



Cedar Rapids Kennedy

Track & Field Expectations

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Remind - Text this number: 81010, and in the message text @coachpakke

Twitter: @KennedyMnsTrack

Coaches: Pakkebier, Mehmen, Annis, Knock, Ciabatti

Philosophy: Track is an extended classroom for the student athletes. Our goal is to educate and provide a first-rate experience for all involved, and to fully maximize our ability. Conference, district, and state championships will not be the focus, rather the result of our process.

Recent results following this process: *MVC Valley Champions* 2017, 2018, 2019 – *District Champions* 2014, 2015, 2016, 2018 *State Meet* 3rd place 2014, 2016

School:

1. All Cougar track athletes are expected to be in school, (or online) in class (on time) and passing all of your classes. You are expected to be respectful to your teachers and classmates at all times.

Practice:

1. You are expected to be on time and attend every practice. If you are excused from school, you are excused from practice. Attendance will be taken daily. Do not schedule work or appointments during practice time. Track needs to be a priority during track season. Unexcused absences will be dealt with on an individual basis and may include suspensions from meets. 3 Absences, excused or unexcused, will lead to a conversation that could result to dismissal from the team.
2. Weightlifting is an important component of our program and vital to our success. You will be expected to lift during school hours on all scheduled days (Performance P.E.). If a full load is being taken, a 6:00 am option is available.
3. Clothing – T-shirt and shorts will be worn for practice. Practice shirts and shorts will be encouraged for all participants, but not mandatory. Practice shirts and shorts will be on the apparel order form for a minimal cost. To promote the program and the team concept, athletes will be strongly encouraged to order practice T-shirts and shorts.

4. If an athlete chooses not to order practice gear, the only colors acceptable at practice are school colors including Green, Gold, Black, White, and Grey.
5. Sweat Clothes – sweats are MANDATORY for outside workouts when the temperatures are below 70 degrees. This is for the athletes' protection against muscle pulls. Most of our season the outside temperature will be below 70 degrees, so bring sweats every day. You must wear your sweats outside.
6. Running shoes should be worn during practice (flats, spikes, throwing shoes). Please try to avoid wearing basketball or cross-training shoes if possible.
7. Locker Room – We will use the main boy's locker room. Do not bring anything to school (and leave out) that you can't afford to lose. Unfortunately things do get stolen.

Communication:

1. The expectation is if you are at school, you attend **every** practice. However, if an emergency occurs, and you must miss practice, please communicate this to Coach Pakk in person. I can be found in room 55, the gym or the weight room. My cell number is 440-3601. If you cannot find me, we will talk on the phone. No text messages or telling someone else.
2. **Remind** - In case of cancelations or important announcements, the remind account will be used to reach athletes and families. To subscribe to the account, text the number 81010 and in the message text @coachpakke
3. **Twitter: @KennedyMnsTrack**

Meets:

1. You must be in school in order to compete in the meet.
2. **Everyone is expected to stay for the entire meet. (throwers may leave this year after their event if riding with a parent, and a parent signed them out)**
3. **Everyone is expected to ride the bus to and from the meet when we are out of town.** (this year you may ride with parents to and from the meet)
4. Athletes may be dismissed early from a meet to ride home with a parent for proven academic reasons only if they have approved this a day in advance of the meet. A written note is required from a parent in this case, and the parent must make contact with Coach Pakk before they remove their child from the meet.
5. If we are hosting the meet, **ALL** members are expected to be there assisting with the meet. **Our home meet, Saturday, April 10.**
6. Once the race line-up is set it will not be changed. An exception would be due to injury or illness and that will be done **ONLY by a coach**. No athlete is allowed to pull themselves from a race and substitute another teammate in their place.

Track Uniforms:

1. Competition uniforms will be issued and used by all Cougar athletes.

2. All clothes worn under the uniform that can be seen will be black and tight to the body. A good example of this (but not limited to) is Under Armor Cold or Heat gear.
3. Warm up sweats will be offered via the internet order form. If you do not purchase sweats, I have a limited number to check out. If you lose them, you will be financially responsible to replace them.
4. Sweats are mandatory for outside workouts until the temperature is above 70 degrees. Bring sweats every day to practice.

Eating:

1. Please do not eat a heavy meal or junk food before practice or a meet. Eat something light and nutritious. Allow at least 2 hours for your digestive system. Nutrition information will be available to you upon request.

Rain:

1. Meets are held in the rain, so we will practice in the rain. However, we will not practice outdoors in a downpour. Come prepared to practice in the elements.

Volunteers:

1. We need volunteers! We need them when hosting our home meet, and we need them for various jobs throughout the season. Chris and Melisa Bartels, our booster club parent reps, have a list of things that we need volunteers to do to make the Kennedy track team a first rate program. Please encourage family members to help out where they can.

Drake/State:

1. It is an honor and a privilege to make it to Drake or State, not any athletes' right. If an athlete is talented enough to qualify for one or both of these meets, they will only attend if their grades are in good standing and their commitment and dedication to the team has been met.
2. Simply qualifying for Drake or State does not ensure an athlete will run at Drake or State. With Drake and State being a multiple day meet, it is possible for an individual to help a relay qualify, but not be in the top 4 to run that event at the meet.

Lettering:

1. Earning a Varsity letter is a big accomplishment. To do this, an athlete must meet one of two standards. 1) Earn 12 varsity points throughout the season. This could be in relays or individual events. 2) Compete at the district meet. Along with meeting one of these two standards, an athlete must adhere to all team rules/expectations and be in good standing with the team. **Poster:** The poster will feature the seniors out for track