



UPPER DARBY BOYS

SPRING TRACK & FIELD

SURVIVAL GUIDE

2023

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

- Steve Prefontaine

UPPER DARBY SPRING TRACK & FIELD

THE OFFICIAL SURVIVAL GUIDE

COACHES INFORMATION

Kelsey Bierling - Boys' Head Coach
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Jason Hudnut (B)
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Brad Gilbert - Girl's Head coach
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Steve Gilbert (G)
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You will work with many different coaches throughout the season- We are lucky at UD to have the many coaches we do. If you have any questions, you can reach out to ANY of the coaches- on the boys or girls side. Remember, communication is the key to working towards your individual goals and our team goals.

UD TRACK & FIELD PHILOSOPHY

The UDHS Track & Field team is dedicated to hard work, good sportsmanship, teamwork, strong academics, and the dedication to achieve success. Track & Field is a great, life-long sport that will teach you how to balance hard work with fun, and you will learn many lessons such as responsibility, character, respect, confidence, leadership, and discipline.

PRACTICES

AFTER SCHOOL MON-FRI. 3 - 5:30

Packing for Practice: Key word, LAYERS. It is usually cold in the beginning of the season, and we are usually outside, so layers are important. Running sneakers & socks, running pants/spandex or both, long sleeve shirt, sweatshirt, jacket, hat, gloves, digital watch (everyone should invest in a digital watch). Once it gets warmer out, you will need to make sure you have sunscreen and a hat.

We may have one day off a week to use as a Study/Recovery day. Some weeks it may just be a “Study Hall” day, where the team has a study hall for an hour and then lift. The day is yet to be determined. You will use this time to sit with the coaching staff (all teachers) and catch up with work or get help.

CONFLICTS

Conflicts with practice and meets will happen from time to time. When students show a sincere effort to communicate their conflicts, as far in advance as possible, we will work with the students to resolve the conflict. When students are not showing adequate effort to communicate, or are encountering conflicts too often, they will be dismissed from the team. There is a Google Form to fill out, located on our Team Schoology Page that should be filled out if you are missing practice. It is your job to fill out that form - do not send the coaches a message through a teammate.

MEETS

When you look at the schedule, you will notice three Weekday meets (all Wednesday’s) and some Friday/Saturday meets. The Wednesday meets are Central League Meets. The Weekend Meets are generally invitationals. These meets will have to be earned by members of the team.

Packing for Meets: Training sneakers, **water**, racing flats, digital watch (for warm-up & cool down), **water**, running layers, hat, gloves, UNIFORM, **water**, school work, blanket, snack, **water**.

#1 RULE that you WILL NOT forget!!!! We will always leave our area at meets better than we found it! **AND** There are also NO Radios or Speakers or Headphones allowed at meets!

Invitationals: Some athletes will be attending invitationals. Attendance at these meets is dependent upon multiple factors – including times/distances, dedication and work ethic, and attendance at practice.

EQUIPMENT

Track equipment is simple. Dress warm (visit local running stores or Marshalls/TJ Max for essential clothing . . . cotton is not the best way to go. Under armor is a great base layer for the early meets, when it will still be cold). Investing in the correct training sneakers will save you money on doctor’s appointments because many running injuries are due to improper footwear. “The Running Place” in Newtown Square or “Bryn Mawr Running Company” in Media both have great staff who watch the way you walk, and they will fit you with the

best trainers (sneakers). You will also need a pair of spikes. These are also sold at the local running stores. You might want to wait to purchase these, until you know if you are a sprinter or a mid-distance/distance runner.

The shoes are different for each.

SCHOOL ISSUED UNIFORMS

Once an athlete is issued a school uniform, they are fully responsible for returning the same uniform they were issued at the beginning of the season. Every athlete will return the washed uniform at our end of season meeting. This is mandatory, NO EXCEPTIONS!

Underclassmen will have transcripts withheld. Seniors will not receive their cap and gowns for graduation until all uniforms are returned.

INJURIES

Injuries do happen, especially with running. Most of our injuries are from too much too soon or wearing the wrong/broken down shoes. We always try our very best to individualize our training programs. You should be aware though, whether you are a sprinter, jumper, thrower, distance runner, you will be running every day. Distance runners will run on the roads anywhere from 15 to 40 miles per week (depending on the individual). Sprinters will be sore in places they did not know exist due to sprint work and plyometric work. Jumpers and hurdlers will work with the sprinters on non-specialty days. Throwers will do more than just throw; they will also lift and perform plyometric/sprint training to work on their speed. Overall, the beginning of the season is filled with soreness, so it's important to learn the difference. Please communicate your soreness, and if we feel it is more than just training soreness, then we will send you to our school's athletic trainer.

GRADES & BEHAVIOR

You must remain in good academic standing to be a part of the team. Coaches will be monitoring your progress, and will be checking in with your teachers. If you are having any issues, see your coaches sooner than later! We are all teachers. Either we can help, or we can find you the help you need. You must also follow the Code of Character to remain a part of the team. Foul language, disrespect, bullying of any kind, fooling around, etc. will not be tolerated, and may be grounds for immediate dismissal from the team. If you fall below 85 Royal Points you are not permitted to practice or compete, until you have gotten back over 85 points. Athletes are expected to come to practice and maintain a level of maturity expected of a high school student. Students who exhibit behaviors that are unbecoming of a member of the UD Boys Track team could face dismissal from the team or be placed on a behavioral contract.

TEAM REMIND & SCHOOLOGY PAGE

Members of the team **are required** to join the Team Remind. The coaches are able to send messages to the athletes about practices, changes to the schedule etc.

BOYS - text this message @UDTF to this number 81010

Members will be added to the Team Schoology Page - updates, results and team information will be posted on the page. You are **EXPECTED** to check this page and your school email **DAILY**.

FOLLOW US ON SOCIAL MEDIA

BOYS - instagram - @ UpperDarbyBoysTF

GIRLS - instagram - @ Upperdarbygirlsxctf

BOYS - twitter - @ UpperDarbyBTF

LETTERS/AWARDS/BANQUET

We have a celebration banquet in June to celebrate both our indoor and outdoor seasons.

TRACK AND FIELD ONLINE

<http://pa.milesplit.com/>

www.letsrun.com

www.flortrack.com



Tentative Schedule Spring 2023

Sat. Mar 25, 2023	UD Relays @ Marple HS - TEAM Requirement	Bus TBA
Wed. Mar 29, 2023	Central League Meet #1 @ TBA	Dismissal TBA
Fri., Apr 1, 2023	Haverford Invitational	Bus @ TBA
Wed. April 12	Central League Meet #2 @ TBA	Bus @ TBA
Wed. April 19	Central League Meet #3 @ TBA	Bus @ TBA
Friday/Sat., April 14/15	TBA (Upper Dublin on Friday or Coatesville or Bensalem on Saturday)	
Apr 17, 2023	9th Grade PR Trials @ Hatboro-Horshem (4:30 start)	Bus @ 1:45
Saturday 4/22	Father Judge Relays	Bus @ 7 am
Wednesday Apr 26, 2023	Throwers Only Meet @ UD	Dismissal TBA
Thurs/Fri April 27/28	Penn Relays	TBA
Sat., April 29	Whippet Invitational (Downngtown)	Bus @ 6:45 am
May 3-6	Delcos – Sun Valley HS	Dismissal TBA
May 10th	CAL Championships @ LM	Dismissal TBA
May 13-15	Last Chance Meet – TBD	
May 15, 2023	Throwers Only Last Chance @ UD	Dismissal TBA
May 19-20	District 1 Championships @ Coatesville	Dismissal/Bus TBA
May 26-28	PIAA States Championship @ Shippensburg	

NOTE: Central League meets start at 3:45