

BEARDEN HIGH SCHOOL
BOYS & GIRLS TRACK AND FIELD
2024 Season

Track and Field Head Coach: Matthew Eckert, matthew.eckert@knoxschools.org

Track and Field Assistant Coach: Erik Purschke, erik.purschke@knoxschools.org

Track and Field Assistant Coach: Jessica Sander, jessica.m.sander@gmail.com

Track and Field Assistant Coach: ????

Communication: General team info will be communicated via GroupMe, Facebook, Instagram, e-mails and/or text message. Make sure you give Coach Eckert your contact info (parents' emails/cells and student cell), otherwise you will miss out on important team info.

Philosophy:

Academics first, sports second. Ultimately, a coach's goal is to prepare you to have a happy and successful life, post high school. Your success in the classroom will have a greater impact on your life than anything you do on the track.

You are the keeper of your own success. Teachers, coaches, officials, parents are all part of your team to help you succeed, but in the end you are the one who controls your destiny.

Respect all others. You are representing your team and school, on and off the "field". We are a team, respect your coach and teammates. Your character is more important and lasting than your physical attributes.

"Success" is defined by you. Regardless of the competition, concentrate on self-improvement. Success is going from point A to point B. Complete goal form and sign up for meeting with coaches, so together we can set direction for your season, and define your "success".

Life's short-have fun! Although setting and working hard towards physical goals is important, many years from now, we hope you cherish all the memories with your teammates, and not simply a time/measurement achieved.

Forms:

1. **Annual Physical (every year):** Turned into coach **prior to participation**. Note: Regardless if physical was turned in to previous Bearden Sport Coach, student-athlete is responsible for turning in physical to the Track Coach.
2. Concussion Form: Turned into coach **prior to participation**.
3. Cardiac Arrest Form: Turned into Coach **prior to participation**.
4. Media and Publish Release Forms: Turned into coach prior to first year participation.
5. Safe Stars Parents/Guardians Code of Conduct. Turned into Coach **prior to participation**.

Participation Fee: \$180.00

Collected fees cover entrance fees, additional coaches salary, and all other team expenses. This can be paid online using the Schools Online Payment system (SchoolCash, <https://knoxschools.schoolcashionline.com/> **within two weeks of the start of season**. *Additional costs required for some student-athletes to cover some of their own travel expenses incurred at selective away meets. **Student-athletes will NOT be issued team uniform until his/her team fee has been paid.**

KCS Insurance waiver Fee:

Make sure to pay for the KCS insurance waiver fee online using the Schools Online Payment system (SchoolCash, <https://knoxschools.schoolcashionline.com/> **within two weeks of start of season**. If you have paid the insurance fee for another sport, you do not have to pay again.

Uniforms:

You will need to have the team fee paid prior to receiving uniform. Uniforms will be \$60 and are a separate fee from the Participation Fee. You will keep your uniform for future years. Training shoes should be replaced each season. Spikes/specialty shoes: Recommended, but not required.

Grades:

See TSSAA for academic eligibility for minimum. Team expectation is that you achieve higher than minimum in order to best position yourself for whatever direction you want to go post high school.

****Student-Athletes with an F during the season will be required to attend Bertelkamp tutoring two times per week to participate.** Tutoring takes place on Tuesdays and Thursdays from 7:30-8:15 am and/ or 3:45pm to 4:30pm. If a student-athlete misses Bertelkamp, they will be unable to participate in meets and practices.

School Disciplinary Issues:

If a student/athlete is suspended from school, they will not be able to participate in that week's competition. If suspended a second time, the student/athlete will be removed from the team.

Transportation:

You and your parents are responsible for you getting to and from practices and meets.

Team Expectations/Requirements:

As a coach, I do not believe in cutting athletes so that they can better themselves in athletics. However, there are limits to the number of student-athletes at track meets and some track meets have qualifying standards. The event a student-athlete is entered in is at the discretion of the coaches. In order to compete at the highest levels and at track and field meets, you must put in your best team effort at practice and meets. Our goal is to produce a competitive team, but also to help each athlete to obtain personal success.

Due to our increasing numbers, limited entries into meets, and maintaining our team as a non-cut sport, **student-athletes are not guaranteed participation in meets.**

Please see attached Tentative 2024 Meet Schedule. The expectation is that you attend every meet! KIL (Apr. 29-30), Regional (May 11), State (May 23) are very important. **If you cannot commit to attending these meets, please do NOT join the track and field team.**

Please respect your coaches and teammates, and plan your spring accordingly. We do understand circumstances arise which may cause you to have to miss a meet. Please contact Coach Eckert via e-mail/text and the coach in your specialty area, two weeks prior to meet for approval. Our expectation is that you attend all practices and meets.

Cell phones and Airpods/headphones are to be in a backpack or away during practice and at Track and Field Meets. Using these during practice are not needed to run, jump, or throw and not permitted at meets.

Attendance:

Attendance will be taken at the start of each practice, and it is a requirement. All outside commitments should

be arranged around track practices. Practices will vary for certain athletes. **Coach has discretion to scratch an athlete from an upcoming Meet of which he/she does not attend practices, Bertlkamp tutoring (if required to attend), or is consistently tardy to practice.**

Those seeking PE credit, must attend practice for the entire season (if injured, one must attend practice and refrain from activity.)

Coach has full discretion for dismissing student-athlete from upcoming meet or from team, if he/she has attendance issues, school behavior issues, academic issues, other issues meeting team expectations.

Parents are important to team:

We greatly appreciate parent support. Please help your student-athlete promptly turn in forms/fees on time, respect and encourage others, and meet team expectations. Be your student-athlete's biggest cheerleader, but please leave the coaching to the coaches.

Parent Volunteers will be needed. Please contact Coach Eckert if you would like to be a parent volunteer. We appreciate your help!

TENTATIVE PRACTICE SCHEDULE

Monday Jan 8th: Required Forms Collection Day: Coach Eckert will collect papers at practice. Turn in all forms on this day. All required forms must be turned in to participate in practices.

Pre-season Conditioning: Starts Mon, Jan 8th Meet at the Track. Optional, but highly encouraged. Utilizing Weight Bands and TRACK... Plan to go inside and OUTSIDE. → Monday through Friday @3:45pm -5:30/6pm. (OFF during school closings/holidays)

First Day of official practice: Monday, Feb 12th @3:45pm -5:30/6pm. Meet on the track on this day. After that, meet on track, weather permitting. Check the GroupMe for alternate practice locations. All Practices will be held Monday through Friday @3:45pm.

Spring Break Practice: Yes, we will have it. It will be optional, but highly encouraged.

*ALL student-athletes are to report to the Track at the start of official practice for attendance, team announcements and team warm-up.

We warm up as a Team.

We are a team, first and foremost.

We CHEER as a team For the Team!!!!

I have reviewed and understand the Bearden Track and Field Guidelines:

Signature of Student-Athlete

Print Student-Athlete's Name

Date:

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date:

Parent Email:

Parent Phone Number:

Would you like to be a Parent Volunteer (Circle one):

Yes

NO

Please return before first practice with all your paperwork.

- **Physical Form**
- **Consent Form**
- **Insurance Form**
- **Concussion Form**
- **Cardiac Arrest Form**
- **Parent/Guardian Code of Conduct**
- **Star Schools Pledge**



Link

to Track and Field Guidelines