

# Easton Valley Track & Field



**RIVER HAWKS  
TRACK & FIELD**

*“Anyone, Anywhere, Anytime!”*

*“It’s You Against You!”*

*“Want More. Expect More. Strive For More.”*

*“Right Here. Right Now.”*

*“Blaze Of Glory!”*

**2022**

## Coach's Letter

Welcome to another season of River Hawk Track and Field!

In 2018, my first Coach's Letter at Easton Valley started with this saying, **“success does not come easy, and it will take commitment, hard work, sacrifice, focus, and purpose on everyone's part to make this a memorable season”**. I firmly believe in those words from five years ago. A lot has changed since 2018. The first Easton Valley team state medal came with a strong, committed group in 2018, development was quicker than expected and Coach Casey came on board in 2019, COVID squashed a “season of seasons” in 2020 as the storm came and went, and we said farewell to my first group of seniors in 2021 that were part of the program for all four years. With many new additions on board, I'm not sure what to expect in 2022, but that's what is exciting. **When you've got something to prove, there's nothing greater than a challenge**. This year will bring on many challenges as a large number of seniors moved on due to graduation. The challenge of competing and developing a younger squad also exists. Not knowing what the future brings can be scary, but I see it as being exciting. It's exciting because I always feel that **“the best is yet to come”** as a season progresses; and what our best is as a team will be determined by the efforts put forth every day. It is essential to prove yourself worthy every day to be successful. Not to me, not to the world, but to yourself!

It is my belief as a coach to set priorities in order to develop into a successful athlete, and more importantly a successful person. The order of priorities in my life starts with **family**. Your family should be the heart and soul of who you are and what you become. Family can be the people you interact with at home, a network of friends, or even a track & field team. Without family, nothing else matters (which is why I am ultimately here coaching). The next priority is **education**. Your education is your chance to gain opportunities to be successful as an adult. Many things can be taken away from you in life, but what you learn will stay with you until the end. The next priority is **track & field**. During the season, I want this to be a top priority as I expect full commitment to the sport. However, keep in mind that without family you will not have the support to perform well and without passing grades you will not have the opportunity to compete.

When it comes down to how successful you are as an athlete (and likewise a team's success) essentially **“it's you against you”**. You decide to do the little things to become better every day, you work harder than your competition, you invest the time to study the sport and technique, you decide to come each day with an attitude to improve, you persevere and never give up, you decide that **“good enough” isn't good enough**, you treat your body to be the best to optimize its potential by eating healthy and getting proper rest, and you act as an ambassador of this team by avoiding self-destructive behaviors. You also decide to **take things to the next level** and want more. If you are satisfied with past results then you will lose and lose often. If you believe that you are capable of more, want more, and work to be better than the day before then great things will happen and the possibilities are endless. **Each day is a new day with new challenges**. You decide how to handle those challenges.

**You're only as good as your last competition**. Use this thought to guide your thinking, motivate you, and challenge yourself. Will you rise to the challenges presented to you this season? Will you **“take on anyone, anywhere, and anytime”** regardless of whether you're the favorite or underdog? Will you be the athlete the team can rely on to step up (and step in) anywhere at any time when called upon? I can't answer these questions for you. You answer these questions solely by your actions. When you look in the mirror, you'll see the measuring stick of success. Look yourself straight in the eyes and ask yourself, **did I give this day 100%**? If you can say “yes” every day, then I see great things happening this season.

We focus on **ONE place and ONE time...right here, right now**. What does it take to be number **ONE**? Are you the difference maker and the **ONE** your teammates look up to? Will you be the **ONE** to step up when needed. Most events are determined by less than **ONE** second or **ONE** inch; what would you do for that edge? What would you do to be number **ONE**? Are you the **ONE** that always wants **ONE** more rep to make yourself better? For the seniors, this is your **ONE** last time to put a stamp on your legacy of this program. How hard would you work if you only had **ONE** more chance to experience it all? It all starts with day **ONE** and then moves on **ONE** day at a time, until the time comes that you are the last **ONE** standing! The time has come when all are **ONE** and **ONE** is all.

It has been an honor to coach this team. Not for how far we have come in such a short time, not because of the adversity we have overcome, not for the great memories and accomplishments. The honor lies in **what you will all become** and what this season holds. Don't be limited by what people tell you that you can or cannot do. **Want more. Expect more. Strive for more**. If you can dream it, you can do it. **DREAM BIG!!!** I am not sure what this season is going to bring. From previous years, I do know that there will be successes, adversity, anticipation, and uncertainty. It is how the team responds to these variables that will determine our success. This season will mark the end of the program I developed at Easton Valley. I am so proud of how this program developed, but we are not finished! We can “ride into the sunset” as a program or we can go out giving all we've got in a **“Blaze Of Glory”!**

Sincerely, Coach Reuter

# Coach Reuter's Complete Athlete

It is the intent of this track and field program is to develop the complete athlete. The complete, (Straight "A") athlete is composed of five aspects that produce athletic achievement : Attitude, Ambition, Ability, Aptitude, & (being an) Ambassador.

The right **ATTITUDE** is the foundation for being a complete athlete. The attitude of a complete athlete should be one in which they set goals and recognize the proper way of attaining those goals. A complete athlete's attitude should be positive, focused, determined, loyal, progressive and purpose-driven. It is essential to compete with the mindset in which the athlete refuses to lose. This means that a complete athlete respects the competition, but never fears the competition. The complete athlete rises to the occasion, never quits, and fights until victory is achieved. *Take on the challenge of anyone, anywhere, anytime!*

A complete athlete should have drive and **AMBITION**. The complete athlete determines short-term and long-term goals based on their current ability. The complete athlete also determines the necessary steps needed to achieve those goals. Sacrifice is the key to success. Every ambitious athlete works hard, but the complete athlete never settles and is never satisfied. The complete athlete does the little things when someone, somewhere else is not practicing. The complete athlete expects adversity, and develops ways to persevere, and overcome obstacles & setbacks. *Failure should not be an option.*

The complete athlete maximizes their **ABILITY** and potential. Some athletes are naturally more gifted than others, but the complete athlete pushes the mental and physical limits of their body & spirit. The complete athlete competes at the highest possible level, while having no regrets. This is accomplished by having trust in their abilities, training, and the program. It is the belief that the mediocre athlete can become good, the good athlete can become great, and the great athlete can become elite within the network of trust. *Anything less than your best is a personal insult.*

A high **APTITUDE** and knowledge of this sport is characteristic of the complete athlete. An understanding of strategy, self-awareness, mental toughness, and all technical aspects of this sport gives the complete athlete an edge over their competition. A complete athlete understands the "ins & outs" of the sport and can internalize ways to improve. The complete athlete initially becomes a student of the sport. Eventually, it is expected that the student will become a teacher of the sport. In this program, the complete athlete develops into a peer mentor and leader. *Use every opportunity to learn about the sport.*

A complete athlete is an **AMBASSADOR** of the sport. This involves participating in the sport in a manner that represents the team, school, and sport at the highest level. Sportsmanship is about being a humble winner and understanding that failure is an opportunity to become better. As an ambassador, the complete athlete is a leader that is positive, intrinsically motivated, confident, and poised. During periods of adversity, the complete athlete is the "calm amidst the chaos" and becomes a source of guidance. In turn, the complete athlete understands the significance of their legacy within the ongoing tradition of the sport. *Respect & represent the sport.*

**ATTITUDE + AMBITION + ABILITY + APTITUDE + AMBASSADOR =  
ACHIEVEMENT**

## **Team Rules / Guidelines**

- We will follow the rules that are set by the school. We will enforce the good conduct policy, attendance policy, and eligibility policy.
- Be on time to practice and meets. If it is necessary to miss a practice or meet be sure to talk to or text a coach as soon as you are aware of the conflict. Your absence can significantly affect a line-up.
- The bus leaves at the time on the schedule, with or without you.
- You must ride to and from meets on team bus, unless a note from a parent/guardian is received in advance, or a parent/guardian signs you out at the meet. (No rides from girlfriends, siblings, friends, etc.)
- Absolutely no athletes may drive to a meet (unless given a note from parents and approved by the principal)
- Swearing = 25 push-ups (on the spot) - *coaches included*
- There will be no hazing of freshmen.
- There will be no cutting on any routes/workouts.
- When you are out in public during practices or meets remember you are representing Easton Valley High School and Easton Valley Track and Field. Inappropriate conduct always gets back to us.
- First unexcused missed practice = Extra running/work.
- Second unexcused missed practice = Extra running/work, limited at next meet,
- Third unexcused missed practice = Extra running/work, miss next meet.
- **Fourth unexcused missed practice = Off the team.**
- If you lose or damage your uniform...you buy it. (\$200 for uniform and warm-up)

\* If you forget all of the other rules, at least remember this one...Always act like gentlemen. \*

### **Earning a Varsity Letter**

*(Need to a total of **40 points** to letter.)*

#### Ways To Earn Lettering Points

1. Score a total of 40 points at invitational meets.  
*(Relay points will be awarded at full value.)*
2. Years of Track & Field Participation  
*(1 point for each full year completed)*
3. Perfect Attendance at all practices : *(5 points)*  
*(School events or illness are the only exceptions)*
4. Hawk Flock Points  
*(Tough Talons, Bird Of Prey)*
5. Participation in the Program Fundraisers  
*(Bridge Is Broken Run, Long Jump Pit & Track Construction, Firewood Fundraiser) : (5 points each)*

#### Ways To Lose Lettering Points

1. Unexcused missed practice : *(5 points)*
2. Inappropriate behavior : *(Minimum of 5 points)*  
*(Immaturity at meets, Criticizing teammates, Disrespect to coaches, Etc.)*
3. Suspension for good conduct violations : *(Forfeiture of **all lettering points**)*

NOTE : *Special consideration will be given to an athlete who has completed four full seasons, but has not earned enough points in a year for a letter.*

#### \* Inappropriate Behavior

- Being excused from practice by a coach due to inappropriate behavior will result in the following :

1. First Offense : Inactive for one meet (after attending all practices).
2. Second Offense : Dismissal from the team.

## *Practices*

On early out days we will not have practice. We will have practice on Saturday on a track as an alternative. It is EXPECTED for you to attend Saturday practices. We plan on running outside for warm-ups at a minimum. Make sure you have warm clothes, gloves, tights, and a hat.

## *Strength Training*

The purpose of strength training is to reduce injury and increase flexibility, explosiveness, strength, and confidence. Since I cannot supervise the weight room before school due to my teaching duties elsewhere, strength training is expected to be done two days per week during the season (either at school or a fitness center).

## *Team Dinners*

As a way to develop team comradeship, we will have three team dinners throughout the season. Parents will be in charge of organizing and serving this event (only a one-time commitment) while athletes will help clean up. The team dinners will be before the University Of Dubuque Indoor, Gateway Classic, and the District Track Meet.

## *Meet Expectations*

Always act like gentlemen, remember you represent the school, the team, the community, your coaches, and most importantly yourself.

- We want you to stay at the entire meet and support your team even if you are done before the end of the meet.
- Stay off your cell phones at the meet. Get out and support your teammates. Hold their clothes, blocks, etc. If necessary, ask coach to use the cell phone.
- We will warm-up as a team when we first get to a meet.
- Be sure to warm up properly, it will prevent injury and ensure that you maximize your potential in your event. Every event calls for a different type of warm up but all events should incorporate our practice routine into their warm up. Done well this should be spaced out over about 15-25 minutes, schedule permitting. You know you have warmed up properly if you have a moderate sweat, a slightly increased heart rate, and you feel loose when you step up to the starting line. After every event you should run a cool down and stretch to combat lactic acid build up so you are ready for your next event, or just the next day.
- The tent will be assigned to freshmen to carry, set-up, and take down. Use the tent only as a necessity. Support your team by the sidelines. The tent is a privilege!!!

## *Meet Apparel*

- It is very easy to be disqualified for uniform violations in track. If one person in a relay wears something underneath his uniform everyone else in the relay must have the same color. The color we have chosen to wear underneath our uniforms when it is cold is **black**. Anything worn underneath our team uniform must be all black. It must be a solid black even the stitching cannot be a different color or we face disqualification.
- No jewelry or piercings are allowed at track meets (only exception is a medical bracelet).

## Video Cameras

- I know some parents bring video cameras to meets, which is great, and I encourage that. The only thing I ask is that parents do not show your athlete's video footage during the meet. Watching video footage during a meet is a violation and we face disqualification.
- **Athletes will take turns recording events if the team manager cannot fulfill the duty.**

## Meet Sheets

- I will try to get meet sheets to all students the night before.
- I will have extra copies for parents at every meet.

## Awards

- As a way to develop leadership by being a positive role model, two in-season awards will be issued. The **Tough Talons Award** will be awarded at every practice and meet for exemplary leadership and contributions. At meets, the **Bird Of Prey Award** will be given for best meet performer and earn the right to possess THE BELT for a day. These awards will carry points that can be used for lettering.
- Medals will be handed out at practice after meets when award winners are announced.
- Awards will be given out at the end of the year in the following categories:

**Team Leader Award** – Captain who was the best leader of the team.

**It's About We, Not Me Award** - Individual that puts the team ahead of themselves and sacrifices for the overall success of their team and teammates.

**Most Valuable Runner**– Individual with good times that was a big part of the team's success.

**Most Valuable Field Event Athlete** – Individual with good height or distance that was a big part of the team's success.

**Most Improved Performer** – Individual that showed great improvement from last season to this season, or from the start of the season to the end of the season.

**Rookie of the Year** – A freshman (or newcomer) that stood out and had a great rookie season.

**Coach's Award** – Voted on by coaches, given to individual who shows leadership, good character, commitment, and rises to the challenges before him.

## Contact Information

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