

Bloomfield Hills High School
Boys and Girls Track & Field
Varsity Letter Standards & Team Rules

1. Daily Attendance and Timely attendance throughout the season is mandatory
 - A. **Daily practice is Monday - Friday, from 3:00 p.m. - 5:00 p.m.**
 - B. Whenever possible Dr. and Dentist appointments should be scheduled to avoid practice.
 - C. Tutoring should occur outside the practice schedule.
 - D. Missing practice or a meet because of employment is not a valid excuse.
 - E. If you do not check in to see the head coach before practice, about missing practice the absence be considered unexcused (unless there is an emergency).
 - F. **First** excused absence- allowed
Second unexcused absence- cannot participate in next meet
Third unexcused absence- dismissal from team.
 - G. Injuries and illnesses should be reported immediately to the head coach and athletic trainer to ensure the safety of the athlete.
 - H. Any athlete with an injury should report to practice for treatment or consultation with the trainer, John Ciecko.
2. Track and field athletes are expected to be respectful and display appropriate behavior throughout the season- **see student code of conduct.**
3. Student must be academically eligible to participate in track and field:
4. Any **athlete** who feels the need to talk with the coach needs to follow the appropriate steps.
 1. Cooling off period- wait one day gather your thoughts relax and set up a time to talk with the coach. Part of becoming an adult/student athlete is dealing with failure and success appropriately.

Varsity Participation

Varsity starting line-up: The fastest athlete or the the athlete which throws or jumps the farthest or highest in each event will be on the varsity roster which is the top 3 athletes for each event. Weekend meets or Invitationals may change from one meet to another based upon the rules of the meet. In other words one meet may allow one athlete and another may allow 2 athletes or 3 athletes per event. Athletes should always be prepared to participate on any given weekend in an Invitational, athletes may become sick or injured any day.

Captains

Captains are chosen by the Track & Field staff based on the following:

Attendance	Leads in practice	Motivator
Gives maximum effort everyday	Sets a positive example off the field	Leads by example
Coachable	Takes charge without the coach	Open to feedback
Good Sportsmanship	Builds team spirit	Follows Direction
Takes Responsibility for mistakes	Caring	Takes care of self
Communicates with all teammates	Courageous	Follows code of conduct
Stays positive	Caring	Finds own strength as leader
Works with teammates	Consistent	
Sets goals with team-individuals	Never let up or give up	

Varsity Letter Requirements:

The coach reserves the right to determine whether the track and field athlete has met the listed criteria for a varsity letter.

#1 Any athlete that scores 10 or more points throughout the season in a varsity meet qualifies for a varsity letter (attendance for the entire season is mandatory).

#2 Any athlete that meets one of the standards listed below at a meet (attendance for the entire season is mandatory).

Event	Standards		Event	Standards	
	Boys	Girls		Boys	Girls
Shot Put	40'	31' 6"	1600 m Run	4:50	5:43.5
Discus	121'	95'	400m (4x100m) Relay	-----	-----
High Jump	5' 11"	4' 9"	400m Dash	:54.2	1:04.2
Long Jump	19' 5"	14' 10"	300m I.M.Hurdles	:45.7	:51.5
3200m (4x800m) Relay	-----	-----	800m Run	2:08.0	2:32.7
110m/100m H.Hurdles	:16.9	:17.2	200m Dash	:24.3	:28.1
100m Dash	:11.9	:13.5	3200m Run	10:30.0	12:41.0
800m (4x200m) Relay	-----	-----	1600m (4x400m) Relay	-----	-----

**2019 BHHS Boys & Girls
Track & Field
Schedule**

Date	Meet	Location
Monday March 11	1st day of Practice	BHHS Main Gym
Wednesday March 20	SVSU D1 Indoor Invitational	Saginaw Valley State University
Wednesday March 27	Bloomfield Hills @ Avondale	Avondale
Wednesday Apr 10	Troy Athens @ Bloomfield Hills	BHHS
Wednesday April 17	Rochester Hills Stoney Creek @ Bloomfield Hills	BHHS
Friday/Saturday April 20	Balawajder Coed Relays @ Milford High School	Milford High School
Saturday April 27	57th Annual Elmer Ball Oxford Invitational	Oxford HS
Wednesday May 1	Bloomfield Hills @ Troy	Troy HS
Saturday May 4	New Balance Invitational	Farmington HS
Thursday, May 9	OAA Red-White Championships	Oxford HS
Wednesday May 15	Bill Breen JV Relays	Troy HS
Friday May 17	MHSAA LP Region 09-1 @ Lake Orion	Lake Orion HS
Friday May 24	Oakland County Championships	Clarkston HS
Saturday May 25	Freshman Oakland County Championships	Milford HS
Saturday June 1	MHSAA Finals	East Kentwood HS

Bloomfield Hills High School

Track & Field

All physicals and Concussion forms must be turned in to John Ciecko to participate in practice or a meet NO EXCEPTIONS

Pay to play and Booster fee must be completed before an athlete will receive a uniform or can participate in a meet. If there is a need for financial assistance please contact either coach or RJ Guizzetti- Athletic Director (see contact information below)

Pay to play is \$200.00

Booster fee is \$75.00

Booster fee is used for athlete shirts, food and to purchase items for athletes to use during the season (example: rolling stick, sprinter bands, elastic bands etc.).

What to wear or bring to practice/meet?

BE PREPARED! We will go outside in cold weather if possible.

1. Hat/Gloves
2. Running shoes (new not old) Running Gear, Running Fit, Gazelle Sports, Hansons Running Shop
3. Throwing shoes order online or through Running Gear
4. Sweat Pants, Sweat top
5. Water Bottle/Water (we will provide athletes with water if they do not want to bring one).
6. Invitational gear: Food, water, blanket, extra clothing

Athletic Trainer John Ciecko: 1-248-341-5661 jciecko@bloomfield.org

Jon Hall Boys Head Coach: 1-313-910-8488 jonathanhall79@yahoo.com

David Richardson Girls Head Coach 1-248-842-4680 drichardson@bloomfield.org

R.J. Guizzetti, Athletic Director: 1-248-341-5669 rguizzetti@bloomfield.org

Websites:

Athletic.net

School website: <https://www.bloomfield.org/schools/bloomfield-hills-high-school/athletics/track-field>

Instagram: bhhsxc_tf

Facebook:Black Hawks Cross Country



2019 Season Information