



# Summer Creek High School Track and Field

Parent Meeting  
Feb 7, 2018

# Department Support Staff

- Coach TBD & Coach Dixon
  - Athletic Coordinator
- Brent McDonald
  - Principal
- Student Yearbook & Newspaper staff
  - Martha Solomon
- Assistant Coaches
  - Coach Baldon      Asst. Sprints and Relays/Asst. Mid Distance
  - Coach Rodriguez      Shot Put and Disc
  - Coach Smith      High Jump
  - Coach Hughes      Asst. Shot and Disc
  - Coach Lang      Long/Triple Jump
  - Coach Baumbach      Pole Vault
  - Coach Hickey      Asst. Sprints and Relays
- Coach Barrett & Coach Coleman
  - Sports Medicine
  - Trainers
    - Girls'-TBA
    - Boys'- TBA



# Summer Creek Track and Field

2018

Keep Your Eyes on the Prize!

# Academic Goal

- The men's and women teams will build a strong work ethic off the track as well as in the classroom.
- All of the athletes in the program will be in good academic standing with the UIL.

# Mission Statement

The Mission of the Summer Creek High School Track and Field Program is to bring acclaim to the Humble Independent School District through academic and athletic excellence. We will do this by pursuing our education with **V**igor, training to the best of our ability, competing with pride and passion, involving ourselves in the community, and conducting ourselves in an irreproachable manner at all times.

# Summer Creek Athletic Booster Club

- The purpose of the Summer Creek High School All-Sports Booster Club is to provide support to all boys and girls UIL athletic programs.
- We encourage and promote participation in the athletic programs through school spirit with the student body, our parents, and in our community.

**SCHS All-Sports Booster Club General  
Meetings**

TBA

# Goals of Summer Creek High School Track and Field Program

- To assist each student-athlete in their pursuit of an education.
- To provide the athlete with the right tools needed to achieve their goals in life.
- To conduct several community service activities each year.
- To help those who want to compete in Track and Field in college pursue their dreams
- Win The District Meet.

# How Do We Reach Our Goals

- Recruit outstanding student-athletes who have a strong desire to be successful.
- Create and sustain an environment where you can succeed.
- Teach and train with proper Track and Field technique.
- Compete against the best Track and Field teams in the Houston Area.
- Build and maintain a strong base of support for the program.
- Develop the mental toughness in each athlete that is needed to be successful in this sport.



# Specific Team Goals

- Create student-athletes, and not athletes who are students.
- Participate in at least two community service projects.
- Rank in the top twenty on the Texas Track and Field Power Rankings and Tx Milesplit Rankings.
- Beat the BEST!!
- **Improve** from last year's performances and times.
- Win District Honors!!!!

# Responsibilities of a Bulldog Track and Field Athlete

- Attend class.
- Attend all practices, meetings, appointments, study sessions, team and athletics department functions.
- Give your maximum and complete effort in the role of a student-athlete.
- Represent SCHS in a positive manner.
- Set high yet achievable goals individually and for the team.
- Support ALL teammates in achieving their goals.
- Respect teammates, teachers, administration, coaches and departmental support staff.
- Follow all team, athletic department and UIL rules.
- Communicate with teammates and the coaching staff in an appropriate manner.
- Do your part as a member of the team and understand that each person plays an important role.

# Characteristics of a Successful Bulldog Track and Field Athlete

- Strive for academic success
- Goal oriented
- Self motivated
- Positive
- Always on time and attentive
- Organized
- Strong work ethic
- Responsible
- Accept criticism well
- Respectful
- Unselfish
- Develop productive relationships
- Self disciplined
- Team player
- Follow the rules
- Easily Coached!!!
- Committed
- Loyal
- Excellent physical condition
- Want to win

# TRAINERS



- Coach Barrett are available for treatment at 6:15 every morning! If you need treatment, you must show up in the mornings!
- They will keep us informed of your progress and ability to participate.
- See the trainers **BEFORE** you see your own doctor. They will advise if you need to seek further attention.

# Varsity Times/Distance Cut Off

100m 11.25 sec

200m 22.70 sec

400m 51.75 sec

800m 2:00

1600m 4:28

3200 10:19

110HH/300IH 16.0 sec and 40.23

# Varsity Times/Distance Cut Off

High Jump 6'2"

Pole Vault 12'6"

Long Jump 21'0"

Triple Jump 42' 06"

Shot Put 45'0"

Disc Throw 134'10"

# Season Meet Monitor Plan

- Sub Varsity will depart at 2:30 pm on meet days and school ends at 11:25 am. There will be a mandatory 12:30 check in
  - During that window athletes will be monitored by coaching staff and allowed to do the following:
    - Rest (Hydration, Stretching, Cat Nap, Etc.)
    - Charge Phone
    - Tutorials
    - Equipment Pass Out
    - Hand Offs and Last Min Meet Prep
    - Hudl Video Session

# Parent Communication

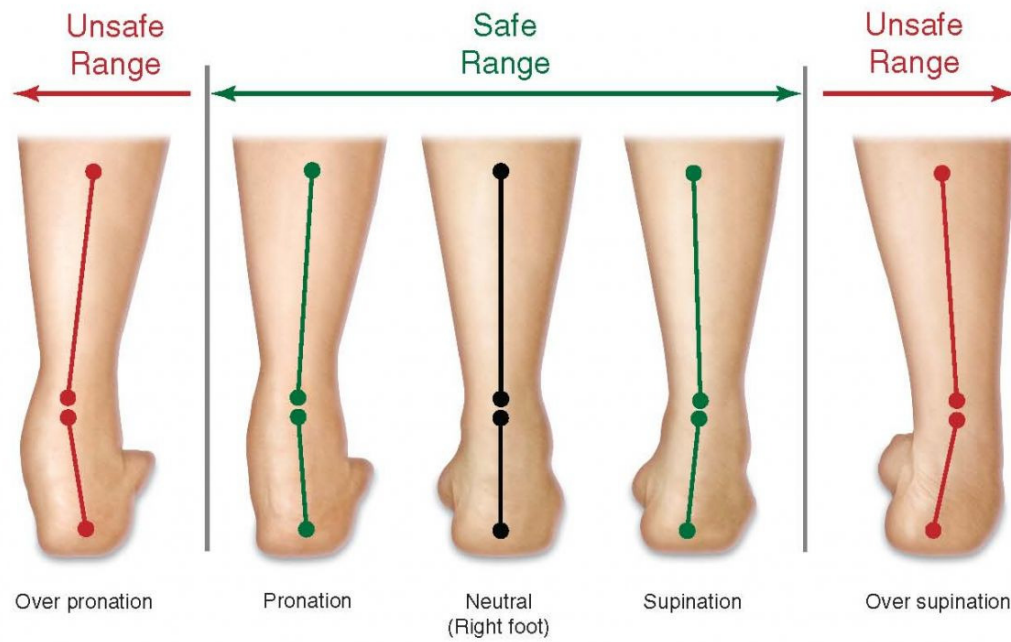


- <https://boystrackandfield.teamapp.com>



# Shoes





Fig. 10



# Worn Soles



# Shoes

HIGH ARCH	MEDIUM	NORMAL	FLAT FOOT
			
UNDER PRONATOR	NEUTRAL	OVER PRONATOR	SEVERE OVER PRONATOR
<p>An underpronator may be subject to increased shock transmission through the lower limb.</p>	<p>A neutral runner has no or few biomechanical problems.</p>	<p>The overpronator may have issues relating to the timing of muscle firing, and prolonged rotation of the leg to the foot.</p>	<p>The severe overpronator has poor shock attenuation, severely disrupted foot function and may be at risk of injury.</p>

# Track Spikes

Distance



Sprinters



# Shoe Stores

- **Fleet Feet**

**2408 Rice Blvd, Houston, TX 77005**

- **Fleet Feet**

**Portofino Shopping Center, 19053 I-45, Shenandoah,  
TX 77385**

- **Luke's Locker**

**River Oaks Shopping Center  
1953 W Gray St**