

# **Bellevue Girls Track & Field**



*“Are You Tough Enough?”*

**2024**

## Coach's Letter

Welcome to another season of Comet Track & Field! Last year a new program was implemented and 7 events made the all-time **Top Ten List** at Bellevue High School. We were a couple spots off of qualifying for the **Drake Relays** by 0.11 seconds, we were 0.51 seconds off of setting a **school record**, and just missed **medaling at the state track & field** meet with a 9th place finish. Some would say that was a successful season. However, when this program has two goals every year, school records and state meet hardware, we came up short of our goals. Did we have fun and did we improve on a regular basis? **ABSOLUTELY!!** I am so proud of what the team did last year. Nonetheless, in this program, having fun and just getting to state does not meet our goals and is considered unacceptable. **Change is needed** to get to the next level. Last year we implemented many program changes, but I tried to be understanding of where the program was and not "rock the boat". The program was not where I wanted it as a head coach. **That will change this year.**

One constant has been present with the most successful teams I've coached over the past 22 years. The best teams are mentally and physically strong! Last year we were mentally and physically weak. That **can not** happen for the long-term goals of this program. Mental and physical toughness will be rewarded with opportunity. This year I want you to ask yourself a couple of questions. Do I bring the right **attitude** to practice and competitions? Do I give my best **effort**? Do I push past my **comfort zone**? Am I willing to **do the little things** to make myself and my team better? Can I handle **adversity**? Is my **mind** in the right place? Am I **tough** enough?

**Attitude**.....it all starts with attitude. I have **never** heard a **SUCCESSFUL** athlete every say, "I'm glad my coach took it easy on me". I have seen the results of that statement from athletes that think otherwise. Athletes that "go-through-the-motions", don't work in the offseason, don't practice hard, can't focus when conditions aren't ideal, and step down when their competition steps it up often think that good things happen by chance or luck. That almost never happens with most things in life, especially athletics. Athletes in this program that **lead by example**, work in the **offseason**, practice with **purpose**, handle **adversity** in stride, and **"refuse to lose"** are the ones that will make months of practice, early mornings with late nights, and hard work pay off.

I've coached long enough to realize that track & field is **rarely** an athlete's favorite sport. Although many girls would rather play a ball sport like volleyball, basketball, soccer, or softball, track & field is typically the **most successful** high school sport every year with qualifiers at the state meet. This has been true at every school I have coached. Some would say that there are more events and more chances to get to Des Moines than a team sport. I agree, but at the same time we still get to **compete against the best in the state**, get recognized at school, and get the **pageantry** of being out of school by staying in the hotels, eating at nice restaurants, practicing at state-of-the-art facilities, and all of the spoils of being in Des Moines. No one can ever take those memories away from you. We also get the **best athletes of all of the sports** on our team and help strengthen those other sports. We get the jumping ability of volleyball athletes, endurance of cross country runners, speed and agility of basketball players, mental toughness and quick thinking of wrestlers, flexibility and skill of cheer & dance, and hand-eye coordination and arm strength of softball. Track & field is the sport that brings **all sports together**. If that's not a team, I'm not sure what is a team.

Track & field is not always a "fun" sport. It is a **test** of who you are **personally**, but yet so many athletes go out for the sport. I really think people like to be pushed to their limits to see what they are made up of. One of my favorite things as a coach is seeing **what you'll become** as an athlete and person. Most people are capable of **more than they think**, but need someone to help them get there. This could be a coach, teammate, friend, or relative. With the right state of mind, support, & motivation, you can go from average to good, good to great, or great to elite. People are also strongest when their **"backs are against the wall"**. When things don't go as planned, when the competition steps up their game, and when you are **NEEDED** by the team, can you bring out your best? When things seem chaotic, **can you focus** on the task at hand.....right here, right now? Some people fear these inner tests, but the strong-willed and strong-minded see them as opportunities to become better.

High expectations require a strong commitment, confidence, and a certain level of stubbornness to achieve your goals. The goals of my track & field program have never changed over the years and never will, but are you willing to change to meet your personal goals and the goals of this team? Are you willing to hold each other accountable? Are you willing to sacrifice for each other? **Are you tough enough** to take things to the next level?

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 other parents, boyfriends, siblings, friends, etc.)
- Absolutely no athletes may drive to a meet (unless given a note from parents and approved by the principal)
- Swearing = 10 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 Bellevue High School and Bellevue Track and Field. Inappropriate conduct always gets back to us.
- First unexcused missed practice = Extra running/work.
- Second unexcused missed practice = Extra running/work, miss next meet,
- Third unexcused missed practice = Extra running/work, miss next two meets.
- **Fourth unexcused missed practice = Off the team.**
- If you lose or damage your uniform...you buy it. (\$200 for uniform and warm-up)
- Decisions regarding line-ups & meet participation WILL NOT be discussed with parents (*never been an issue*).

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

## **Earning a Varsity Letter**

(Need to a total of **40 points** to letter.)  
(Scoring a single point at the District State Qualifying Meet will result in automatic lettering.)

### 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 - NOT WORK!)
4. Comette Points  
(True Blue, Queen Comet)
5. Participation in the Program Fundraisers : (5 points each)

### Ways To Lose Lettering Points

1. Unexcused missed practice : (5 points)  
(Skip Practice For Whatever Reason : Work, Hair Appointments, Club Volleyball Practice, etc.)
2. Inappropriate behavior : (Minimum of 5 points)  
(Immaturity at meets, Criticizing teammates, Disrespect to coaches, Etc.)
3. Suspension for good conduct violations or any other reasons : (Forfeiture of 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 days before meets, we will work exchanges during early-bird PE (for those attending other in-season sports competition). For those NOT doing another in-season sport, it will be expected to attend all practices. We plan on running outside for warm-ups at a minimum. Make sure you have warm clothes, gloves, tights, and a hat for EVERY practice. Video of track meets will be reviewed the day after each meet prior to practice.

## **Strength Training**

The purpose of strength training is to reduce injury and increase flexibility, explosiveness, strength, and confidence. Strength training will be done during early-bird PE Monday through Thursday. It will be the coach's discretion if track & field athletes are excused from early-bird PE upon arriving home late after a meet. An athlete will NEVER be excused from SCHOOL the day following a meet (*regardless of the return time*).

## **Team Dinners**

As a way to develop team comradship, 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 River Valley Indoor Meet, Comet Relays, and the District State Qualifying Track Meet.

## **Meet Expectations**

Always act like ladies, 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. (*If it is necessary to leave early, you MUST get the head coach's approval*)
- Stay off your cell phones at the meet (*SEVERE consequences for not checking in for an event*). Get out and support your teammates. Hold their warm-ups, blocks, etc..
- 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.
- It is expected that you check in with the coaches after EACH event. We will review the event, discuss possible improvement, and congratulate you on your victories!
- Athletes should work as a TEAM carrying, setting-up, and taking down the tent. Freshmen girls will be responsible for carrying the tent to and from camp (alternate turns). Use the tent only as a necessity. Get out and support your team by the sidelines. The tent is a privilege!!!

## **Meet Apparel**

- In the past it was very easy to be disqualified for uniform violations in track (*let's play it safe*). If one person in a relay wears something underneath her 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 could face possible disqualification.
- Although rules have been relaxed over the years, we prefer no jewelry or piercings worn during the track meets (only exception is a medical bracelet). This is a safety concern.

## *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 athletes video footage during the meet in competition areas. Watching video footage within the competition area is a violation and we face disqualification.

## *Meet Sheets*

- I will get meet sheets to all students the day before.
- We 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 **True Blue Award** will be awarded at every practice and meet for exemplary leadership and contributions. At meets, the **Queen Comet Award** will be given for best meet performer. These awards will carry points that can be used for lettering. The Queen Comet Award **can not** be awarded for two consecutive meets.
- 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 (*based on anonymous, TEAM voting*):

**Team Leader Award** – 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 Award** – 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 Award** – 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 freshmen (or newcomer) that stood out and had a great rookie season.

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

## **Contact Information**

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