

2021 Falcon Parent/Student-Athlete Information

Falcon Track & Field

We operate under rules of the OHSAA, USATF and Archdiocese of Cincinnati, and Bishop Fenwick High School. Track and Field is a sport that you can compete in throughout life. There is no age limit. No other activity in high school comes anywhere near the intensity and thoroughness of track & field as it prepares the youth of today to be the consummate leaders of tomorrow. The athletes who immerse themselves in this sport develop the mental ability to deal with life's difficulties, the physical understanding of health and its relationship to overall happiness, and most importantly, draw the connection between personal hard work and the truly satisfying rewards that come from it.

Track & field has only one aspect which can be both positive and negative . . . it is the 'great revealer' of a human being's internal character. When you challenge yourself with this sport, in time you are forced to look inside yourself and confront what makes up the measure of the man or woman you will be. Team sports offer a 'way out' . . . an 'excuse' . . . a 'rationalization for substandard effort'. Track & field gives no such luxury. The negative aspect of this can frighten a young athlete, we push student-athletes while building their character. It is much more than just a sport of running, jumping and throwing.

To help build connection this year, we will have an internal team competition. Once the Crimson and Gold meet concludes, we will draft teams. Members of the team will gain points in a variety of ways to help their team. At the end of the season, their will be an overall team champion. More details to come.

The Sport

Event Areas:

Throws (Hammer Throw, Shot Put, Discus)

Jumps (Long Jump, High Jump, Pole Vault)

Sprints (100, 200, 400)

Hurdles (100/110, 300)

Distance (800, Mile, 2 Mile)

Relays (4x100, 4x200, 4x400, 4x800)

The Team

We started re-establishing the track program in the summer of 2019. This will be the first season of competition with new direction. Historically, we have had great success at Bishop Fenwick. State champions, Division I athletes, and Conference Champions have come through Falcon Country. Your goal should be to include your name on that list.

Goals for 2021:

- 1. Win GCL Championship**
- 2. Top 10 Team at District Championships**
- 3. Multiple State Qualifiers**
- 4. 70% of performance are PRS**
- 5. Regional qualifiers in both genders**

The Commitment

Although the traditional high school track season goes from March- June, to compete on a national level our athletes train virtually year-round. An athlete that wants to compete at the next level should be competing over the summer in USATF meets (Junior Olympics). Except for this year, we will have a summer program for those that want to train and compete. Once the fall arrives, you should be in a fall sport or in the weight room. Outside interests during the season are distractions and will prevent your from being your best. **DO NOT PRACTICE/TRAIN/COMPETE IN ANOTHER SPORT OR CLUB WHILE IN SEASON!** We don't expect you to train for track if you are in basketball, football, etc., so they should not expect it while you are in track. If your other coach has a problem, then send them to Coach Buckler.

Uniforms & Equipment

Our school provides a uniform. Training shoes, event shoes, warm-ups, etc. are the responsibility of the student-athlete. This year we are not requiring a warm-up since last year so many bought new ones. In the future, we will try to keep the same style to allow one purchase or possibly two over the course of a career. Event shoes are required. Typically, event shoes will last 2-4 years, depending on upkeep. Please talk to your event coach for their recommendations. First to the Finish, Academy Sports, Dick's Sporting Goods, or Amazon are good location. Event shoes are made in limited quantities, so the sooner you get them the better. I also recommend looking at the end of the summer for discounted stock to have a second pair.

Awards Banquets

Upon completion of each season, the team will host an awards banquet that recognizes team and individual excellence as well as participation by all. With Covid-19 last year, we did not have a banquet, so more information will be coming. We would love for a parent to head up a committee to help make this a special event for our student-athletes and families.

Tentative Date: June 7, 2021 @ 6:00 pm

Awards

Track Athlete of the Year

- Top Scorer for all Track Events (Tie breaker, highest finisher at State level)

Field Athlete of the Year

- Top Scorer for all Track Events (Tie breaker, highest finisher at State level)

Freshman of the Year

- Top Scorer for all Freshman (Tie breaker, highest finisher at State level)

Athletic Letter

- Criteria:
 - Option 1: Regional Qualifier
 - Option 2: 80% Attendance, Scored in 50% of meets
 - Option 3: 100% Attendance, Competed in 100% of meets

Fundraisers

Due to school policies, we do not run fundraisers. However, we do host a CYO meet in late April. This takes involvement by all to make this a great event for our youth. Track is one of the most expensive sports, therefore, needs are constant. Our coaches always have a wish list and anyone looking to donate can contact us. With the announcement that a new track will be coming our way this summer, the coaches have a vision of what we would like to see. Sponsorship opportunities may exist for event areas.

Scholarships

Every athlete that competes for the Falcons can compete at the next level. Scholarships are limited and are typically partial. At the college level, all NCAA Divisions (I, II, and III) compete against each other. Additionally, NAIA schools will compete against NCAA schools. This is different than most sports and provides each student-athlete and opportunity to find the best situation for themselves. As for athletic scholarships, NO NCAA DIVISION III SCHOOLS can offer you athletic money. NCAA Division I and II and NAIA schools can offer athletic money. Student-athletes that want to compete at the next level, need to talk to their event coach. Several of our coaches have relationships that will help open doors. We will not be a “sweatshirt” sport. We are here to build young men and women, while competing for championships.

The Competition

During the track season, our student-athletes will throw, run, and jump against local, regional, and national level competition. We will compete in Tri-meets, Quad Meets, and Invitationals. Meets sometimes restrict the number of entries. We will not have more than 4 student-athletes in any one event. At the end of the season, we will compete in the GCL Championships and the OHSAA Tournament. The farther the student-athlete goes, the better the experience. We will also promote summer competition in USATF track meets. Those that want to compete at the next level, need to invest in summer track.

Travel

We will travel by both bus and self-transport. Going into the week and itinerary will be posted on which travel method we will be using. If we are taking a bus, then the expectation will be that students will ride to and from the meet. We realize things come up from time to time, the student-athlete can provide a signed parent note 48 hours prior to our meet to ride to and from the meet. These are exceptions and not a regular occurrence. Athletes travel together using the same mode of transportation and we use this as part of our 'team time' together.

Training

There are four parts to training for Falcon Track & Field. First, showing up for practice and working as hard as you possibly can. Showing up is only part of the equation. We must practice like we compete. Pay attention to the detail and focus on each aspect of your event. Second, nutrition is vital to maintain your performance. That includes hydration. You need to aim for consuming half of your body weight in water (ounces). Also, quality food is important. Natural, local, and fresh are the best choices. We will take about supplements in another section, but a simple rule for protein is consuming 1 gram for every 2 pounds of body weight. Lean sources are the best, a.k.a., the less legs the animal has, the more I should consume. Third, sleep! sleep! sleep! Put the phone down and turn the TV off. If you want to compete at your best, your goal is 8-9 hours a night and trying to stay on a routine of going to bed and getting up at the same times each day. Finally, recovery is key to train and compete at your best. When it is a rest day, then rest. If it is an active recovery day, the move lightly. Stretching or rolling out before going to bed and getting up can aid in performance. I recommend using a vibrating roller, not the stationary ones. If you have the means, then look at booking a massage monthly and/or using a TENS machine at home to increase recovery.

Supplements

Supplements are what they sound like, supplementing a normal diet. If you are eating a variety of foods, then you will consume most of what you need. Everyone should take a multi-vitamin daily. Beyond a multi-vitamin, make sure to consult the staff about you want to take. Several student-athletes will take a protein powder to get enough protein in their diet. If you are a thrower, jumper, or sprinter you may consider taking a creatine supplement. Several quality brands are at there. Stick with reputable companies like AdvoCare, TB12, Muscle Milk, Gatorade, or Met-Rx.

Weights

Strength training is vital to any athlete, regardless of event. Explosion Fitness will have lifting for the track program on Tuesday and Thursday at 3:15 pm. If you are a thrower, **YOU WILL NOT GO TO THESE SESSIONS**, instead you will be lifting Tuesday and Thursday morning before school with Coach Buckler.

THE FALCON WAY

We are not into creating themes like other sports. Track is a different animal. Track and field athletes sometimes train for four years to compete in one meet. It is also a sport where you cannot hide. Numbers do not lie. You either threw the distance or not, jumped the height or not, or ran the time needed to qualify or not.

The Falcon Way is to trust the process. The process is simple. Each day we push our individual bar higher. We either continue to move that bar higher or we fail too. Our goal is to not look at the outcome but focus on the bar we have set and rise above it. If we continue to do this day in and day out, then we will sit down one day and realize that we reached the goals that we thought never possible. When we celebrate success and not the standard we have set, then we fail to reach our potential. Win our lose, our standard is what is important. We study, train, practice, and compete to our standard. Great athletes don't care if they win or lose, they care if they performed at their best.