

MASON CITY TRACK AND FIELD



2010

MASON CITY TRACK AND FIELD COACHING STAFF

MASON CITY HIGH SCHOOL

**HEAD COACH
JED VORBA**

ASSISTANT COACHES

**DAVID DURBALA
DAVID JACOBSON
TYLER KETELSEN
KATHLEEN KRUCKENBERG
JIM LEE
CORY QUAIL**

MASON CITY MIDDLE SCHOOL

**HEAD 8TH GRADE BOYS – MIKE GLYNN
HEAD 8TH GRADE GIRLS – JOHN LEE
HEAD 7TH GRADE BOYS – JAREESE WILLIAMS
HEAD 7TH GRADE GIRLS – TBA
ASSISTANT BOYS – TBA
ASSISTANT GIRLS – KRYSTAL BERDING**

MASON CITY TRACK AND FIELD LETTER REQUIREMENTS

1. ATTEND ALL PRACTICES

2. EARN 50 POINTS – ONE POINT PER VARSITY EVENT

- A. INDOOR MEET – MULTIPLE POINTS EARNED BY ONE**
- B. OUTDOOR MEETS – MULTIPLE POINTS EARNED BY TWO**
- C. CONFERENCE MEET – MULTIPLE POINTS EARNED BY THREE**
- D. DRAKE RELAYS – MULTIPLE POINTS EARNED BY THREE**
- E. DISTRICT MEET – MULTIPLE POINTS EARNED BY FOUR**
- F. STATE MEET – MULTIPLE POINTS EARNED BY FIVE**

3. OTHER WAYS TO EARN POINTS

- A. MEMBER OF THE 100 MILE CLUB - 5 POINTS**
- B. MEMBER OF THE 200 MILE CLUB - 10 POINTS**
- C. MEMBER OF THE 300 MILE CLUB - 15 POINTS**
- D. MEMBER OF THE WEIGHTMEN'S CLUB - 5 POINTS**
- E. SET A NEW VARSITY RECORD - 10 POINTS**
- F. TEAM VICTORY IN A MAJOR MEET - 10 POINTS**

4. COACHES DISCRETION

- A. ILLNESS**
- B. INJURY**
- C. PREVIOUS LETTERWINNER**
- D. SENIOR PARTICIPANT**
- E. VARSITY PARTICIPANT**

MASON CITY TRACK AND FIELD

CAN THE 2010 TRACK AND FIELD TEAMS.....

- 1. HAVE FUN**
- 2. HELP TO IMPROVE ALL ATHLETIC TEAMS AT MASON CITY**
- 3. BE POSITIVE ROLE MODELS**
- 4. QUALIFY RELAYS AND INDIVIDUALS FOR THE DRAKE RELAYS**
- 5. PLACE IN THE TOP THREE AT CONFERENCE**
- 6. WIN A MAJOR TRACK AND FIELD MEET**
- 7. SCORE POINTS IN THE STATE TRACK MEET**

CAN I AS AN INDIVIDUAL

- 1. HAVE FUN**
- 2. IMPROVE AS AN ATHLETE**
- 3. LEARN AND BE AN A CONTRIBUTOR TO THE PROGRAM**
- 4. PLACE IN A MAJOR MEET**
- 5. LETTER**
- 6. QUALIFY FOR DRAKE**
- 7. PLACE AT CONFERENCE**
- 8. QUALIFY FOR STATE**
- 9. PLACE AT STATE**
- 10. WIN AT STATE**

MASON CITY TRACK AND FIELD TRAINING RULES AND POLICIES

1. WE WILL FOLLOW THE GUIDELINES SET DOWN IN THE MASON CITY STUDENT HANDBOOK FOR VIOLATIONS OF THE STUDENT GOOD CONDUCT POLICY:

FIRST VIOLATION – NOT LESS THAN 28 CONSECUTIVE DAYS OF INELIGIBILITY FROM PARTICIPATION IN ALL STUDENT ACTIVITIES AS DEFINED IN POLICY 503.4.

SECOND VIOLATION – NOT LESS THAN 56 CONSECUTIVE DAYS OF INELIGIBILITY FROM PARTICIPATION IN ALL STUDENT ACTIVITIES AS DEFINED IN POLICY 503.4.

THIRD VIOLATION – NOT LESS THAN ONE CALENDAR YEAR OF INELIGIBILITY FROM PARTICIPATION IN ALL STUDENT ACTIVITIES AS DEFINED IN POLICY 503.4.

2. MISSING A PRACTICE WITHOUT NOTIFYING THE COACH AHEAD OF TIME WILL CAUSE THE ATHLETE TO MISS THE NEXT TRACK MEET. BEING LATE WILL RESULT IN INDIVIDUAL TRAINING. COMMUNICATION AND PUNCTUALITY ARE VITAL COMPONENTS OF ANY SUCCESSFUL PROGRAM.

3. EAT A WELL BALANCED DIET. THIS MEANS CUTTING DOWN OR REMOVING CANDY, PEANUTS, POTATO CHIPS AND POP. THE MORE JUNK FOOD YOU EAT AND DRINK, THE TOUGHER IT IS ON THE BODY.

4. REPORT ALL INJURIES NO MATTER HOW TRIVIAL. COMMUNICATE TO MR. TRYTTEN. PROMPT TREATMENT PREVENTS FURTHER INJURY AND HASTENS RECOVERY.

5. STRETCH EVERY DAY. FOLLOWING A VIGOROUS STRETCHING PROGRAM DECREASES INJURIES, IMPROVES FLEXIBILITY AND ENHANCES PERFORMANCE.

6. GET ENOUGH REST. THERE IS NO QUESTION THAT OPTIMAL PERFORMANCE OCCURS WHEN THE STUDENT ATHLETE HAS RECEIVED AT LEAST EIGHT HOURS OF SLEEP. A GOOD RULE OF THUMB TO FOLLOW IS TO BE IN BED NO LATER THAN 10:30 PM ON WEEKDAYS AND 12:30 ON WEEKENDS. TRY TO BE IN BED BY 10:00 PM THE NIGHT BEFORE A MEET.

7. REMEMBER YOU ARE NOT ONLY REPRESENTING THE MASON CITY TRACK AND FIELD TEAM, BUT THE SCHOOL, YOUR FAMILY, YOUR COACHES AND THE COMMUNITY.

8. UPON COMPLETION OF THE TRACK AND FIELD SEASON YOU SHOULD GAINED SUCCESS AND PERSONAL REWARD, ENJOYED TEAM UNITY, HAD FUN, INCREASED YOUR BODY STRENGTH AND ACHIEVED CARDIOVASCULAR FITNESS.

MASON CITY TRACK AND FIELD STRENGTH PROGRAM

The program is divided in to two basic segments: the core lifts and the auxiliary lifts. Core lifts are those exercises which are deemed to be the most important for developing athletic potential. Core lifts are the big exercises which work more than one muscle group and require a greater emphasis of time and energy. The basic core lifts are the squat, hang clean and bench press.

Auxiliary lifts are also important in the development of athletic potential. These exercises usually only involve one muscle group and require less time and energy than core lifts.

BENCH PRESS

**Middle or standard grip – don't arch
Wrap thumb and fingers
Blow out on push phase – in on down phase**

SQUAT

**Feet under bar – don't lean over – elbows under
Proud chest – bust buttons
Parallel thighs to ground – chin up**

HANG CLEAN

**Russian – narrow stance – squat to bar – up to kneecap
Romanian dead lift – lift – down to knees – pop it up
High pull – lift – down then up to chest
High pull and wrap – elbows under and wrists in**

MASON CITY TRACK AND FIELD STRETCHING PROGRAM

- I. Jumping Jacks**
- II. Right Leg Over Left Leg**
- III. Left Leg Over Right Leg**
- IV. Legs Together**
- V. Sit Down Stretches**
 - 1. Legs together – grab ankles**
 - 2. Legs apart – reach down middle**
 - 3. Legs apart – grab right ankle**
 - 4. Legs apart – grab left ankle**
 - 5. Legs together – grab ankles**
- VI. Hurdlers Stretch**
 - 1. Left foot in to right knee – grab right ankle with two hands**
 - 2. Left foot in to right knee – lay over left knee**
 - 3. Left foot in to right knee – lay back**
 - 4. Right foot in to left knee – grab left ankle with two hands**
 - 5. Right foot in to left knee – lay over right knee**
 - 6. Right foot in to left knee – lay back**
- VII. Partner Stretch**
 - 1. Legs**
 - A. Lay on back – scissor right leg**
 - B. Lay on back – scissor left leg**
 - C. Lay on back – right leg in to chest**
 - D. Lay on back – left leg in to chest**
 - E. Lay on back – both legs in to chest**
 - 2. Lower Back**
 - A. Sitting – soles of feet together – pressure on back**
 - B. Sitting – soles of feet together – pressure on knees**
 - C. Laying on stomach – hand on lower back – hold up thigh**
- VIII. Push Ups**
- IX. Sit Ups – Crunches**
- X. Mountain Climber**
- XI. Squat Stretch**
- XII. Free Stretch**
- XIII. Achilles Stretch**
- XIV. Swing Stretch**
- XV. Claw Stretch**

MASON CITY TRACK AND FIELD FORM RUNNING DRILLS

- 1. HIGH KNEES**
- 2. BUTT KICKS**
- 3. MAJORETTES**
- 4. CHOP DOWNS**
 - RIGHT HARD – LEFT EASY – RIGHT EASY – LEFT EASY**
 - RIGHT HARD – LEFT EASY – RIGHT HARD – LEFT EASY**
 - RIGHT EASY – LEFT HARD – RIGHT EASY – LEFT EASY**
 - RIGHT EASY – LEFT HARD – RIGHT EASY – LEFT HARD**
- 5. LUNGE WALKS**
- 6. CARIOCA**
- 7. BACKWARDS**
- 8. BOUNDERS FLOAT**
- 9. HIGH KNEE SKIPPING**
- 10. PERFECT FORM RUNNING**

MASON CITY TRACK AND FIELD CIRCUIT TRAINING

A

Push Ups
Single Leg Squats
Squat Thrusts
Superman
Sit Ups
Arm Drive
Sky Walker
Stars
Walking Lunges
Burpies

B

Leg Lifts
Vertical Jumps
Hip Bridge
Czars
Jump Rope/Line Jumps/Dots
Grass Hoppers
Box Jumps
Claw
Calf Raises
Duck Walk

MASON CITY TRACK AND FIELD PLYOMETRICS

PRE-HOPPING AND BOUNDING DRILLS

- 1. High Knees**
- 2. Butt Kicks**
- 3. 4 X 4**
- 4. Majorette**

ONE-LEGGED HOPPING DRILLS

- 1. One Leg Easy Hopping**
- 2. Knee Straight For Height**
- 3. Knee Bent For Distance**
- 4. Speed**

TWO-LEGGED HOPPING DRILLS

- 1. Knees To Chest For Height**
- 2. Heels To Butt For Height**
- 3. Squat Jumps For Height**
- 4. Squat Jumps For Distance**

BOUNDING

- 1. High Knee Skipping For Height**
- 2. High Knee Skipping For Distance**

ADDITIONAL DRILLS

- 1. Fast Feet**
- 2. Lunge Jumps**
- 3. Stars**
- 4. Czars**

DEPTH JUMPING DRILLS

- 1. Two-legged Jumps On To Boxes**
- 2. Continuous Jumps On To Boxes**
- 3. Two-legged Jumps Off Boxes Over Height**

MASON CITY TRACK AND FIELD

I LIKE TO COACH AN ATHLETE WHO:

**RUNS, THROWS AND JUMPS WITH ENTHUSIASM
HAS A GOOD SENSE OF HUMOR
TAKES THE BLAME FOR MISTAKES EVEN THOUGH THEY MAY NOT BE AT FAULT
IS SENSITIVE TO LULLS IN TEAM MORALE AND TRIES TO IMPROVE TEAM SPIRIT
IS HARD NOSED, GUTTY, DOESN'T GIVE AN INCH, YET IS SPORTSMANLIKE
RUNS THE EXTRA RACE ALONG WITH THE TEAMMATE WHO HAS ANOTHER ONE
TRIES TO ORGANIZE TEAM GET-TOGETHERS OUTSIDE OF PRACTICE
GETS TOUGHER AS THE SITUATION GETS TOUGHER
DOES THE LITTLE THINGS REGARDING TECHNIQUE TO BECOME BETTER
CARRIES THEMSELVES WITH CLASS AT ALL TIMES
BELIEVES IN THEMSELVES AND THEIR TEAMMATES
DOES WHAT IS NEEDED TO BE SUCCESSFUL
IS RESPECTFUL OF PEERS AND PEOPLE WHO SERVE THEM
PUTS TEAM ABOVE INDIVIDUAL GOALS
JUST LOVES THE SPORT AND BEING PART OF SOMETHING SPECIAL
CONSIDERS THEIR EDUCATION OF UTMOST IMPORTANCE AND WORKS AT IT**

I HAVE A HARD TIME COACHING AN ATHLETE WHO:

**TALKS BUT DOESN'T PRODUCE
DRIFTS ALONE RATHER THAN JOINING IN TEAM ACTIVITIES
CONSIDERS THEMSELVES A BETTER PERSON THAN A TEAMMATE WITH LESS TALENT
LOOKS FOR OUTSIDE EXCUSES TO EXPLAIN FAILURE RATHER THAN WITHIN
DOESN'T THINK WHEN RUNNING, JUMPING OR THROWING
LOOKS FOR SHORT CUTS TO SUCCESS
IS TIMID AGAINST GOOD RUNNERS, JUMPERS OR THROWERS
IS CONSTANTLY LATE FOR TEAM FUNCTIONS OR JUST GETS THERE IN TIME
FORGETS TO THANK TIMERS, PICKERS AND FIELD EVENT JUDGES
DOESN'T UNDERSTAND THEY ARE A STUDENT ATHLETE**

MASON CITY TRACK AND FIELD

“YOU’VE GOT TO BELIEVE IN YOURSELF”

YOU HAVE TO PAY A PRICE FOR ANYTHING WORTHWHILE IN LIFE. YOU’VE GOT TO PAY A PRICE TO BE A WINNER. YOU’VE GOT TO PAY A PRICE TO STAY ON TOP, JUST AS YOU MUST PAY A PRICE TO GET THERE.

SUCCESS IS PAYING THE PRICE. THE DIFFERENCE BETWEEN A SUCCESSFUL MAN AND OTHERS IS NOT IN THE LACK OF TALENT, NOT IN THE LACK OF KNOWLEDGE, BUT RATHER IN THE LACK OF WILL. THE WILL IS YOUR CHARACTER IN ACTION AND YOUR CHARACTER IS THE DIRECT RESULT OF DOING.

YOUR CHARACTER IS A DIRECT RESULT OF YOUR MENTAL ATTITUDE. WE SHOULD ALL BE MORE CONCERNED WITH OUR CHARACTER THAN WITH OUR REPUTATION, BECAUSE OUR CHARACTER IS WHAT WE REALLY ARE WHILE OUR REPUTATION IS WHAT OTHERS THINK OF US.

SELF DOUBT PROBABLY IS THE GREATEST CONTRIBUTOR TO HUMAN FAILURE. TO BE SUCCESSFUL YOU JUST HAVE TO BELIEVE IN YOURSELF. NO RESISTANCE CAN STAND IN THE WAY OF A MAN WHO FOCUSES HIS ENTIRE SELF ON A GOAL AND KEEPS THE PRESSURE ON. REMEMBER, IT IS NOT THE SIZE OF THE DOG IN A FIGHT; IT IS THE SIZE OF THE FIGHT IN THE DOG.

TO WIN IN THIS LIFE, YOU SIMPLY HAVE TO GIVE YOUR ALL, EVERY BIT OF YOURSELF. HOLD BACK NOTHING. SET A GOAL AND STICK WITH IT. LIFE CAN NOT DENY ITSELF TO THE PERSON WHO GIVES LIFE EVERYTHING. SUCCESS REALLY RESTS UPON COMMITMENT, UPON LOYALTY AND UPON PRIDE.

ENTHUSIASM CAN CARRY A PERSON THROUGH TOUGH TIMES. IT HELPS IN REALIZING THAT THOSE TIMES AREN’T AS TOUGH AS THEY SEEM. IT IS CONTAGIOUS. IF YOU WANT PEOPLE TO RALLY BEHIND YOU, BE ENTHUSIASTIC. ALL GREAT LEADERS AND GREAT FOLLOWERS HAVE ENTHUSIASM.

BE RESPECTFUL OF OTHERS. THEIR IDEAS AND FEELINGS ARE PRECIOUS POSSESSIONS TO THEM. RESPECT THEIR IDEAS AND FEELINGS AND THEY WILL CONSIDER YOU A SPECIAL FRIEND.

Little eyes are watching

There are little eyes upon you
And they're watching night and day
There are little ears that quickly
Take in every word you say;
There are little hands all eager
To do anything you do;
And a little boy who's dreaming
Of the day he'll be like you.

You're the little fellow's idol;
You're the wisest of the wise,
In his little mind about you,
No suspicions ever rise;

He believes in you devoutly,
Holds that all you say and do,
He will say and do, in your way
When he's grown-up like you.

There's a wide-eyed little fellow,
Who believes you're always right,
And his ears are always open,
And he watches day and night;
You are setting an example
Every day in all you do,
For the little boy who's waiting
To grow up to be like you.

Indispensable Man

Sometime, when you're feeling important,
Sometime, when your ego's in bloom,
Sometime, when you take it for granted,
You're the best qualified in the room.

Sometime, when you feel that your going
Would leave an unfillable hole,
Just follow this simple instruction
And see how it humbles your soul.

Take a bucket and fill it with water;
Put your hand in it up to the wrist;
Pull it out, and the hole that's remaining
Is a measure of how you'll be missed.

You may splash all you please when you
enter;

You can stir up the water galore;
But stop, and you'll find in a minute,
That it looks quite the same as before.

The moral in this quaint example
Is to do just the best that you can.
Be proud of yourself, but remember,
There's no indispensable man!

— Anonymous

Poem — Prayer

Give me a mind that is not bound,
that does not whimper, whine or sigh.
Don't let me worry over much
About the fussy thing called I.
Give me a sense of humor, Lord;
give me the grace to see a joke,
To get some happiness from life
And pass it on to other folk.

— Author Unknown

Ten reasons why I swear

1. It pleases Mother so much.
2. It is a fine mark of manliness.
3. It proves I have self-control.
4. It indicates how clearly my mind operates.
5. It makes my conversation so pleasing to everyone.
6. It leaves no doubt in anyone's mind as to my bringing up.
7. It impresses people that I have more than an ordinary education.
8. It is an unmistakable sign of culture and refinement.
9. It makes me a very desirable personality among women and children and in respectable society.
10. It is my way of honoring God who said, "Thou shalt not take the name of the Lord Thy God in vain."

Gate of life

To each is given a bag of tools,
A shapeless mass and a book of rules,
And each must fashion ere life is flown,
A stumbling block or a stepping-stone.
Isn't it strange that princes and kings,
and clowns that caper in sawdust rings
And common folk like you and me,
Are builders of eternity?

— Author Unknown