

CHS Boys Outdoor Track

“Meet The Coaches Night” – March 23, 2015

1. Introduction of Coaches
 - Coach Tooker, Coach Hosley, Coach Jones
2. Philosophy of Program
3. Expectations/Commitments/Standards
 - Attendance at practices / meets
 - All runners go to League Meets 1-5.
 - Varsity / Some JV / Some Frosh get invited to Invitationals.
 - Some Invitationals (weekends) have an admission fee – bring some cash, just in case
 - Athletes will be (or already have been) invited to Penn Relays.
 - JV Champs / Var Champs have qualifying standards (not everyone goes)
4. Injury Procedures
 - See our Trainer first (if you go to doctor, please let Coach Tooker know)
5. Transportation to/from Meets
 - Expected to ride the bus to meets (changes are made on the way)
 - Expected to stay through the 4x400 m relay (if you need to leave early, let coaches know ASAP)
 - Busses come back to CHS only after meets.
 - Leaves from/comes back to CHS on weekends.
6. Sportsmanship (Section II rules)
7. Communication Chain (Head Coach, then Athletic Director)
 - Emails are sent out on Sunday evenings or Monday mornings for the upcoming week. Please give Coach Tooker your email if you **DID NOT** get one reminding you of tonight’s Meet the Coaches Night.
8. Uniforms
 - Have been ordered – those who need them need to see Coach Tooker by Thursday to sign one out if you did not order one.
9. Meet Schedule (see reverse) – **NEED HELP AT ALL HOME MEETS!**
 - **Meet on 3/31 may be moved to 5/7 – we are awaiting a decision by the AD’s.**
10. Fundraising – will be handed out by Wednesday at the latest – quick turn-around!
 - Please have tickets back by April 1 – drawing April 2 @ 3:00 pm!
10. Questions?
11. Code of Conduct – must sign Blue Code of Conduct Card before you leave

Contact Information:

Jeff Tooker (Head Coach) 518-852-2191 (personal cell) / TookerJe@egcsd.org (email)

Order of Events at League Meets #'s 1-5

3200 m relay (also known as the 4x800 meter relay)

110 m hurdles

100 m dash

1600m run

400 m relay (also known as the 4x100 meter relay)

400 m dash

400 m hurdles

800 m run

200 m dash

3200 m run

1600 m relay (also known as the 4x400 meter relay)

The order of events is typically different as the invitationals/league meets/championships.

Field Events

Shotput

Discus

High Jump

Long Jump

Triple Jump

Pole Vault

***THERE IS NO ADMISSION CHARGED FOR LEAGUE MEETS #'S 1-5.
HOWEVER, ADMISSION MAY BE CHARGED AT THE INVITATIONALS,
AND IT WILL BE CHARGED AT SECTIONALS AND STATE QUALIFIERS.
PLAN AHEAD AND BRING CASH!***

Columbia Boys Outdoor Track 2015 – Pre-Season Meeting Addendum

Attendance:

- Attendance will be taken at practice every single day.
- All athletes are to attend all scheduled practices.
- Should you need to miss practice for any reason **the athlete** should notify a coach **before** practice starts either in person, either by email, by phone, or see a coach during the school day.
- Should an athlete miss a practice without notifying a coach beforehand, it will be considered an **unexcused absence**.
- **Unexcused absences may result in the following consequences:**
 - 3 unexcused absences will result in a **1 meet suspension**
 - 5 unexcused absences will result in a **2 meet suspension**
 - 7 unexcused absences will result in the **dismissal from the team**

For practices, athletes need to bring a wristwatch, capable of keeping time (like a stopwatch) in order to maximize the effectiveness of the workouts.

Should an athlete need to leave early from practice, please notify a coach know before practice or at the beginning of practice.

Weight Room:

- During practice time, the team will have certain lifting workouts in the weight room. All weight room workouts will be supervised by a coach and all athletes will be given the proper safety procedures for lifting and spotting in the weight room.
- This portion of practice is **not optional** and should be attended by all athletes. **Attendance may be taken** in the weight room if necessary.

League Meets:

- This year we are implementing a **new policy** for our league meets to help build a **team atmosphere**. To help build this team atmosphere we are asking that **all athletes stay until the end** of our Tuesday league meets to encourage and cheer on teammates. (Many of you will be entered in the 4x400 meter relay anyways this year at the League Meets.)
- These meets are scored head to head against each school from the Suburban Council we are competing against that day. We should **take pride in our team** and work together to compete to the best of our ability.

Should an athlete need to leave early from a meet, please notify a coach before the meet.

Commitment

*We ask that by joining this team you make a commitment to yourself, your coaches and your teammates. Hold yourself accountable for these expectations.
Commitment leads to success. Take pride in wearing our Columbia Uniform.*

March 2015
Columbia Boys Outdoor Track
Updated Friday 3/27/15

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 FIRST DAY OF PRACTICE @ CHS 3:00 PM - 5:00 PM	10 Practice @ CHS 3:00 pm - 5:00 pm	11 Practice @ CHS 3:00 pm - 5:00 pm	12 Practice @ CHS 3:00 pm - 5:00 pm	13 No School - No Practice	14
15	16 Practice 3:00 pm to 5:00 pm @ CHS	17 Practice @ CHS 3:00 pm - 5:00 pm	18 Practice @ CHS 3:00 pm - 5:00 pm (Practice Bus to Schodack Island)	19 Practice @ CHS 3:00 pm - 5:00 pm (Practice Bus to Corning Preserve)	20 Practice @ CHS 3:00 pm - 5:00 pm	21
22	23 Practice 3:00 pm to 5:00 pm @ CHS <i>Meet the Coaches Night</i> 7:00 pm @ CHS	24 Practice @ CHS 3:00 pm - 5:00 pm	25 Practice @ CHS 3:00 pm - 5:00 pm (Practice Bus to Schodack Island)	26 Practice @ CHS 3:00 pm - 5:00 pm (Practice Bus to Corning Preserve)	27 Practice @ CHS 3:00 pm - 5:00 pm	28
29	30 Practice 3:00 pm to 5:00 pm @ CHS Meet in Room S-210 at 3:00 pm	31 Practice @ CHS 3:00 pm - 5:00 pm				

April 2015
Columbia Boys Outdoor Track
Updated Friday 3/27/15

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice @ CHS 3:00 pm - 5:00 pm	2 Practice @ CHS 3:00 pm - 5:00 pm	3 No School - No Practice	4
5	6 Practice 9:00 am to 10:30 am @ CHS	7 No School - No Practice	8 Practice TBA (We may or may not practice - Coaches will advise)	9 Practice TBA (We may or may not practice - Coaches will advise)	10 No School - No Practice	11
12	13 Practice 3:00 pm to 5:00 pm Meet in Room S-210 at 3:00 pm	14 League Meet # 2 @ Shen 4:00 pm (vs. Burnt Hills) Bus Leaves CHS @ 3:00 pm.	15 Practice @ CHS 3:00 pm - 5:00 pm	16 Practice @ CHS 3:00 pm - 5:00 pm (Practice Bus to Corning Preserve)	17 Qualifiers Only - Nisky Medley Relays - Bus leaves CHS @ 2:30 pm Meet @ 4pm	18 Qualifiers Only - Nisky Track Classic @ 9am - Bus leaves @ 7:15am from CHS
19	20 Practice 3:00 pm to 5:00 pm Meet in Room S-210 at 3:00 pm	21 League Meet # 3 @ HOME 4:00 pm (vs. B-Spa / Colonie) Meet on Track @ 3:10 pm	22 Penn Relays Practice @ CHS 3:00 pm - 5:00 pm	23 Penn Relays Practice @ CHS 3:00 pm - 5:00 pm	24 Penn Relays All Others - No Practice	25 Penn Relays
26	27 Practice 3:00 pm to 5:00 pm Meet in Room S-210 at 3:00 pm	28 Practice @ CHS 3:00 pm - 5:00 pm (Practice Bus to Schodack Island)	29 Prac. 3pm-4pm Girls HOME Meet @ 4pm-7pm - STAY TO ASSIST!	30 League Meet # 1 @ HOME 4:00 pm (Guild / Shuter) Meet on Track @ 3:10 pm.		

May 2015
Columbia Boys Outdoor Track
Updated Friday 3/27/15

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 Practice 3:00 pm to 5:00 pm Meet in Room S-210 at 3:00 pm	5 League Meet # 4 @ Averill Park 4:00 pm (vs. Nisky/Beth) Bus Leaves CHS @ 3:00 pm.	6 Practice 3:00 pm to 5:00 pm	7 Practice 3:00 pm to 5:00 pm	8 1/2 Day School Shen Invy - Qualifiers Only Meet starts 4pm Bus leaves 2:30 pm	9 Qualifiers Only - Colonie Relays Times TBA (No Bus)
10	11 Meet in Room S-210 at 3:00 pm. Prac. 3pm-4pm Girls HOME JV Meet @ 4pm-7pm— STAY TO ASSIST!	12 League Meet # 5 @ Saratoga 4:00 pm (vs. Molton) Bus Leaves CHS @ 3:00 pm.	13 Practice 3:00 pm to 5:00 pm (Practice Bus to Schodack Island)	14 Practice 3:00 pm to 5:00 pm (Possible JV Meet @ Colonie HS)	15 No Practice	16 Qualifiers Only - Eddy Meet Times TBA (No Bus)
17	18 Practice 3:00 pm to 5:00 pm Meet in Room S-210 at 3:00 pm	19 Varsity Suburbans @ 4:00 pm @ Colonie HS Bus Leaves CHS @ 3:00 pm.	20 Practice 3:00 pm to 5:00 pm	21 JV Suburbans @ 4:00 pm @ Averill Park HS - Bus Leaves CHS @ 3:00 pm. Var Prac - 3pm-5pm	22 No Practice	23
24	25 No School - No Practice	26 Practice 2:30pm to 4:00 pm	27 Div I Sectionals @ Shen HS 4:00 pm Bus TBA	28 Practice 2:30pm to 4:00 pm	29 No Practice	30
31						

June 2015
Columbia Boys Outdoor Track
Updated Friday 3/27/15

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Practice TBA	2 No School for CHS Students - Regents Day - No Practice	3 Practice TBA	4 State Qualifiers @ UAlbany Times TBA	5 State Qualifiers @ UAlbany Times TBA	6
7	8	9	10	11	12 State Meet @ UAlbany	13 State Meet @ UAlbany
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



CHS BOYS OUTDOOR TRACK - MEET SHEET (Week of April 13, 2015)

This Week's Schedule

- Monday 4/13: Practice @ CHS 3pm – 5pm. Meet in Room S-210 at Columbia.
- Tuesday 4/14: League Meet # 2 @ Shen HS. Start time for the meet is 4:15 pm.
Bus leaves CHS at 3:05 pm.
Goff Athletes – take transfer bus to CHS and then get on bus to Shen.
All athletes will be running in this meet.

Directions to Shen HS:

Shenendehowa High School East

Take I-87 to Exit 9, head west onto Route 146 West, continue past Clifton Country Mall and McDonald's. At next traffic light, past McDonald's, take a left onto Moe Road. Take a right into the campus. First building on your left is High School East.

**Remember, when the 4x400 meter relay is done, you may sign out with Coach Tooker.
Make sure you sign out only with your parent/guardian!**

- Wednesday 4/15: Practice at CHS 3pm – 5pm
- Thursday 4/16: Practice @ CHS 3pm – 5pm
Distance Runners - Bus to Corning Preserve 3pm
- Friday 4/11: Niskayuna Medley Relay Meet – Varsity Qualifiers ONLY
Bus leaves CHS at 2:30 pm

Directions to Niskayuna HS (for both meets – Friday and Saturday)

- Northway north to Exit 6 (Route 7 West / aka Troy Schenectady Road)
- Follow Route 7 West to Balltown Road (I believe you have to follow the sign marked "Union Street")
- Right onto Balltown Road
- Right into Niskayuna HS campus (just past WRGB studios on the right).

- Saturday 4/12: Niskayuna Warrior Track Classic – Varsity Qualifiers ONLY
Bus leaves from CHS at 7:30 am sharp.
The bus will return to CHS possibly around 4 - maybe earlier, or later...

CONTINUE ON NEXT PAGE →

Line Ups For Meets

The meet line ups will be emailed to all of the parents so you know what events your son is competing in. They should be emailed out by Tuesday morning. However, they are subject to change if other athletes are missing from the meet – so changes may be made while on the bus enroute to the meets.

Sign Outs

Remember, we are asking that all athletes remain at the facility until the 4x400 meter relay is completed at our League Meets this year!

Uniforms

If you ordered a uniform, they are in. They will be distributed Monday at practice. If you need to borrow one, you will get one from Coach Tooker Monday at practice.

Penn Relays

For those who were invited to the Penn Relays, your money is due on Monday 4/20/15. The cost is \$300.00.