



SUN PRAIRIE EAST TRACK & FIELD

Program Handbook 2023



PROGRAM PHILOSOPHY

Track & Field is a sport where athletes compete individually, but their individual efforts determine the total success of the program. Dedicated individuals allow the team to succeed. Successful teams allow individuals to improve. Dedicated athletes, involved parents, and knowledgeable coaches create a respected program.

Track & Field is a sport where athletes have numerous opportunities to become better individually and be part of a team. Athletes are responsible for listening, working, and competing to their full ability while aiming for their full potential. Athletes are also accountable for each run, jump, or throw; the clock never lies and neither does the tape measure. Coaches are responsible for training, critiquing, and helping each athlete to perform at their highest ability level while aiming for their full potential.

Track & Field is a sport where each athlete, parent, and coach should enjoy positive experiences. Each athlete should demonstrate hard work, teamwork, discipline, dedication, selflessness, integrity, and sportsmanship in order to improve their performances and develop character that will make them successful in track and more importantly in life.

ATHLETE RESPONSIBILITIES

Being part of a team requires great commitment and sacrifice. Athletes are expected to conduct themselves with honor and responsibility both on and off the track.

Rules for Commitment to the Team

1. Each athlete must be on time to every practice and not leave practice early.
 - All athletes must be dressed and ready to practice at the designated practice time (4:05 PM).
 - Practice usually ends at 6:15 PM (except Wednesday, practice will end at 5:45 PM)
2. Each athlete must attend every practice and every meet.
 - Please see Practice and Meet Calendar (yellow) and plan family, school, work, and other events accordingly. Being part of the track & field team is a privilege and should take priority when scheduling other activities.
 - The only reason to miss a practice or meet is for a family emergency or school event and must be cleared by a coach a week prior to your absence. Athletes should not be missing practice for work, babysitting siblings, or routine doctor appointments.
3. Each athlete who goes home ill during the day must contact a coach and inform them you will be missing practice.
4. Each athlete will take ownership for communication.

If an athlete needs to communicate absences, the athlete should email their coaches (Coach Maughan and their event coaches) and then cc (carbon copy) their parents/guardians with the message.

5. Each athlete must bring the proper attire to each practice (inside, outside, and the pool).
 - Appropriate clothing includes: t-shirts, shorts, sports bras, sweatpants, sweatshirts, training shoes, competition shoes, hats, and gloves.
 - Appropriate clothing does not allow for belly buttons to show. Athletes must keep their shirts on at practices and meets.
 - Appropriate clothing includes athletes wearing long sleeves and long pants to warm up each and every day. Staying warm helps warm up athletes and prevents injuries and soreness.
 - All athletes must have a backpack/string bag for both practice and meets.
6. Each athlete must remain at a meet until every teammate has finished his/her events and we have finished our team cool down.
 - If there is a special case when an athlete needs to leave a meet early, prior permission must be granted by the head coach.
7. Each athlete must help organize and run home track meets.
 - Athletes are expected to help organize and run home track meets. Athletes may be required to help move hurdles, rake pits, etc.
8. Each athlete may not use a cell phone at team meetings, practices, or meets.
 - If a student-athlete needs to use these items they need to get permission from a coach.
 - Cell phones may be used for music, but not for social media, games, etc.
9. Each athlete must check in and check out at each practice and meet.
10. Each athlete will be responsible for all uniforms, warm-ups, and equipment issued to them.
 - Athletes will be assessed the cost for any lost, missing, or damaged items. Team warm-ups and uniforms are available for purchase in the team clothing order form. It is recommended everyone buys their own warm-up jacket.
 - At the end of the season, athletes are required to turn in all team issued warm-ups and uniforms after completing their final meet. Clothing will be collected the same night as the athlete's final meet.
 - If an athlete quits during the season or is removed from the team, equipment must be returned to a coach immediately.
11. Each athlete will wear a school-issued uniform and warm-up jacket at all track meets. At meets, all athletes will warm-up as a team, wearing the team warm-ups (warm-up jacket or team shirt depending on the weather).
 - It is recommended that athletes purchase their own team shirt, warm-up jacket, and competition shorts through the clothing order (*see Track Clothing Order later in this packet*).
 - Athletes must provide their own black warm-up pants for track meets.
 - Spandex and clothing worn under the uniform must be completely **black**; please plan accordingly when purchasing such items.

Rules for Athlete Conduct

1. Each athlete must treat all coaches with proper respect. Talking back, arguing, fooling around when a coach is talking to the team, or refusing to do what is asked will not be tolerated.
2. Each athlete will treat teammates with respect and friendship. There will be no talking bad about, harassing, or making fun of a teammate for any reason.
3. Each athlete will treat their competitors and athletic facilities (both home and away) with respect. Keep in mind this also includes social media.
4. Profanity will never be tolerated → We don't swear, track is an extension of the classroom!
5. Athletes will be respectful to all teachers, administrators, etc. at school.
6. Athletes will maintain quality grades (no F's and limited D's) in all of their classes.
7. Athletes will do the following at meets:
 - Compete to the best of their ability
 - Cheer for their teammates
 - Study and/or get schoolwork done
8. Athletes will follow the school district's [Extra Curricular Handbook](#).
 - Don't make alcohol, drugs, or vaping a part of your high school experience.
 - Be accountable to your teammates, coaching staff, and family.

It is impossible to list every possible rule that athletes will be expected to follow. The most important item to remember is that you represent a well-respected and championship program. All athletes are expected to demonstrate maturity, good judgment, and respect for competitors in all their actions.

These expectations are for the upcoming track season and for the off-season (including social media). Our program expects you to meet these expectations 365 days a year.

Athletes who do not follow the expectations will face one or more of the following consequences depending on the severity of the incident.

- Meeting with coaches
- Specialized practices
- Dismissal from practice and an unexcused absence
- Suspension from one or more meets
- Dismissal from the team.

TEAM SELECTION

One of the responsibilities of the coaching staff is to decide who will be on the team. Team tryouts will take place over the first few weeks of practice. You will not make the team based on talent alone, nor will you be dismissed from the team because of lack of talent. We will keep each member of the team who is willing to work hard and abide by team rules. Anyone who does not demonstrate a good attitude, character, and work ethic will be dismissed. Every coach and athlete should understand that track & field is fun, but also requires an enormous amount of work and self-discipline. If someone's poor attitude, lack of character, or laziness make it less fun for the coaches or athletes, the team will be better off without that person.

Athletes will not be added to the team after March 10th unless they have tried out for a different SPHS spring sport and were cut. Those athletes will be allowed to switch sports after the cut process.

Athletes who are in a SPHS winter sport will complete their winter sport before starting track & field. Those athletes should communicate their intention for joining the track & field team so the athletes, coaches, and parents can create a plan for transitioning and taking some time off between their winter sport and starting track & field.

EVENT SELECTION

Input for both the athlete and coach will be used to begin determining which events an athlete will compete. Athletes new to track will be placed in a variety of events at both practices and meets. Other factors like athletic potential (speed, strength, conditioning, physical stature, etc.), growth from previous years, team needs, and safety concerns will be used to find meets and events that best fit the athlete and team.

PARENT/GUARDIAN EXPECTATIONS

We understand that all parents/guardians want to see their children succeed. The success of the athletes and program will require the support of the parents/guardians in addition to the support of teammates and coaches. Here are some expectations that the track and field program has for the parents/guardians of athletes.

1. Be encouraging to your child.
2. Be respectful and supportive of coaches and other athletes on the team. It is important that a positive atmosphere is fostered at home.
3. Be encouraging to fellow parents/guardians and help make those new to the program a part of the track family.
4. Lend a hand with the booster club. **Every family must volunteer at home track meets. A sign-up will be coming out later in the season to work in the concession stand or an event.**
5. Be supportive of the team policy to ride home from meets with the team and remaining at home meets until everyone has completed their events and we finished our team cool down.
6. Plan your vacations so your child can still attend practice and meets. If you are out of town for spring break, have your child communicate the practices they will miss to a coach.
7. Go over the calendar with your child and ensure your child communicates absences to the coaching staff in a timely manner.
8. Encourage your child to take ownership of their schedule and help/remind them to email their coaches (both Coach Maughan and their event coaches) with absences, concerns, etc.

To resolve any disagreements/issues, the following procedure will be followed:

1. Athlete meets with event coach.
2. Athlete meets with event coach and head coach
3. Athlete sets up meeting with event coach, head coach and parent/guardian
4. Athlete sets up meeting with event coach, head coach, parent/guardian and athletic director

Understand that it may take the coaching staff a while to respond to any communications. Please take into account that the staff has responsibilities outside of coaching track & field (teaching, family, etc.) and will respond to any communications as soon as time for processing and other commitments have been met.

Throughout the year, emails are sent to keep track families informed of upcoming events, meet information, results, statistics, letter points, track camps, etc.

We appreciate all that you do to ensure the success of your children. We cannot be a successful program without your help and support.

COACHING STAFF RESPONSIBILITIES

The coaching staff of Sun Prairie East Track & Field wants to create a respected program where we help students become successful in and out of the competitive arena. We coach because we believe each athlete and our team can be successful and we truly enjoy what we do. We will be respectful to athletes, parents, and officials. We will come to practice everyday prepared to train and instruct all athletes. We will make decisions based on what will be best for the team and for each athlete on the team.

SCHEDULE CONFLICTS

Please look over the [Practice and Meet Calendar](#) (yellow) with your family and check for conflicts (family vacation, doctor/dentist appointments, weddings, etc.). Please turn in a list of your family conflicts (date and reason for the conflict) to a coach ASAP. The calendar also has a link (<https://goo.gl/u8otds>) to add an iCal to your electronic calendar.

REQUIREMENTS TO PARTICIPATE

In order to participate in Track & Field the following must be completed:

1. Signed up using Infinite Campus → <https://www.sunprairieschools.org/>
 - Helpful Information at <https://www.sunprairieschools.org/east-high/athletics/forms>
 - Use the tabs, especially Online Registration Information
2. SPEHS Physical Form
 - List of Physicals are online

Athletes without the above completed will not be allowed to practice until all are completed.

If you have questions about the requirements or need forms, please go to the Athletic Office at the high school.

Track & field starts **Monday, March 6th** - online registration starts **Wednesday, February 1st** and ends **Friday, March 3rd at 7:00 PM**. Emails have been sent from the athletic department with all of this information, contact them if you have any questions.

We are looking forward to a great year and hoping that all of you will enjoy your experience on the Sun Prairie Track & Field Team.

CHECKLIST FOR 1st DAY OF PRACTICE - Monday, March 6th

- ☐ **Signed up** via INFINITE CAMPUS by **Friday, March 3rd @ 7:00 PM**
- ☐ Submitted **Physical Forms** to Athletic Department
- ☐ **Athletic Clothing** - including sweatshirt, sweatpants, and quality shoes
- ☐ **Athletic Lock**
- ☐ **Backpack/String Bag** - please put your name on it
- ☐ **Track Order Form** through Badger Sporting Goods
 - ☐ <https://spetf-23.itemorder.com/shop/home/>
 - ☐ Order #1 due Monday, Feb. 13th
 - ☐ Order #2 due Friday, March 10th
- ☐ Add **@SP_EastTF** to your Twitter, Instagram, and/or Facebook



@SP_EastTF

SP_EastTF General Information 2023

LOCKERS

All students are required to buy a lock (\$5.00) from the SPEHS Athletic Office and use a locker in the athletic locker room. Lockers should never be left unlocked while unattended. We will get lockers the first day of practice – do not get a locker on your own, we will do this as a team. This athletic lock is the student-athletes for their entire high school career. *Reminder: Cell phones cannot be used in the locker room.*

SHOES

Quality training shoes are important to prevent leg injuries and pain during the season. Training shoes should be supportive and have good tread. Athletes with leg/shin/foot problems in the past should visit a running store (Endurance House, Movin Shoes, Fleet Feet, etc.) and get professional advice before purchasing new shoes.

[Competition shoes](#) (spikes, throwing shoes, etc.) may need to be purchased, depending on your event and skill level. If you do not know your events or are not sure about what kind of shoes to purchase, please talk to a coach for advice.

BACKPACKS

All event groups except distance require students to carry a backpack or string bag to practice and meets. The backpack/string bag is for athletes to carry shoes, warm-ups, water bottles, etc.

INJURY & ILLNESS

Any athletes with injuries need to report them to a coach **before** they go to the Athletic Trainer. The Athletic Trainer will evaluate your injury and appropriately recommend the necessary steps. It is the expectation you follow these recommendations, as their job is to keep you healthy and return you to your sport safely. If you have a doctor's visit for an injury, please inform the Athletic Trainer, as they are the individual we as coaches discuss with and rely on to give us an up-to-date injury list and also if you are able to compete safely.

Students with injuries or receiving treatment for an injury need to **report to the meeting** before practice. The Athletic Trainer will make sure you are to be checking in with your coaches first. If athletes need something before practice, they must pick up this item from the Athletic Trainer in the training room, then report to the meeting. Athletes are able to ice their injury during the meeting then dispose of the ice and bags appropriately.

The athletic training room can and will be very busy at times, be patient with our Athletic Trainer and they will assist you to the best of their abilities.

WEEKEND PRACTICES/MEETS

We will have required Saturday practices in March and early April (please see [Practice and Meet Calendar](#)). Once we get into the middle part of the season, many event groups may have official practices or give athletes workouts to complete during the weekend.

We also have a couple of weekend meets which varsity students will be required to attend.

TRACK CLOTHING ORDER

Track clothing may be purchased online, see below.

- Track Order Form through Badger Sporting Goods
 - <https://spetf-23.itemorder.com/shop/home/>
- Order #1 due **Monday, February 13th** → Items will arrive in early March.
- Order #2 due **Friday, March 10th** → Items will arrive in early April.

It is recommended but not required to purchase the RED TEAM JACKET. We also have other items if you are interested.



Team Jacket



Backpack



Shirts



Tons of other SPTF Items

We hand out uniforms, jackets, and black competition shorts to everyone for the season.

SOCIAL MEDIA

Information, news, and photos about the track & field program can be found on social media.

- Twitter @SP_EastTF
- Instagram @SP_EastTF
- Facebook SPEastTF
- Shutterfly
 - [2017sphstrack.shutterstock.com](https://www.shutterstock.com/search/2017sphstrack) (2017 season)
 - [2018sphstrack.shutterstock.com](https://www.shutterstock.com/search/2018sphstrack) (2018 season)
 - [2019sphstrack.shutterstock.com](https://www.shutterstock.com/search/2019sphstrack) (2019 season)
 - [2021sphstrack.shutterstock.com](https://www.shutterstock.com/search/2021sphstrack) (2021 season)
 - [2022sphstrack.shutterstock.com](https://www.shutterstock.com/search/2022sphstrack) (2022 season)



LETTERING

Athletes may earn a letter during the course of a season by meeting one or more of the following requirements:

- Points are earned by placing at varsity meets.
- Points may also be earned by demonstrating character: volunteering, prepared for season, etc.
- Average one point or more per varsity meet. Example: If we have 15 varsity meets this season, you must earn 15 or more varsity points.
- Place in the top 8 at the Big 8 Conference Meet in an individual event.
- Place in the top 5 at the Big 8 Conference Meet in a relay event.
- Compete in the Sectionals or State Meet.
- Track participant for 4 years.
- Top 3 in time or distance for an individual event.
- Coaches' discretions.

AWARDS

Awards are given at the end of the season. They typically include:

- MVA (Most Valuable Athlete)
- Most Outstanding Senior, Junior, Sophomore, & Freshman
- Character Awards
- Most Improved
- Hardest Worker
- Weight Room

SP_EastTF Coaching Staff 2023

The Sun Prairie East Track & Field Team has many qualified and experienced coaches. Please see a coach if you have any questions/concerns regarding the season.

Doug Maughan	Head Coach	608-834-7665	PMMS	dpmaugh@sunprairieschools.org
Brian Kaminski	Strength & Injury Prevention	608-834-6837	SPEHS	bjkamin@sunprairieschools.org
Matt Boberg	Sprints	608-834-7843	PVMS	mbbober@sunprairieschools.org
Payton Siehr	Sprints		Out-of-District	
Clara Williamson	Distance	608-834-7984 847-648-3477	Horizon	clwilli@sunprairieschools.org
Jonah Nelson	Distance	608-574-8688	Out-of-District	jtnelso@sunprairieschools.org
Josey Stock	Distance		Out-of-District	
Scott Nelson	Hurdles	608-834-7669	PMMS	senelso@sunprairieschools.org
Joel Block	Pole Vault & Hurdles	608-318-8071	CHUMS	jeblock1@sunprairieschools.org
Willy Nett	Pole Vault		Out-of-District	
Mark Martinez	High Jump	608-658-9154	Out-of-District	maddogbadger@gmail.com
Jennifer Cross	Long & Triple Jump		Out-of-District	
Briana Kernen	Long & Triple Jump	608-630-1781	Out-of-District	bkernen@marshallschools.org
Evan Broyles	Shot Put & Discus	608-609-5626	Out-of-District	BroylesEvan64@gmail.com
Steve Zahn	Shot Put & Discus	262-989-4673	PMMS	sazahn@sunprairieschools.org
Emmanuel Mielke	Shot Put & Discus		Out-of-District	
Mike Tess	Shot Put & Discus		Out-of-District	
Cormac Sampson	Shot Put & Discus	608-834-6814	SPEHS	cdsamps@sunprairieschools.org
Ben Becker	Athletic Trainer	608-834-6840	UW Health	bfbecke@sunprairieschools.org
James Ertel	Athletic Director	608-834-6713	SPEHS Athletics	jaertel@sunprairieschools.org
Zoe Zeiter	Athletic Director Secretary	608-834-6719	SPEHS Athletics	zczeite@sunprairieschools.org



SP EAST TRACK & FIELD Clothing Order 2023



Online Order Form can be found at <https://spetf-23.itemorder.com/shop/home/>.

Two Order Deadlines:

- Order #1 due **Monday, February 13th** → Items will arrive in early March.
- Order #2 due **Friday, March 10th** → Items will arrive in early April.

Athletes/Families are not required to order any specific items. The TEAM JACKET is recommended, but not required. We do check-out team jackets to athletes who do not order their own (similar to a uniform). Athletes do need **black athletic pants** for team warm-up at meets, but any mostly black athletic pant will work. Our goal is to keep track affordable, but also provide items for athletes and families.

RECOMMENDED



Team Jacket



Black Pants



Team Shirt



Backpack

NICE TO HAVE

EXTRA ITEMS



More Items are Available - see online order form!