

# South Sioux City Lady Cardinal Track and Field Handbook

2021

Welcome to our team! This handbook will explain what the Lady Cardinal Track and Field program here at South Sioux City is all about- from training philosophy, team schedules, lettering requirements, to school records, you'll find everything that you need right here. There is a sheet at the end that you need to have signed and return to Coach Krajicek before you can compete!

Our season kicks off on March 1st. Our season concludes with the Nebraska State Track and Field Championships, May 21st. There isn't a whole lot of time in there to have the luxury to waste any of it. We trust that you are coming into the season having prepared yourself physically and mentally to be able to compete at the highest level.

Keep up with important announcements by following us on twitter- @sscxc Unless I hear differently from you, I will assume you all have twitter- practice announcements, meet info and results, etc will be posted there. I also encourage your parents to follow us for information as well! We will also utilize the Remind app for communication as well- join the SSC Track and Field 2021 class by using the code @ssctrack21

## Practice/Training/Expectations

Preparation is the journey to all of our goals. Very rarely can one just show up and achieve great things without having adequately prepared themselves. Preparation is not a switch that we can just turn on, it is a constant process of realizing our potential. With that said, it should be obvious that practice time is important- you are required to be there. If you feel that something is more important than coming to practice, make sure you talk to a coach to verify that we agree BEFORE not showing up. Telling a teammate to tell a coach is not acceptable- take the responsibility and find a coach yourself. We teach in every corner of the high school, so you should be able to find one of us without too much hassle! School work, most church events, many family obligations would all likely qualify as something that should come before track. Prom dress shopping, hair appointments, non-emergency doctor or dentist appointments that can be scheduled outside of practice time, or work conflicts are not more important than practice.

Unexcused absences are defined as missing practice time due to a reason deemed unnecessary by the coaching staff or missing practice for an excused reason but not personally telling a coach when and why you will be gone. Any unexcused absence will result in disciplinary action up to and including meet suspensions and dismissal from the team.

Being on time is a form of discipline and commitment. We will start practices promptly at 3:45. This allows you 20 minutes after the final bell to get dressed and ready for practice. If for some reason you will be late to practice, let a coach know BEFORE you show up late. If you are coming from getting help from a teacher, have them write you a pass.

When you commit to being part of a team, you commit to all parts of that team. The fun parts, the tough parts, the victories, the defeats, the process of improvement. Not coming to practice is something that shows that you are not committed to the team, and we cannot allow that to happen. If you are part of our team, you share an equal stake in the work, and in the reward.

Pay attention to where practice begins each day- if it is a nice day outside, we will meet at the high jump pits after you do your warm-up run. If the weather keeps us indoors, we will either meet on the gym floor or in Coach Krajicek's room.

You are responsible for dressing appropriately for practice. If the air temperature is less than 70 degrees, you need to have long sleeves and long pants. Improper warming up leads to injury, and you can always shed a layer once you start working out after you are warmed up correctly. We will practice outside every opportunity that we can- if that means

running in drizzle, light snow, 20 degree weather, etc, we will. Dress appropriately. A T-shirt and shorts do not fit the bill for appropriate dress. We recommend keeping sweats, a hat, and gloves in your athletic locker so that you have them every day. Obviously, not all events can practice outside in inclement weather- adjustments will be made as needed, but everyone needs to be prepared. We run track in Nebraska. Sometimes it snows in May- they won't normally cancel a track meet because it's 45 degrees and rainy outside, we must be prepared to compete in it!

Track and field requires a strict training plan. When we develop workouts for you, they are based on a ratio of tearing the body down and giving the body rest to build itself back stronger than it was. We expect our athletes to get a good night's sleep, eat healthy, and limit out-of-track activities such as club sports. There is a lot of modern research coming out that verifies getting at least 8 hours of sleep a night as one of the best legal performance-enhancing things an athlete can do. Put your phones away at night and get some sleep! It is a recipe for injury when you finish a hard workout at track practice and then go to a club practice for another sport when you should be recovering from your track workout. Normally, our most injured athletes can trace the start of their problems back to overloading their training.

As student athletes, you are faced with a growing list of potentially life affecting challenges every day. From alcohol, illegal or prescription drug additions, tobacco, to social media- all of this impacts your success not only as a track athlete, but as a person as well. If you are committed to being an athlete, drugs and alcohol have no place in your life. Learn to say no. Learn to avoid situations that can lead to unfortunate outcomes for you. Being caught with or around drugs or alcohol will lead to strict disciplinary action, up to and including dismissal from our team. Remember, you can get in just as much trouble for just being at a party where these things are present as you can for actually drinking or smoking. Your team depends on you making the right choices! Live your life as if someone is recording it, because it's quite possible that someone is.

Social media has become an important part of the lives of young people. Too often, people post things online in the heat of the moment, or without thinking that come back to damage them. Remember, you are not anonymous online. Do not talk poorly about your team, your coaches, or your school; improper posting can lead to disciplinary action. Use social media to promote your team, to be excited about your performances, or to talk to friends. If you or your parents have a question about something that we as a team are doing, talk to the coaches. Do not take to social media, as too often things are misconstrued on that platform that leads to additional problems. If this becomes a problem, disciplinary action up to and including meet suspension and dismissal from the team may be considered. A simple face to face conversation will solve almost every problem that comes up!

As a South Sioux City athlete, you are a role model for others, whether you want to be or not. Young kids look up to you as a member of our varsity teams, and we expect you to conduct yourselves accordingly. You are held to higher standards than your classmates, and rightly so, as you are the face of our school district. When we travel to different venues across the state and step off the bus, how you act is a direct reflection of how people view our district. Please be cognizant of this, and realize that your coaches will not allow you to cast South Sioux City in a poor light.

You are student-athletes. There is a reason that you are not athlete-students. Your schoolwork comes first. If you cannot keep your grades up to a respectable level, it shows a lack of commitment to your sport and your teammates. Life is full of "busy"- if you can't manage schoolwork and sports, you need to start learning how to! Your behavior grade dictates your eligibility. Make sure you are doing the right thing in class, so you don't let your teammates down!

You will be checked out a uniform and possibly some track spikes from us- we expect it back in the same condition it was checked out to you in. Track and field is generally not a very expensive sport, however, one item that you need to make sure you have is a very high quality pair of running shoes. Poor shoe choices can ruin your track season, and even your athletic career. We recommend Asics or Brooks shoes, as we have had a lot of girls have issues with Nike shoes. Peak Performance in Sioux City (next to the old Hobby Lobby building) can measure your feet and tell you exactly what shoe best fits your running style- tell them Coach Krajcek sent you over and you'll receive a 15% discount on your purchase.

We also recommend having quality practice clothing if at all possible. Cotton clothing gets very wet and doesn't breathe well- so a normal t-shirt as a base layer in cooler weather can become quite chilly. There are a lot of quality running clothes on the market that can be found for a reasonable price- look into it!

## **Competition**

We have a schedule that allows all members of our team to compete against athletes of a similar ability as they are. Our varsity schedule is a challenging one that prepares us for the end of our season- RCC conference meet and the district and State meets. Our JV schedule includes ample opportunity for our new athletes or those not ready for varsity competition to test themselves and see how much better they are getting throughout the course of the season.

We travel to meets as a team- the bus is a place where team unity strengthens, where coaches make announcements regarding the competition that day, and ensures that you arrive at the competition site safely and on time. We understand that from time to time a parent may want you to ride home with them after an event. As long as this is an occasional thing, and your parent speaks to a coach beforehand, this shouldn't be an issue. The major emphasis here is that **you are expected to be at the track meet supporting your teammates until the final runner finishes their last race.** Basketball or football players don't get off the bench and leave for home in the third quarter, or if they foul out, neither should our track athletes. Failure to stay until the end can result in disciplinary action.

When we are competing, we expect our athletes to remain engaged in what is going on. Under no circumstance should an athlete leave the competition venue without first clearing the reason with a coach. We are responsible for your safety, and having athletes where they aren't supposed to be is something that we will not tolerate. Violation of this will lead to severe consequences, up to and including requiring a parent to travel to the competition site to take you home, dismissal from the team, and further disciplinary action from school administration.

We have a team camp at every location we compete. This is a place for us to keep our bags, to change into spikes, or to stretch out before a competition. This is not a place to lie around all day, take a nap, etc. We expect you to be cheering your teammates on- a track meet is a busy thing, and there is always something going on for you to watch. Part of being a great team is having great support!

Track and Field is a sport where it is pretty easy to determine a varsity lineup. However, we have different goals for every meet throughout the season- some we attempt to put everything we have into trying to win- i.e. conference, and some we put our individuals in events that give them the best chance to succeed- i.e. districts. Your coaches will put you in events accordingly- just because you may be one of the 4 fastest 400 meter runners on the team doesn't necessarily mean you will always run in the 4x400 relay. There are a lot of factors that may impact this, such as coaches trying different combinations, athletes in different events, etc. Trust that your coaches know what they are doing 😊 We will not put you in an event that we don't think you can be successful in.

## **Earning a Letter**

In order to earn a Varsity Letter, an athlete must:

Score in 2 or more major varsity meets

Complete the season with no unexcused absences

Be supportive of team goals and of their teammates (coach's discretion)

## Lady Cardinal Track and Field Coaching Staff

We are very fortunate to have a fantastic coaching staff here at South Sioux City for track and field. We have a great mix of teachers who have experience at all levels of the sport- from high school to NCAA Division 1. Between us, we have experienced the highest of highs and the lowest of lows from an athletic standpoint. All of these coaches also care about helping you grow into a better person- not just a better athlete. Athletics teaches many life lessons that you will take with you long after you have competed in your last competitive race or thrown your last throw. Take advantage of these opportunities to learn! Be “coachable”- our coaching staff knows a thing or two about this sport- listen and follow our directions to maximize your potential!

Coach	Email	Phone #	Emphasis
Head Coach- Joe Krajicek	<a href="mailto:joe.krajicek@ssccards.org">joe.krajicek@ssccards.org</a>	(school)402-494-2433	Everywhere
Coach Ramsey Fitzsimmons	<a href="mailto:Ramsey.fitzsimmons@ssccards.org">Ramsey.fitzsimmons@ssccards.org</a>	402-494-2433	Distance
Coach Adam Hinds	<a href="mailto:Adam.hinds@ssccards.org">Adam.hinds@ssccards.org</a>	402-494-2433	Discus (Girls Throws)
Coach Trish Martin	<a href="mailto:Trish.martin@ssccards.org">Trish.martin@ssccards.org</a>	402-494-2433	Sprints/Relay
Coach Stephen Snyder	<a href="mailto:Stephen.snyder@ssccards.org">Stephen.snyder@ssccards.org</a>	402-494-2433	Pole Vault
Coach Dwight Freiberg	<a href="mailto:Dwight.freiberg@ssccards.org">Dwight.freiberg@ssccards.org</a>	402-494-2433	High Jump/Hurdles
Coach Sean Fitzsimmons	<a href="mailto:Sean.fitzsimmons@ssccards.org">Sean.fitzsimmons@ssccards.org</a>	402-494-2433	Boys Head Coach
Coach Nate Vajgrt	<a href="mailto:Nate.vajgrt@ssccards.org">Nate.vajgrt@ssccards.org</a>	402-494-2433	Horizontal Jumps
Coach Olivia Ferguson		402-494-2433	Shot Put (Boys Throws)

### Chain of command

In the event that an issue arises that you or your parents have a concern about, we have a chain of command in place to address these concerns. Please adhere to this, as it will allow the process to go smoothly and avoid misunderstandings and unnecessary problems!

*If you have a concern:*

1. The student athlete talks to Coach Krajicek
2. The student athlete and their parents talk to Coach Krajicek
3. Talk to Activities Director Jeff Squire (402-494-2433) with Coach Krajicek and your parents in attendance
4. Talk to Principal Ashley O’Dell
5. Talk to Superintendent Todd Strom
6. Talk to the South Sioux City Board of Education

You should avoid skipping a level of the chain of command- most problems are misunderstandings that can be fixed with a short conversation, and those further down the chain won’t know anything about what’s going on!

## 2020 Schedule

<b>DATE</b>	<b>Time</b>	<b>Meet Name</b>	<b>Location</b>	<b>Who's Competing</b>
March 18 <sup>th</sup>	4:00	Concordia Invite	Seward, Ne	Mainly Varsity
March 30 <sup>th</sup>	2:00	Scotus Relays	Pawnee Park, Columbus	Most of us
April 1 <sup>st</sup>	1:30	Platteview Invite	Springfield, NE	Mainly Varsity
April 6 <sup>th</sup>	2:30	Knights of Columbus Inv	Gretna, NE	Mainly Varsity
April 8 <sup>th</sup>	2:30	Vermillion Invite	Vermillion, SD	Junior Varsity
April 13 <sup>th</sup>	4:00	SSC JV Invite	South Sioux City	Junior Varsity
April 16 <sup>th</sup>	TBA	Sioux City Relays	Olsen Stadium (Morningside)	Freshman
April 17 <sup>th</sup>	TBA	Sioux City Relays	Olsen Stadium (Morningside)	Mainly Varsity
April 19 <sup>th</sup>	4:30	Sergeant Bluff Invite	Sergeant Bluff, IA	Junior Varsity
April 20 <sup>th</sup>	2:00	Bennington Invite	Bennington, NE	Mainly Varsity
April 22 <sup>nd</sup>	3:00	Nebraska Track Festival	Papillion LaVista South	Qualifiers Only
April 22 <sup>nd</sup>	1:00	Ponca Invitational	Ponca, NE	Junior Varsity
April 27 <sup>th</sup>	4:00	Dakota Valley Invite	Dakota Valley, SD	TBA
April 29 <sup>th</sup>	2:00	South Sioux City Invite	South Sioux City	Everyone
May 6 <sup>th</sup>	11:00	River Cities Conference	Omaha Skutt HS	Everyone
May 12 <sup>th</sup>	TBA	District B-4 Track Qualifier	Boone Central High School	Varsity Only
May 21 <sup>st</sup> -22 <sup>nd</sup>	TBA	Nebraska State Meet	Omaha Burke High School	Qualifiers Only

I certify that I have read and agree to the policies outlined in this handbook. I realize that the opportunity to compete for South Sioux City is a privilege that can be taken away should I fail to meet the responsibilities entrusted to me regarding school work, attitude, attendance, social media usage, or any other area where I am a representative of South Sioux City Track and Field.

This page needs to be signed by both you and a parent and returned to Coach Krajicek before you can compete!

_____	_____	_____
Athlete Name (Printed)	Athlete Signature	Date

_____	_____	_____
Parent/Guardian Name (Printed)	Parent/Guardian Signature	Date

EMAIL:

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