



RIDGE HIGH SCHOOL

SPRING TRACK & FIELD GUIDE 2024

For Athletes and their Parents/Guardians



All forms related to Physicals are due 2/21/24 to the Athletic Office!

The last page of this document contains a permission form due on Google Classroom by 2/21/24 for all new athletes to the team!

PLEASE READ PLEASE READ PLEASE READ PLEASE READ PLEASE READ PLEASE READ PLEASE READ
2024 RIDGE HIGH SCHOOL TRACK & FIELD GUIDE

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

This guide will address program objectives, as well as the specific expectations of each athlete. **Athletes and parents/guardians should read this guide in its entirety.** The permission slip in this guide is **required** for participation and must be 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 improvement in such a unique sport as Track & Field. Members often develop emotionally as they gain confidence in themselves through work habits, peer support, and goal achievement. Participation in a competitive environment provides opportunities and challenges that prepare students for the real world.

TIME COMMITMENT

In addition to an athlete's academics, track requires a serious time commitment. In order for an athlete to improve and attempt to attain their personal goals, attendance at all practices and meets is **mandatory**. This may require some sacrifices from the athletes and their families.

Attendance matters! Unexcused practices will have consequences.

- **The 2023 season begins with practice on March 14th.**
- **Practices generally run from 2:30 – 5:30 (Monday – Friday) and 9:00 – Noon (Saturday).**
 - **Members are required to be at every scheduled practice Monday – Saturday.**
 - The schedule that will be posted on Google Classroom and the Ridge Runners' website includes many meets. All athletes will **not** compete in every meet. Some are for varsity level athletes, while others are for novices, and/or field event athletes only.
- **All athletes are expected to participate, practice, or compete up to and including June 4th.**
 - After this time, only those that have qualified for the State Group Meet and Meet of Champions will continue. Athletes will be notified in advance whenever possible.
- **All athletes are expected to be present during spring recess, as we are competing and training.**
 - It is vital to our team's success, and the individual health of our athletes, that they are present during this time period. All students signing up for Spring Track must be aware and agree to make this commitment.
- **All athletes are expected to attend the North II Group 1 and 4 State Section meet, which is hosted by Ridge.**
 - These are very large meets and our parents' club, Ridge Runners, runs the snack bar. We need all team members, in addition to parental help, working at these meets. Athletes will be assigned jobs at various events to help run the meet. This is one of our main fundraisers for the year and your support in all ways is appreciated.
- **Our schedule is available on our team website: www.njridgerunners.com**
 - Check the schedule often, as changes may occur. Athletes will additionally be notified of any schedule changes.

DO NOT ASSUME THAT YOU WILL NOT BE A VARSITY ATHLETE BECAUSE YOU ARE NEW!
Please make every effort to consider the schedule in advance. Athletes who continually miss practice for unexcused reasons will not remain with the team, as it detracts from the experience and contradicts the goals and outcomes of a successful participant and team.

If you cannot make the commitment, do not come out!

TEAM SELECTION POLICY

Please remember that this is a competitive team, and not a place to keep in shape for other sports or to just participate. We are trying to provide the best possible competitive team and environment.

This program is designed to accommodate many athletes; however, if there is an incredibly high turnout, split practice times may be enforced to provide adequate coaching, training, supervision, and monitoring of all athletes.

On one of the first days of practice, there will be a time trial. On that day there will be 3 main events: 400m dash, 1600m run, and med ball throw. This will be used to assess the fitness level of the athletes and to help the coaching staff make appropriate training plans for the athletes. Athletes will be assigned training groups based on their ability.

ACADEMICS

The Ridge High School 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 Principals and Regular Honor Rolls. Our goal as educators and coaches is to encourage students to achieve excellence in the classroom, as well as in athletic competition.

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. If students find they need to attend extra help with a teacher, or make up an assignment, the athlete should communicate with their coach to arrange a workout afterward.

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 you 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. As we compete at the local colleges and universities, we must remember that we are guests and behave as such. As we practice and compete we must remember that our attitudes and efforts affect others. Inappropriate behavior will not be tolerated and will be met with disciplinary action. ***Any athlete who does not follow the team procedures during practices or meets will be notified and will be dismissed from the team.***

COMMUNICATION

- **It is always the athlete's responsibility to communicate directly with the 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, he or she may contact us at: ngilhuley@bernardsboe.com

In the event of inclement weather, **cancellations will be communicated to the athletes directly**. We will also use GroupMe and Google Classroom to communicate information to the athletes.

PHYSICALS

- If you did not participate in a fall or winter sport, please review the steps for registering here: http://bernardsboe-ridgehigh.ss5.sharpschool.com/sports/athletic_registration
- If you did participate in a fall or winter sport, then you must fill out an update form. This form can be found on the link above.
- All athletes 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.

No student may practice or try out without a fully completed physical examination form which must then be “signed-off” by the school physician.

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 when necessary.

The Athletic Trainer will also communicate directly with your physician if necessary. **Except in extreme emergencies, we encourage the athletes to use the trainer as their first source of treatment and/or rehabilitation.**

**Mr. Scott Hoagland 204-2585 ext. 249 shoagland@bernardsboe.com
Mrs. Aimee Mitchell 204-2585 ext. 250 aimeemitchell@bernardsboe.com**

EVENTS

Events for dual/tri meet and Championship meets:

100-meter dash	800-meter run	Shot Put	Long Jump	Triple Jump
200-meter dash	1600-meter run	Discus	High Jump	400-meter dash
3200-meter run	400-meter hurdles	Javelin	Pole Vault	110-meter High Hurdles
400-meter hurdles	4x400 meter relay			

There will also be some relay meets which will include relays in all field events as well as:

4x100 4x200 4x400 4x800 Distance Medley Sprint Medley Shuttle Hurdles 3x400 meter Hurdles
School records are available on the team website: www.njridgerunners.com

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
- 2) Junior Varsity Certificate
- 3) Freshmen 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. Meet lineups will be made 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

Be sure 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 trainer and let these people know as well. Eventually you may require a spike or specialty shoe depending upon your events.

Two local merchants are:

Jack Rabbit
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 learn 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 it is under 60 degrees!

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.

Dear Parents,

Ridge Runners would like to welcome you to the 2024 Spring 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 2/26*). 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:

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

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

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 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)
Tara Dachnowicz - President (taradachnowicz@gmail.com / 908.400.6496)
Frank LaCapra - Treasurer (fjlacapra@gmail.com / 908.399.5376)
Cindy Mays - Secretary (cindymmays@aol.com / 908.781.6981)



RIDGE RUNNERS 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:

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!

**RIDGE HIGH SCHOOL
SPRING TRACK & FIELD PERMISSION SLIP 2024**

_____ **Print Athlete's Name**

_____ **Grade**

_____ **Email Address - *Print neatly!***

-I am aware of the daily practice time commitment including Saturdays [M-F: 2:30-5:30 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 June 3rd- June 4th there is a home meet (State Section) in which all athletes must be in attendance.

_____ (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.

_____ (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 there is a team selection policy that may modify the traditional practice times listed.

_____ (Parent Initials)

_____ (Athlete Initials)

I have read the 2024 Ridge Track and Field Guide and understand the responsibilities associated with the program.

_____ **Signature of Parent/Guardian**

_____ **Email (Print Clearly)**

_____ **Date**

**THIS FORM IS DUE ON GOOGLE CLASSROOM BY 2/21/24!
FORMS HANDED IN LATE MAY NOT BE ACCEPTED!**