



# 2023/2024 RIDGE HIGH SCHOOL INDOOR TRACK & FIELD GUIDE

**TO:** PROSPECTIVE TEAM MEMBERS AND THEIR PARENTS/GUARDIANS  
**FROM:** NICOLE GILHULEY–BOYS HEAD COACH  
**SUBJECT:** RIDGE HIGH SCHOOL WINTER TRACK & FIELD

This guide will address the specific expectations of each athlete, as well as program objectives. Athletes, parents, and guardians should **read this guide in its entirety**. Athletes will not be allowed to participate in the program until the permission slip in this guide is completed and returned to the coaching staff.

## WHY COMPETE?

Interscholastic athletics are a very demanding and rewarding experience for high school students. There is much to be said for making a commitment, setting goals, and experiencing both team and personal success in the unique sport of track & field. Track & field is both an individual and a team sport. Members often develop emotionally as they gain confidence in themselves through work habits, peer support, and goal-setting. Also, participation in a competitive environment provides both positive and challenging scenarios that prepare students for the real world.

## TIME COMMITMENT

Next to the student athlete's academics, track will likely consume the greatest amount of his or her time. This program often involves sacrifices by the athlete, and the athlete's family as well. **In order for an athlete to improve and attempt to attain their personal and team goals, attendance is mandatory.**

**Members are required to be at every scheduled practice Monday–Saturday.**

**Unexcused practices will have consequences. Attendance matters!**

The 2023/24 season begins with practice on **November 27th**. Practices generally run from 2:45–5:30 (Monday–Friday) and 9:00–Noon (Saturday). Missing practices/meets for alternate activities such as Forensics or Ski Club is not acceptable. The schedule will be posted on the Ridge Runners' website, as well as on Google Classroom. Our calendar is a living document and will be updated as more information becomes available. Athletes will be informed of any changes via the website, Google Classroom page, and/or daily announcements at practice. Please make every effort to consider the schedule in advance.

Our schedule includes many meets. Athletes will not compete in every meet. Some are for varsity-level athletes, while others are for novices, field events only, and/or those elite athletes that qualify for certain "high level" meets. The coaching staff will make every effort to inform athletes as the season progresses as to which meets they will be attending. Indoor meets have specific limits on the amount of athletes that may participate per team, while others may have qualifying standards. Due to these limitations, ability and attendance will both be factors the coaches consider when placing athletes in meets.

**PLEASE NOTE THAT THERE ARE SCHEDULED PRACTICES AND MEETS OVER WINTER BREAK!!!**

**DO NOT ASSUME THAT YOU WILL NOT BE A VARSITY ATHLETE BECAUSE YOU ARE NEW!**

**Students who continually miss practices for unexcused reasons will not remain with the team, as it detracts from the team environment and contradicts the goals and outcomes of a successful participant.** If you cannot make the commitment, do not come out. Please remember that this is a competitive team and not a place to keep in shape for other sports or just participate. We are trying to provide the best possible competitive team and environment. A successful season will only be had when parents and athletes are willing to make the full commitment.

### **“TRYOUTS”**

The coaching staff welcomes anyone who is willing to work hard and prides itself on working with athletes of all abilities! Athletes will compete at the Varsity, Junior Varsity, and Freshman level based on their age and athletic ability.

This program is designed to accommodate as many students as possible; however, there may be limitations on meet participation, and differentiated practice schedules, in order to safely facilitate practices. At the start of the season, turnout rates and fitness levels will be assessed to determine how such limitations will be made.

There will be a “tryout” within the first few days of practice to determine the fitness of athletes on the team. Athletes will be placed in groups based on their ability in order to train at the appropriate level. This tryout will not be used to cut athletes. Athlete groups may practice at different times or locations based on the number of athletes that come out for the team, the weather, and/or the needs of the coaching staff to monitor a safe and appropriate practice. Any practice changes will be communicated directly to the athletes.

### **ACADEMICS**

The Ridge High School Indoor Track & Field Team is proud of its history of attracting a large number of quality student athletes. Every year, many members of our team are enrolled in Honors and AP courses, and are on the Principal’s and Regular Honor Rolls. We have had a history of fine performance in the classroom as well as in athletic competition and our goal as educators and coaches is for this to continue.

Most of our athletes have learned to budget their time and perform well through self-discipline while in season. Often, students’ grades are higher “In-Season” than “Out-of-Season” due to the way they structure their time. Occasionally, a student may need to do school work immediately after school. In that case, the student should communicate this to the coach who will arrange a workout at the conclusion of the school assignment.

Academic problems should be addressed immediately. It is important that the coaches be alerted to the problem and be given a chance to help. It may not be wise to “fix” a negative by taking away a positive. We have found many times that the program can provide the avenue and support needed to work through the difficulty at hand.

### **CODE OF CONDUCT**

Throughout the entire season your child will be a representative of both Ridge High School and specifically, the Ridge Track & Field Team. In order for each and every athlete to reach their individual potential, it is vital that all put forth their best effort both physically and emotionally. Track & field is a sport that gives the opportunity to bring out the best qualities in all. When we compete at local colleges and universities, we must remember that we are guests and behave as such. We must remember that our attitudes and efforts affect others. Inappropriate behavior will not be tolerated and will be met with disciplinary action.

### **SAFETY**

There are times in which athletes may leave the school campus for training. Therefore, each athlete is expected to be in the team GroupMe. This allows athletes to communicate with coaches if there is an emergency, and allows coaches to contact athletes. Athletes must inform a coach of where they are going before they leave and must alert the coach through GroupMe if they deviate from this route. This app will allow two-way communication without sharing cell phone numbers. This messaging service will be checked by the coaches during school and practice hours only.

## COMMUNICATION

It is always the **athlete's responsibility to communicate directly to his or her coach**. Part of the maturation process involves the ability to communicate. It is expected that our student athletes will develop the ability to discuss any problems personally with the coaches. Please allow your children to develop the responsibility to communicate. Questions or concerns from parents are always welcome and addressed, but allowing the student to handle discussions is always a good experience for them.

**The athlete should never fail to communicate!**

If an emergency should arise and the athlete cannot communicate personally with the coach, we may be contacted at: [ngilhuley@bernardsboe.com](mailto:ngilhuley@bernardsboe.com)

In the event of bad weather, **cancellations will be communicated to the athletes directly**. We will also use Google Classroom and GroupMe. It is the athlete's responsibility to check for updates. Once our sign up meeting occurs, students will receive instructions on how to access these modes of communication.

## PHYSICALS

All athletes must have a physical that is to be completed on the appropriate state form. **No student may practice without a fully completed physical examination form which must then be "signed-off" on by the school physician**. Students who have handed in a physical for the fall season must fill out an "Update" form only. **Forms are available on the school website: [HERE](#)**

All Juniors and Freshmen must complete an online Baseline Impact Test. Instructions are on the athletic website. Failure to follow through with this test will prohibit participation in both practices and meets. Tests are only necessary once during the school year. If submitted for a fall sport it is not necessary to repeat.

## INJURIES

Any injuries incurred should be brought to the coaches' attention immediately. The Athletic Trainers, Mr. Scott Hoagland and Ms. Aimee Mitchell, will communicate directly with parents and physicians if necessary.

**Except in extreme emergencies, we encourage the athletes to use the trainers as their first source of treatment/ rehabilitation.**

**Mr. Scott Hoagland 204-2585 ext. 249 [shoagland@bernardsboe.com](mailto:shoagland@bernardsboe.com)  
Mrs. Aimee Mitchell 204-2585 ext. 250 [aimeemitchell@bernardsboe.com](mailto:aimeemitchell@bernardsboe.com)**

## RIDGE RUNNERS

Ridge Runners is a Parent Sponsored Booster Club that supports the winter program as well as Spring Track and Cross Country. Parents help to coordinate the awards program at the end of each season, as well as organizing fundraisers. In addition, Ridge Runners provides scholarships to senior athletes. Perhaps most important, Ridge Runners has shown the students involved that their efforts are noteworthy and appreciated within our community. Any interested parents should contact Coach Gilhuley. You can also see information posted on our team website: [www.njridgerunners.com](http://www.njridgerunners.com)

*Thank you in advance!*

## EVENTS

Events will vary from meet to meet, mainly for the purpose of variety. At our Conference and State Meets those events contested are:

55 meter dash	400 meter run	800 meter run	4x400 relay	High Jump
55 meter hurdles	1600 meter run	3200 meter run	Shot Put	Pole Vault

### AWARDS

An athlete must successfully complete their obligations to the team in order to be eligible for any awards. Awards will be given to all athletes based upon their efforts, performances, and contributions to the team.

#### **Awards given:**

- |                               |                             |
|-------------------------------|-----------------------------|
| 1) Varsity Letter or Pin      | 3) Freshmen Certificate     |
| 2) Junior Varsity Certificate | 4) Stat/Manager Certificate |

\*All uniforms and warm-ups must be returned/paid for in order to receive any awards.\*

### HISTORY

Throughout the years we have been fortunate to experience quite a bit of success. Our teams have won numerous County and Conference Championships, along with the State Section! Athletes have competed and placed at the Conference, County, State, Eastern, and National Championships.

### DIRECTIONS / TRANSPORTATION

Directions to meets, as well as order of events, can be found online. Please utilize the team website at: [www.njridgerunners.com](http://www.njridgerunners.com) Some meets, such as those at Drew University, are quite convenient and we will therefore at times not use a bus. I will make this known as soon as possible so that you can make appropriate plans as well. When the school is providing the transportation, no athlete may leave with another athlete's parent unless they have a note from their parent stating very specifically whom they are traveling with on that particular date.

### SHOES / CLOTHING/EQUIPMENT

Athletes need to wear appropriate shoes and clothes. Every runner NEEDS a watch with a timing feature. **All athletes regardless of event should be practicing in a running training shoe. Not a cross trainer.** Two local running stores provide discounts, as well as expertise that you will not receive in the larger chain stores. If you have specific problems with your feet/lower legs, see the trainers and let these people know as well. Eventually you may require a spike or specialty shoe depending upon your events.

#### **Two local merchants are:**

Morristown Running Co.  
31 South St.  
Morristown, NJ 07960  
(973) 401-1300

Sneaker Factory, Basking Ridge  
25 Mountainview Blvd. Suite 108  
(908) 542-1212

All athletes need to dress in layers. This is especially important as we can experience a wide variety of weather in New Jersey. Extra clothing should always be at school. Do not show up to practice in shorts and a t-shirt. If you want to be a top athlete, you need to treat your body like one.

### TEAM STORE

There will be two team stores. One for athletes. This will be send through email and will be open starting October 20th. If you are a member of Ridge Runners you get \$75 off the team store.

There will also be a store for parents and fans! This link can be found on our team website [njridgerunners.com](http://njridgerunners.com) under the sportswear tab.

Dear Parents,

Ridge Runners would like to welcome you to the 2023-2024 Winter Track season. We are a parent-run Booster Club for Cross Country, Winter, and Spring Track & Field. The purpose of this club is to provide assistance to the team, through both fundraising and volunteering, so that our kids can have the best experience possible.

Through the help of Ridge Runners, we have been able to accomplish a tremendous amount over the years:

- Purchase weight/stability/video training equipment
- Provide awards for Most Improved
- Organize awards nights and supplement the cost of banquets for all three seasons
- Award scholarships each season to selected Seniors
- Provide stipends for additional "volunteer" coaches
- Provide end-of-season gifts for the coaching staff
- Provide funding for coaching workshops
- Maintain the team website
- Provide recognition for Meet of Champions and Nationals performances
- Purchase team equipment such as uniforms, javelins, high jump and pole vault pits, and more
- Provide entry fees and travel support for non-school sponsored meets



We are asking you to become a member of our group by contributing. By joining Ridge Runners, you will receive a \$75 voucher for the winter track team store (*the store closes on 10/27*). Athletes are expected to wear Ridge XCTF clothing to all team competitions. All athletes will receive one team t-shirt per season, in addition to a school-issued uniform singlet and shorts. In lieu of team-issued warmups, athletes are encouraged to purchase the following items from the team store:

- XC Season: long sleeve t-shirt & sweatpants
- Track Season: sweatshirt & sweatpants (*note: if you got sweatpants in XC you can wear the same ones*)

	1 Child	2+ Children
Cross Country	\$225	\$325
Track (Winter/Spring)	\$275	\$375
Both (XC + Track)	\$325	\$450

Please use the attached mail-in form to pay by check, or pay by Venmo at @Ridge-Runners-1 (please include: "Membership" and athlete/family name in the comments). This information is also available on the Ridge Runners website: [Become a Member of Ridge Runners](#). Ridge Runners Club, Inc. is a 501(c) non-profit organization and your donation will be tax deductible. Please also consider submitting your donation for a company match.

In addition to membership dues, the Ridge Runners Booster Club generates funds through the annual "Are You Faster Than a Ridge Runner?" 5K race. Parents and athletes come together to organize and participate in this event, the largest of our fundraisers. There has been tremendous community support and the Cross Country, Winter, and Spring Track programs have benefited greatly from the exposure and funding attained through the 5K sponsorships, entry fees, and more.

During the spring season, our school hosts several multi-level meets, including a state sectional meet. Your contributions to our organization greatly assist in providing an excellent facility and experience for our students and their competitors. During these meets, our Booster Club runs the concession stand. This has always been a very successful fundraiser, due largely in part to the dedication of our parents and their donations of time and food/beverage.

**AND, we are looking for volunteers!** There are many opportunities to help out, both large and small. So, if you're interested in volunteering... for a few hours or for a larger role... please let any of us know.

As always, if you have any questions or ideas, please contact Ridge Runners at [njridgerunners@gmail.com](mailto:njridgerunners@gmail.com) or feel free to reach out to any of us to learn more. We thank you in advance for your continued support and hope to see you at upcoming meets.

Sincerely,

The Ridge Runners Board ([njridgerunners@gmail.com](mailto:njridgerunners@gmail.com))

Tara Dachnowicz - President ([taradachnowicz@gmail.com](mailto:taradachnowicz@gmail.com) / 908.400.6496)

Frank LaCapra - Treasurer ([fjlacapra@gmail.com](mailto:fjlacapra@gmail.com) / 908.399.5376)

Cindy Mays - Secretary ([cindymmays@aol.com](mailto:cindymmays@aol.com) / 908.781.6981)

# RIDGE RUNNERS Membership Form



RR Membership Form

Online Membership form: [Click Here](#) OR Scan Code

Online Payments can be sent via Venmo: @Ridge-Runners-1

- Please include "Membership" and Athlete/Family Name in comments

Or Mail attached:

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Athlete Name(s)/Grade \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Parent/Guardian Email address (\*for parent information, volunteering and fundraising purposes only)

Season(s) athlete involved (Please circle all that apply):

Cross Country

Winter/Spring Track

Membership Fee:

	1 Child	2+ Children
Cross Country	\$225	\$325
Track (Winter/Spring)	\$275	\$375
Both (XC + Track)	\$325	\$450

If paying by check, please make check payable to: Ridge Runners

And mail to:

Frank LaCapra, Ridge Runners Treasurer  
3 Hampton Court  
Basking Ridge, N.J. 07920

Thank you for your membership and support!

**2023-2024**  
**RIDGE HIGH SCHOOL**  
**WINTER TRACK & FIELD PERMISSION SLIP**

\_\_\_\_\_  
**Print Athlete's Name**

\_\_\_\_\_  
**Grade**

--I am aware of the daily practice time commitment including Saturdays [M-F: 2:45-5:30 PM, S: 9AM-12 PM]

\_\_\_\_\_ (Parent Initials)

\_\_\_\_\_ (Athlete Initials)

--I am aware of the team website (njridgerunners.com) and will check this for the updated schedule.

\_\_\_\_\_ (Parent Initials)

\_\_\_\_\_ (Athlete Initials)

--I am aware of the time commitment during the vacation period and all athletes will be present during that time.

\_\_\_\_\_ (Parent Initials)

\_\_\_\_\_ (Athlete Initials)

--I am aware that the students are held financially responsible for all equipment issued to them, but owned by the school.

\_\_\_\_\_ (Parent Initials)

\_\_\_\_\_ (Athlete Initials)

--I am aware that the athletes will be able to directly contact the coach through GroupMe. Coaches will not be expected to answer messages outside training hours and this does not replace email communication. I am also aware of the parent Remind communication app in which parents can get alerted of important reminders.

\_\_\_\_\_ (Parent Initials)

\_\_\_\_\_ (Athlete Initials)

I have read the Winter Track and Field Guide and understand the responsibilities associated with the program.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

**I have read** the Winter Ridge Track and Field Guide and I am familiar with the time commitments, responsibilities, expectations and code of conduct and will conduct myself at all times according to the rules and regulations of the Track team and school.

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

**THIS FORM IS DUE ON CLASSROOM BY 10/27/23**