



# Copper Hills Track and Field - 2017



**Head Coaches:** Mr. Papendorf & Mrs. Cords

**Event Coaches:** • Distance/Sprints: Mrs. Cords • High Jump: Mr. Papendorf  
• Long Jump: Mrs. Lindsey • Shot Put: Mr. Wilcox

**Events:** 100m, 200m, 400m, 800m, 1500m, 4 x 100 Relay, High Jump, Long Jump, Shot Put  
Athletes will be given an opportunity to try the different events and will be placed into events at the coach's discretion and for the overall benefit of the team.

## Practice Schedule/Expectations:

- Practice will be held 3:30 p.m. – 4:30 p.m. Mondays, Tuesdays, Thursdays and Fridays. (High Jump participants may need to stay longer to put the mats away)
- Relay runners are required to participate in another running event. Coaches will split daily practices evenly among events.
- Athletes are required to participate in 75% of the weekly practice schedule to be allowed to participate in the Area Elementary Qualifying meet and for Block CH. Tardies and early dismissals will be taken into effect for daily attendance.
- In order to receive Block CH points, the athlete must meet the attendance requirement and attend both practice meets.
- Athletes must attend practice the day before the meet.
- Relay Team athletes should attend 100% of weekly practice, or they may forfeit their spot.
- Practice ends 5/5 for athletes not qualifying for the CN Area meet; Practice ends 5/12 for those not qualifying for the CN Area Championships; Practice ends 5/19 for athletes not qualifying for the Individual District Championships.

## Meet Schedule:

- April 27 @ 1:00 p.m. – Clovis East – Practice Dual meet
- May 5 @ 1:30 – 4:15 p.m. – Dry Creek Elem. – Practice Tri-meet
- May 12 @ 10 a.m. – Clovis North Area Elementary Qualifier @ Clovis North Track
- May 19 @ 9:30 a.m. – Clovis North Area Elementary Championships @ Clovis North Track – 3 qualifying athletes per event from 5/12
- May 26 @ 9:30 a.m. – District Individual Championships @ Clovis East - qualifying athletes from 5/19
- Meets last approximately 4 – 5 hours • Bus transportation is provided to and from the meets.

**Equipment:** Athletes are expected to wear appropriate running shoes (please no Vans or Converse), shorts, and shirt. Spikes are NOT allowed at practice, but Pyramid Spikes 3/16" are allowed for Meets. Please bring a water bottle and wear sunscreen.

**Bad Air Quality:** District policy states that athletes with asthma listed on their medical info card will NOT be allowed to participate if the air quality reaches the Orange Level.

**Meet Sign Out:** Track and Field is a Team sport and ALL athletes will be required to stay for the entire meet to support their Team. If an athlete must leave the meet early, Coach Papendorf must be notified 24 hours prior to the meet. Athletes riding home from a meet with a parent or other authorized individual must have a signed release on file, and be signed out with the Head Coach. Phone calls are not accepted. Athletes that fail to be signed out from a meet will be removed from the team.

I have read and understand the above Track and Field information.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Athlete

**Parents:** Please make a copy for yourself and return the original to the office by Friday 4/21.