

## Sayreville War Memorial High School Boys Spring Track

Welcome to the Sayreville High School Spring Track team. We are very excited to work with you this year and help you to improve as a runner, jumper, or thrower. Spring Track is a sport full of challenges, but also fulfillment. If you are willing to put the time and effort in, you will see your performances improve dramatically. Some things to know about being on the team:

1. Commitment and Communication: As a member of the Spring Track team, you are expected to be in attendance at all practices and meets, beginning on Friday, March 3rd. Being a member of any team or activity is a commitment, and we expect you to be able to fulfill that commitment. It is understandable that in high school you will be a part of other clubs or activities, and that is fine, but be aware that if you are consistently missing practice or meets, you may not be permitted to compete, and your opportunity to make varsity may be in jeopardy. Should you not be able to attend a practice or a meet, it is important that you let a coach know in advance. Communication is extremely important.

2. Responsibilities: You are a student athlete. The key word there is student. Your grades are extremely important. If your grades begin to suffer due to your commitment to the team or other activities, you will be unable to participate.

3. Training: Spring Track is a very challenging sport. The only way to improve is to consistently train. All the workouts that you are asked to do at practice, or on your own, are designed to help you improve. If you do not put the work in, you will not see results. Walking during runs or sitting during workouts because you are tired will only hurt you and hold you back. People understandably get tired, but as a member of a Spring Track team, you have to rise above that occasionally.

4. Equipment: Spring Track presents a number of challenges due to the weather. On any given day, we may be outside in the cold, or indoors, so be prepared with comfortable workout attire for any situation. You also need a good pair of RUNNING sneakers. Please do not show up to practice in casual sneakers, basketball sneakers, or skating shoes. To race, it is recommended that you purchase track spikes, but it is not required.

5. Harassment, Intimidation, Bullying, and Hazing: Bullying in any form will not be tolerated on this team. Anyone who is found to be engaging in any form of hazing, harassment, intimidation, or bullying will be removed from the team, and reported to school administration for disciplinary action. In accordance with district policy, all athletes will be required to complete an online anti-bullying training course before competition begins. In addition, all athletes, and at least one parent/guardian, must attend a meeting on Saturday (DATE TO BE DETERMINED) in the cafeteria, in order to participate.

Sayreville Spring Track Varsity Standards Unlike other sports, your Varsity or JV status is determined at the end of the season. It is based on your performance throughout the current season, which means varsity must be “earned” each year, regardless of your status in previous years. In order to make Varsity, you may not miss more than unexcused 5 practices, and you must fulfill at least one of the following requirements:

1. Be a senior who has completed the season.
2. Be a member of the Spring Track team for 3 FULL seasons.
3. Score individual or relay team points in a VARSITY race.
4. Meet the below standards AND be one of the top 3 performers in your event:

400 Intermediate Hurdles	1:03
100 Meter Dash	11.7
1600 Meter Run	5:00
400 Meter Dash	:53
110 High Hurdles	15.8
800 Meter Run	2:13
200 Meter Dash	23.9
3200 Meter Run	10:23
4x400 Meter Run	3:37
Long Jump	19'
Triple Jump	39'
High Jump	5'8"
Pole Vault	10'
Shot	38'
Discus	120'
Javelin	125'

**PRACTICE BEGINS ON FRIDAY, MARCH 3RD AT 2:30 PM. MAKE SURE THAT YOU COME PREPARED TO WORKOUT ON DAY 1!** For news, updates, and information about practice/meet cancelations, subscribe to the Sayreville Boys Spring Track Remind App. Text 81010 and put @Saytrack in the message to subscribe.