

# 2023 BELLA VISTA HIGH SCHOOL

## TRACK AND FIELD HANDBOOK



---

### KATIE O'BRIEN (CLASS OF 2022)

LONG JUMP (16-08.75), 100 HURDLES (15.17),  
300 HURDLES (45.67)

---

### COACHING STAFF

Jim Ashen - Sprint Coach  
Artearra Coffey - Hurdle Coach  
Harold Kuphaldt - Distance Coach  
Steve Stephen - Shot Put/Discus Coach  
John Hardwick - Pole Vault Coach  
Wade Nichols – Pole Vault Coach  
Erica Swenson – Distance Coach  
Dave Unterholzner - Head Coach & Jumps

Main Office Phone: 971-5052; Athletic Directors: 971-5093

B.V. Track & Field Web Site - <http://www.bytrack.com>

## 2023 Bella Vista Track and Field Schedule

<u>DATE</u>	<u>DAY</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
February 15	Wed.	Bronco Time Trial (All)	Bella Vista	3:30 PM
February 25	Sat.	Glenn Poole Invite (EL)	Oakmont High School	9:00 AM
March 4	Sat.	Clarke Massey (EL)	Cordova HS	8:30 AM
March 11	Sat.	Sturgeon Invitational (EL)	Granite Bay High School	9:00 AM
March 15	Wed.	C.V.C. Meet 1 (All)	Roseville High School	3:30 PM
March 17-18	Fri/Sat.	Dublin Distance Fiesta (D)	Dublin High School	TBA
March 18	Sat.	Zebra Invitational (EL)	Lincoln High School	TBA
<b>March 24</b>	<b>Fri.</b>	<b>BV Distance Carnival (D)</b>	<b>Bella Vista High School</b>	<b>3:30 PM</b>
March 25	Sat.	Thunder Invitational (All)	Rocklin High School	TBA
March 29	Wed.	C.V.C. Meet 2 (All)	Woodcreek High School	3:30 PM
March 30	Fri	G. Bay Field Festival (F)	Granite Bay High School	TBA
<b>April 1</b>	<b>Sat</b>	<b>BV Speed Festival (S/H)</b>	<b>Bella Vista High School</b>	<b>9:00 AM</b>
April 7-8	Fri./Sat	Arcadia Invitational (Q)	Arcadia High School	TBA
April 19	Wed.	C.V.C. Meet 3 (All)	Antelope High School	3:30 PM
April 21	Fri.	Seldon Distance Carnival (D)	Sheldon High School	5:00 PM
<b>April 22</b>	<b>Sat.</b>	<b>Meet Of Champions (Q)</b>	<b>American River College</b>	<b>11:00 AM</b>
May 3	Wed.	C.V.C. Trials (All)	Bella Vista High School	2:00 PM
May 5	Fri.	C.V.C. Finals (All)	Bella Vista High School	2:00 PM
May 10	Wed.	Div II Section Trials (Q)	Bella Vista High School	3:00 PM
May 12	Fri.	Div II Section Finals (Q)	Bella Vista High School	3:00 PM
May 19	Fri.	SJS Masters Trials (Q)	Davis Sr. High School	3:00 PM
May 20	Sat.	SJS Masters Finals (Q)	Davis Sr. High School	3:00 PM
May 26	Fri.	CIF State Meet Trials (Q)	Buchanan High School (Clovis)	3:00 PM
May 27	Sat.	CIF State Meet Finals (Q)	Buchanan High School (Clovis)	4:00 PM

Dave Unterholzner – Head Coach & Jumps  
 Jim Ashen – Sprints  
 Arterra Coffey – Hurdles  
 Harold Kuphaldt – Distance  
 Erica Swenson – Distance

Steve Stephen – Shot Put/Discus Coach  
 John Hardwick – Pole Vault Coach  
 Wade Nichols – Pole Vault Coach  
 Athletic Director – John Hardwick  
 Principal – Bryan Irwin  
 School Colors – Red, Black, White - Mascot – Bronco

(Key) - (All) = Entire team competes, (Q) = Athletes must qualify (Usually Varsity Only), (D) = Distance runners only, (F) Field Events Only, (S/H) Sprinters/Hurdlers Only, (EL) = Event Entry Limits meaning most team members can compete but not all.

**Invitational meets in bold print are hosted by Bella Vista High School**

**Bella Vista Main Office Phone 971-5052; Athletic Directors Phone 971-5093**

## BELLA VISTA HIGH SCHOOL TRACK AND FIELD HANDBOOK

### I. Our Goals:

- a. For every athlete to reach their full potential. To become the best that we can be.
- b. To trust the process. To focus on and believe in the hard work that we have done.
- c. To reach our full potential as a team.
- d. To have fun.
- e. To learn something about ourselves.

### II. Our Ways of Achieving These Goals: Rules and Guidelines

#### A. Practice Rules:

1. Before beginning the most important thing to remember is that track and field at Bella Vista is a competitive interscholastic sport. It is not a “recreation” or “part time sport”. With that said... You must be at all practices **on time (3:30 PM)**, with proper equipment, and prepared to workout. If coming late becomes a problem, then you will not be able to compete in upcoming meets or you will be suspended from the team.
2. If you are not able to attend practice, you must notify an on-campus coach or one of the team captains. If you are unable to contact anyone, please email [dunterholzner@sanjuan.edu](mailto:dunterholzner@sanjuan.edu) letting the coaching staff know where you are.
3. Absences from practice must be excused by the coaching staff. Valid excuses for absences from practice do not include serving school detention, working at your after-school job, doing homework, other club sports teams etc. Any school detention should be served up to one hour at a time and then you should come to practice. **The coaching staff will be waiting for you.** If you miss a practice without an excuse my response will be something like: **“Your name here,** by missing practice on Tuesday without an excuse, you have chosen not to compete this week and I will honor your decision.”
4. Attendance at practice means completing the entire workout, including warm-up and cool down, as assigned by your event coach. Leaving early and not completing the workout is considered an absence. **WE WILL PRACTICE RAIN OR SHINE. IT NEVER RAINS OUT A PRACTICE AT BELLA VISTA HIGH SCHOOL!!!**
5. All team members must be dressed appropriately during practice. You should have the proper shoes, shorts, and shirt to work out in everyday along with some sweats for cold days. In addition, when the weather gets warmer athletes should remember to dress modestly. No sagging or rolling down of shorts and no plunging necklines.

#### B. Meet Rules:

1. To get credit for participating in a meet, you must compete in all of the events that you are entered in. In the field events, you must complete all of the jumps or throws that your event coach has determined best for you and in the running events you must complete each race you enter unless you are injured during the competition.
2. During a meet you cannot pull yourself out of an assigned event unless you receive permission from the head track coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head track coach.
3. Failure to show up for any meet without the prior approval of the head track coach means automatic forfeiture your letter award. You have a meet schedule ([click for schedule](#)), make sure your work schedule, academics, appointments, etc. work around it. Nothing will cause resentment, bitterness, and bad feelings more than leaving three teammates on the starting line during a relay meet. If you are scheduled to compete in a Saturday meet, **make sure you are there!**

4. Club sports teams (soccer, volleyball etc.) are not a reason to miss meets. If you choose to miss a weekend track and field invitational so you can go to your soccer game, you will not be invited to the next weekend invitational. If you miss two weekend invitationals for the same reason you will be restricted from them the rest of the year. If you miss a Capital Valley Conference (CVC) Center meet or the CVC Finals (usually Wednesdays or Fridays) for this reason you will be dismissed from the team.

### C. Academic Eligibility:

1. Academics should be your number one priority – **that is what school is all about**. As a member of the team, however, you have agreed to complete your studies in the evening and weekends – **not during practice time**. You can accomplish both goals by **organizing yourself**.
2. In order to maintain your eligibility on any team at Bella Vista High School, you must maintain certain academic standards. If you are having academic problems in any class, let the coaching staff know as soon as possible so that arrangements can be made to assist you in improving your grades. Don't wait until the four-week grade checks to let the coaching staff know that you are having an academic problem. By that time, it may be too late to maintain your athletic eligibility.
3. If you have grade problems during the season you will be allowed one intervention period where you will be required to attend tutoring three days a week (0 or 6<sup>th</sup> period depending on your schedule). After your tutoring is over for the day you will be expected to join the team practice. During your academic intervention you are eligible to practice and compete in meets. You are only allowed one (1) intervention per year. If you have already served an intervention for another sport, you cannot do it again during this school year. If you are not eligible for an intervention you will be ineligible to compete in meets until the next grading period, but you can still practice. See the BV athletic handbook for more information.

### D. Sickness/Injuries:

1. All injuries must be reported to the coaching staff. If it is serious enough you will be expected to see your family physician or a sports medicine physician. If you need to miss practice because you are sick let a coach or captain know before you leave school. If this is not possible call/email or have a parent or guardian call/email the school/head coach and leave a message of your whereabouts.
2. Because of problems in the past with the spread of viruses (colds, flu, mono) among the team, all athletes will be expected to provide their own water and food to meets and practice. All athletes are strongly encouraged not to share water bottles, jugs, etc. with any other member of the team.

### E. Behavior:

1. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found to have been involved in this activity.
2. Finally, no one person is above the **team**. Fighting, "trash talking" to teammates or opponents, mouthing off, refusing to do the workouts, leaving meets early, showing disrespect for any adult, coach, members of an opposing team, or your fellow team members will not be tolerated. Everybody on the team is important – no matter how fast he runs and deserves your **respect** and **encouragement**. If any of the above become a problem, you will receive one warning and after that removed from the team.

**F. Uniform Rules:**

1. You must wear the complete Bella Vista High School track uniform at all meets. This includes the singlet, shorts, and sweats purchased or assigned to you. **If you choose to wear undergarments (spandex, compression shorts etc.) under your shorts and singlet they must be solid black – no exceptions!**
2. You are responsible for any equipment assigned to you. If you check out your uniform from Bella Vista do not wear any part of your uniform to practice or P.E. If your uniform is lost or stolen, you must reimburse the Bella Vista Track Team the following amounts:

<u>Equipment</u>	<u>Amount</u>
Singlet (top)	\$42.00

**Tank Top & Shorts Care:** Machine wash cold with like colors, remove immediately after wash, do not bleach, tumble dry low, do not iron.

**General Athletic Apparel Care:** All athletic garments should be laundered immediately after they have been worn. Do not allow perspiration-soaked garments to lie in a pile or rest on top of each other for any period of time—garments that cannot be laundered immediately after wearing should be hung individually on plastic or wooden hangers. Do not soak nylon or lycra garments. Do not overload machine—make sure water level in machine is higher than garment level. Do not use fabric softeners—fabric softeners deteriorate garments with spandex. Remove garments from machine immediately after washing—this will help avoid color bleeding, particularly on color-blocked garments. Do not soak or wash in sink—this will cause the colors to bleed. Be sure garments are completely dry before storing—store in cool, dry places, away from direct sunlight & fluorescent light to prevent mildew or yellowing. Do not dry clean or iron garments—dry cleaning and ironing can discolor athletic uniform fabrics and damage imprinting.

In addition, you will be held monetarily responsible for any equipment, such as shotputs, discuses, or starting blocks that you lose or flagrantly break. All equipment and uniforms must be returned to the head coach within five (5) days of the completion of your track and field season. Uniforms must be washed before they are returned.

## LETTERMAN AWARD

To earn your varsity letter, you must achieve the following three standards: 1. Achieve at least one event standard below while competing in the varsity division\*. 2. Serve a minimum of three team volunteer hours\*\*. 3. Have no more than five unexcused absences from practice and must compete in every meet that you are entered in.

Boys Standards	
100 meters	12.39
200 meters	25.47
400 meters	57.51
800 meters	2:20.12
1600 meters	5:12.08
3200 meters	11:22.96
110m (39") hurdles	18.40
300m (36") hurdles	46.61
High Jump	5-04
Pole Vault	10-00
Long Jump	17-08
Triple Jump	36-11
Shot Put (12 lb)	35-00
Discus (1.6k)	92-05

Girls Standards	
100 meters	14.33
200 meters	29.92
400 meters	68.86
800 meters	2:48.38
1600 meters	6:13.43
3200 meters	13:25.51
100m (33") hurdles	19.07
300m (30") hurdles	54.60
High Jump	4-06
Pole Vault	7-06
Long Jump	14-01
Triple Jump	30-08
Shot Put (4k)	24-10
Discus (1.0k)	70-03

Standards based on the average of the Sac Joaquin Sections 60th percentile from the three most recent years.  
(Updated 1-21-23)

### Special Awards:

Several special awards are also given at the awards banquet. These awards go to the team captains (captain's pins) and trophies to the most outstanding track athlete, most outstanding field athlete. A senior award plaque is given to seniors who have successfully completed four years as members of the Bella Vista Track and Field team in good standing.

Plaques and medals are also given to those individuals with track and field performances which rank them among the top ten (10) on the school all-time performers list or have improved their ranking if previously ranked in the top ten (10), set a school class record (e.g., frosh, soph, or varsity), or were a member of school record setting relay team. These tables can be found on the Bella Vista High School Web site – [www.bvtrack.com](http://www.bvtrack.com).

In addition, if the team wins the CVC team championship, each athlete who finishes the season in good standing will receive a league championship t-shirt. Athletes placing first and second at the CVC Finals meet will also receive a distinctive "all-league" patch for their letter jacket.

During the CVC center meet season and for the CVC championship meet, an athlete will be chosen as the "Athlete of the Week" by the coaching staff. This award is based not only on how well you performed at the meet that week, but also on your improvement from the previous week and your work ethic during the week's workouts. A special t-shirt will be awarded to this individual.

### Hall of Fame Award

The Hall of Fame Award is the most prestigious of the track and field awards that an athlete can receive at Bella Vista High School. Information on how to receive this award can be found at [www.bvtrack.com](http://www.bvtrack.com).

\*Special consideration will be given to senior athletes who have contributed four successful years to the program.

\*\*Volunteer hours toward your letter award are the times you help out at the pre-season track and stadium clean-up, Sacramento Meet of Champions (at the meet, helping pre-meet with packets and program), and SJS Division II-III Trials and Finals etc.