS online Athletic Packet. [www.bluejayathletics.org](http://www.bluejayathletics.org)
6. Practices will begin on the 26th of February. No one will be allowed to join late without approval from Coach Zimmerman or who do not fall under the following expectations.
  - a. Those who participated in a winter sport at Junction City High School, are expected to begin practice 5 days after the last day of winter competition for the individual.
  - b. Those who did not make a team, which required a try out, may participate in Track and Field if they approach the head coach immediately following the tryout of the other sport.

## PRACTICES

Practices will begin on Monday February 26th.

Practices will take place as posted or stated before the dismissal of the previous practice.

Normal practices will begin at 3:50 pm.

We will begin most practices together as a team and then break out into individual and group work.

Parts of practices for some athletes and coaches, may take place off the Track. If you are involved in this, make sure you always face traffic, running on the left hand side of the street and run in a single file formation when traffic approaches. Off track workouts will only be conducted under the supervision of a coach. Athletes must follow instruction as written and discussed.

Always be safety conscious when training with track and field equipment. Be aware of those around you and their movements.

Be prepared each day, for cold weather, in the early season. We will be outside as much as possible. Workout clothing, that can be worn in the halls of JCHS, will be worn at all times while on campus or while you are involved with practice.

## MEET DAY EXPECTATIONS

We will not have problems at meets whether at home or away. Be in the meet-help-encourage-each participant. The place to be noticed is in the competition not in the stands or with the spectators.

Remember who you are and who you represent, in and out of competition. You are expected to remain in the team area with your teammates and JCHS coaches; if you are not supporting another event, warming up, competing or cooling down.

When traveling, it is important that we understand that you may be the only person from Junction City that a person you meet has contact with. From your actions and behavior this person will judge you, our community, our school, our individual team, and our athletic program. Be sincerely courteous and respectful.

When traveling, be very considerate of others. Only music with earphones, and a volume which cannot be heard by your neighbor, will be allowed. Food or beverage will not be allowed on the bus. Each attendee will be assigned to a seat on the bus and will be expected to remain in that seat.

Each team member, participating in the meet, is expected to travel to and from the meet with the team in USD provided transportation. A clearance must be made, with the Athletic Director and head coach, 24 hours prior to the competition, for a variance from this expectation. Any request for exceptions of this

expectation will be discussed by the AD, Student athlete and Head Coach. There are no guarantees of numbers of competitions. The privilege to compete in a contest is to be earned (performance, attendance, team first mentality, being a great teammate etc.) will be considered when putting together our competition list.

While in competition, school issued uniforms, and approved undergarments must be worn. There will be no exceptions from this expectation.

## **LETTER REQUIREMENTS**

An athletic letter is a meaningful award, which signifies an achievement worthy of praise. Those who have lettered each year have done so because they have contributed positively to the program.

1. Has contributed enough to the team effort that the entire coaching staff feels the athlete's contributions warrant a letter award. Points scored in varsity competition are a consideration within this expectation. There will not be a minimum number required.
2. Is a senior who has been out for and contributed positively to the team for four years.
3. Has finished the season in good standing with the team, coaching staff, and school.
4. Has been a manager in good standing for a least 2 years.

## **ASSUMPTIONS**

Assumption – The supposition that something is true.

It is important that you understand that we are making four assumptions. You must understand the importance, because the program is developed with these assumptions paramount in our minds.

1. We assume – you want to earn a diploma from Junction City High School. This assumption is important because all staff members are working with this above assumption. If you are not in agreement with this, there will be constant problems.
2. We assume – you want to be a better person. We have high expectations of our student/athletes, in and out of the athletic arena. You are faced with decisions each and every day of your life, many of which will have a dramatic impact upon your life and future. You are also in the eyes of many each and every day. There are many benefits which go along with being an athlete, but along with these benefits are many responsibilities. We will help you become all you can be, in and out of the athletic arena.
3. We assume – you want to be the best athlete you can be. This is important because when our coaches look at you, they see what you can be and will push you to achieve your maximum. You will never be allowed to settle for less than your best. This causes problems only if this assumption is false.
4. We assume – you want to be a part of a championship team. Our practices and our training programs are designed to produce a champion. To be a champion is not easy, so it is very important that before you decide to be a member of the team, that you understand we assume very strongly that you want to be a part of a championship team.

## **RULES**

SELFISHNESS

The only reason you may be eliminated from the team is selfishness. Selfishness and team cannot coexist. We will eliminate selfishness to keep a team. Selfishness is the problem; some of the symptoms are.

1. Stealing – violation of another’s things for selfish gain. It will not be tolerated; situations will be handled by the coaching staff. Immediate dismissal from the team may be the consequence of a violation.
2. Use or possession of alcoholic beverages, tobacco, drugs, narcotics, or hallucinating agents by athletic program participants is prohibited.  
We have a District policy, which will be followed if a violation occurs.  
The rules and regulations of this code shall apply to any violations, on or off school premises during the season of participation.
3. Excused absences from practice.  
If a practice is missed, it must be excused by the event coach or head coach **PRIOR** to the practice.
4. Unexcused absences. If a practice is unexcused the individual will miss the next scheduled contest. Repeated unexcused practices can result in dismissal from the team.
5. NEVER DO ANYTHING TO HARM OR DEGRADE A TEAMMATE. Treat others, as you would like to be treated. Violations will be handled by the coaching staff. Chronic violations may result in dismissal from the team.
6. PUT THE TEAM BEFORE SELF. Our actions and words must be adding positively towards the whole both on and off the track. Violations will be handled by the coaching staff which may result in immediate dismissal. There is an appropriate way of taking care of frustrations, speak to an athletic council member, your event coach, or the head coach but do not let it fester
7. Actions against tardies will be handled by the coaching staff.
8. MISCELLANEOUS RULES  
No fighting  
The lockerroom is your place away from home while participation in athletics, treat it that way.  
Profanity will not be used while participating in track and field.  
Be DISCIPLINED (Doing what is right in all situations)
9. TEAM FIRST – you must understand how your actions and words affect a team as a whole.  
Actions detrimental to team progress may be dealt with by removing the individual from the team.  
This can include negative social media post, negative influence on others, etc.

## **DISCIPLINE**

Doing what is right and necessary in all situations.

Do not confuse discipline with cosmetology. The outer does not always reveal what is inside. Do not get hung up on the outer to the point where you fail to search out the real person inside. At the same time do not give an outward appearance of being undisciplined.

There are many cosmetic signs, which give the appearance of discipline. Saying no to drugs and alcohol when all around you can’t be real discipline. Finishing with all you’ve got when you are clearly behind; you have personal, family, academic problems; it is 100 degrees; your ankle hurts – that is discipline. Doing what is expected, when you do not feel well or no one is watching, is real discipline.

You cannot win with cosmetics alone - they will be removed by adversity, hardship, and tears. You can win with discipline. Over the course of a season, your athletic ability will not increase enough to make a significant difference. Disciplined techniques can increase enough to make the difference. Discipline is not an inherited trait, it must be learned – We will teach – you must be willing to learn. Discipline is the base line for success in everything which we do. With it we have a chance, without it we have no chance.

# **JCHS and KSHSAA Activity Academic Eligibility Req.**

Semester Eligibility: Rule 13 of KSHSAA Handbook

Students shall have passed 5 new subjects (those not previously passed) of unit weight, or its equivalency, the previous semester of the last semester of attendance.

Students shall be enrolled in and attending a minimum of five new subjects (those not previously passed), of unit weight, or its equivalency, during the previous semester.

The USD 475 eligibility rule includes what is required by KSHSAA and a minimum GPA of 2.0 from the course work of the students previous semester. Without a 2.0 GPA a USD 475 student is ineligible for the semester following.

## **Post High School NCAA Freshman Eligibility Requirements**

After the completion of your high school eligibility you may have opportunities to receive financial help with college while participating in athletics. Make sure you are in constant contact with your counselor to stay updated on NCAA eligibility requirements because the requirements are constantly changing. The most recent NCAA eligibility requirements include:

Beginning with the graduation class of 2016

Division I and Division II require Completion of at least 16 core courses

Division I requires 10 core courses to be complete prior to the 7<sup>th</sup> semester with 7 of the 10 being I in a combination of English, Math, or Natural or Physical Sciences. These 10 are locked in and cannot be retaken for grade improvement.

Division I

4 years of English

3 Years of Math above Algebra I

2 years of natural/physical science (one being a lab)

1 additional year of English, math, or natural/physical science

2 years of social studies

4 years of additional courses from any area above, foreign language, or non-doctrinal religion/philosophy

Division II

3 years of English

2 Years of Math above Algebra I

2 years of natural/physical science (one being a lab)

3 additional year of English, math, or natural/physical science

2 years of social studies

4 years of additional courses from any area above, foreign language, or non-doctrinal religion/philosophy

2.0 minimum GPA in these 16 core courses and an ACT sum of 86 or better

Earn a combined ACT or SAT score that matches the core-course GPA and the test score sliding scale. (Ex. A 2.4 GPA requires a 71 ACT) NCAA Division II and III are somewhat less in each area

For more information, visit [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

# BLUE JAY TRACK and FIELD ATHLETE INFORMATION AND EQUIPMENT CARD

NAME \_\_\_\_\_ Student ID # \_\_\_\_\_

Grade:      9      10      11      12                      Gender:      M      F

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Athlete Cell Phone \_\_\_\_\_ Parent Cell # \_\_\_\_\_

Parents/Guardian Name \_\_\_\_\_ Parent Email \_\_\_\_\_

Previous Injuries (if any) \_\_\_\_\_

Allergies (if any) \_\_\_\_\_

School of attendance for 1<sup>st</sup> Semester \_\_\_\_\_

Circle the events you are interested in

High Jump \_\_\_\_\_ Long Jump \_\_\_\_\_ Triple Jump \_\_\_\_\_ Pole Vault \_\_\_\_\_ Shot \_\_\_\_\_  
 Discus \_\_\_\_\_ Javelin \_\_\_\_\_ 100 M \_\_\_\_\_ 200 M \_\_\_\_\_ 400 M \_\_\_\_\_  
 800 M \_\_\_\_\_ 1600 M \_\_\_\_\_ 3200 M \_\_\_\_\_ High Hurdles \_\_\_\_\_ 300 M Hurdles \_\_\_\_\_  
 4X100 R \_\_\_\_\_ 4X400 R \_\_\_\_\_ 4X800 R \_\_\_\_\_

Equipment	Number	Returned
Practice Sweats		
Meet Sweats		
Meet Uniform		
Travel Bag		
Other		
Other		
Other		

Locker # \_\_\_\_\_

Lock # \_\_\_\_\_

Combination \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# 2024 Blue Jay Boys and Girls Track

## Junior Varsity

March 26	Tuesday	TW Hummer	3:30
April 2	Tuesday	Emporia	3:45
April 9	Tuesday	Abilene	3:00
April 16	Tuesday	Junction City	3:30
April 24	Wednesday	Topeka Hummer	3:30
May 1	Wednesday	Manhattan League	3:30

## Varsity

March 28	Thursday	Junction City	3:30
April 5	Friday	Maize	3:30
April 12	Friday	Manhattan	3:00
April 19	Friday	Haysville campus	3:00
April 26	Friday	Seaman	2:00
May 3	Friday	Salina Central	3:00
May 9	Thursday	Junction City League	3:30
May 16 or 17	Thursday or Friday	Regionals	
May 24- 25	Friday Saturday	State Wichita Cessna Stadium	