

Fredericksburg

2026



BOYS Track & Field

ATHLETE / PARENT MANUAL

(As of 1-28-26)

January 29, 2026

2026 Boys Track Parents,

The 2026 Track Season is officially here, we are excited about the work that has put in during off-season and in a few short days we will be ready to compete against some of the best track teams in the state as we work and prepare to win a district championship on April 6th and April 8th.

All boys have had time trials for events in week 1 that will help determine the early season Varsity and JV rankings. Our 12-week development phase of the season runs from January 7th through March 23rd and during that time we will have 5 scheduled meets with the first at Liberty Hill on Saturday, February 22nd. The 5-week championship phase of the season begins on April 2nd with the Varsity/JV District 27-4A Meet and will conclude on May 1st with the UIL 4A State Meet. Only Varsity qualifiers will participate after the District Meet in April.

After the trials in week 1, the athletes will be evaluated weekly from their practice performances and practice attendance to determine entries in the early season meets. The results of the track meets through March 22st will help determine who will officially represent the Varsity and JV Teams in all events at the District Meet. We plan to train the top 6-8 in each individual event throughout the season and will build our relay teams based on what the coaches know is best for the relay team to succeed as a group.

We emphasize in the FHS Boys Track Program that each athlete should set their personal goal to improve their performances from week to week and gain a new personal best at the District Track Meet. This program is built on a strong tradition of excellence with a TEAM focus. If your child wants to succeed, then they will have to make all workouts and put forth only their best effort every day to develop. Those that try to do extra training on top of our team workouts may quickly find out they will only regress or get injured. Please focus on letting our program develop your child! It should be expected that athletes will have good and bad performances throughout the season, which is expected through the training process. We need everyone to continue believing in the concept of "TEAM" to accomplish our Team and Individual Goals!

This packet should give you the necessary information that will help outline this season. **We need parent volunteers to help work field events and the concession stand at our home meets on Thursday, February 12, Saturday, March 21st, as well as the district meet on Monday, April 6, and Wednesday, April 8th. Please email me if you are able to volunteer at an event or in our concession stand so I can generate a list.**

As of now, the coaches that will be working with the boy athletes this year are:

Jason Roemer (Head Boys Coach – All Boy Runners, Jumps)

Matthew Carter (Hurdles, Assist with Boys Runners-Jumps)

Mitchell Thiele (Distance, Assist with Boys Runners-Jumps)

Chance Mohr (Pole Vault – Girls/Boys)

Stephen Shipman (Discus and Shot Put – Girls/Boys)

Thank you for allowing me and my assistants to work with your son! If you have any questions or concerns now or during the season, please contact me and I will be happy to visit with you.

Jason Roemer

Head Boys Track/Asst. Boys Basketball

Fredericksburg High School

jasonr@fisd.org / Cell: 830-456-4489

2026 Boys Track & Field Practice Schedule

- **TRACK WEIGHT ROOM** is scheduled for **4:45-5:30pm** on Tuesday's and Thursday's.
- **TRACK SKILL WORKOUTS** are scheduled for **3:15pm to 5:30pm** Monday through Thursdays.
- **DUAL SPORT TRACK** (BBall/Baseball/Soccer) workouts are **4-4:30** on all non-gamedays.
- **MONDAY STUDENT HOLIDAYS** we will practice **3:30-6pm** (February 16th)
- **SPRING BREAK PRACTICES** are **4-5:30pm** (WEDNESDAY-March 18th), **4-6pm** (THURSDAY-March 19th), and **10am-12pm** (FRIDAY-March 20th) with our home track meet on SATURDAY-March 21st.

IN-SEASON PRACTICE DATES

Times/Days are tentative and may be adjusted due to weather or other events.

CYCLE 1 – GENERAL PREPARATION PHASE

November 26th - Jan 6th

CYCLE 2 – SPECIFIC PREPARATION PHASE (Early Season)

Week 1	Jan 12 – Jan 16	Mon – Fri Practice
Week 2	Jan 19 – Jan 23	Mon – Fri Practice
Week 3	Jan 26 – Jan 30	Mon – Fri Practice / Trials Week
Week 4	Feb 2 – Feb 6	Mon – Fri Practice
Week 5	Feb 9 – Feb 13	Mon – Fri Practice / Thur-Fredericksburg Tri-Meet
Week 6	Feb 16 – Feb 20	Mon – Fri Practice / SAT– Liberty Hill Meet
Week 7	Feb 23 – Feb 27	Mon – Wen Practice /THUR– Lago Vista Meet

CYCLE 3 – PRE-COMPETITION PHASE (Mid-Season)

Week 8	Mar 2 – Mar 6	Mon – Thurs Practice
Week 9	Mar 9 – Mar 13	Mon – Wed Practice / THURS – Kerrville Antler Relays
Week 10 SB	Mar 16 – Mar 21	Wed – Practice 4-5:30pm / Thurs – Practice 4-6pm / Fri – Practice 10am-12pm / SAT 21 st - FREDERICKSBURG MEET
Week 11	Mar 23 – Mar 27	Mon – Wed Practice / THURS – Wimberley Relays

CYCLE 4 –COMPETITION PHASE (Championship Season)

Week 12	Mar 30 – Apr 2	Mon – Thur Practice
Week 13	April 6 – Apr 10	Mon/Tuesday – Practice MON – District Track Meet Day 1 (Field/Run) @ FBG WEN – District Track Meet Day 2 (Run Finals) @ FBG Thurs-Fri – Practice (AREA Qualifiers)
Week 14	April 13 – Apr 17	Mon – Wed Practice (AREA Qualifiers) WED – Area Track Meet @ Wimberley
Week 15	April 20 – April 24	Mon – Thurs Practice (REGIONAL Qualifiers)
Week 16	April 27 – May 2	Mon – Tues Practice (REGIONAL Qualifiers) THURS – Leave for Regionals – Return Very Late Saturday FRI-SAT – 4A Regional Track Meet @ Kingsville
Week 17	May 4 – May 8	Mon – Tues Practice (STATE Qualifiers)
Week 18	May 11 – May 14	Mon - Tues Practice (STATE Qualifiers) WED – Leave for State THURS – 4A State Track Meet @ UT Austin

2024 Fredericksburg TRACK Training Plan																							
COMPETITIONS																							
Date (SUNDAYS)	11/26	12/3	12/10	12/17	12/24	12/31	1/7	1/14	1/21	1/28	2/4	2/11	2/18	2/25	3/3	3/10	3/17	3/24	3/31	4/7	4/14	4/21	4/28
Macrocycles	6 WEEK - FALL PREP						17 WEEK - SEASON																
Periods	Preparatory											Competition											
Phases	General Prep						Specific Prep						Pre-Competition				Competition						
Mesocycles	1						2						3				4						
Mesocycle Theme 1 (SPRINTERS)	Acceleration Development						Absolute Speed Development			Absolute Speed and Speed Endurance			Speed Endurance				Synthesis		Peaking				
Mesocycle Theme 2 (SPRINTERS)	Aerobic Capacity and Technique						Aerobic Power and Technique			Anaerobic Capacity			Lactic Acid Capacity										
Mesocycle Theme 1 (DISTANCE)	Aerobic Capacity						Aerobic Capacity and Power			Aerobic (Specific) Endurance and Power			Anaerobic Capacity (Speed Endurance)				Synthesis		Peaking				
Mesocycle Theme 2 (DISTANCE)	Easy - Long - Goal (Pacing)						Tempo - Race - Long - Goal - Easy (Pacing)			Race - Goal - Tempo - Long - Easy (Pacing)			Goal - Race - Tempo - Long - Easy (Pacing)										
Mesocycle Theme 3 (All - STRENGTH)	General / ASP / BPD Strength						RFP / ASD Strength			BPD / ASD Strength			RFP / RFD Strength				Reactive Strength						
Microcycles	P1	P2	P3	P4	P5	P6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Volume (1-10)	10	10	9	9	6	6	7	8	8	7	7	7	7	6	5	5	5	4	3	3	2	2	1
Intensity (1-10)	5	5	6	6	6	7	7	7	7	7	8	8	8	8	9	9	9	9	10	10	10	10	10

SPRINTER - NUERO DAYS										SPRINTER - GENERAL DAYS									
Acceleration -- 100%					(V:200-400m) = 10-40m Sprints / 1-4minR (V:300-500m) = 20-60m Resisted / 2-6minR					Ext. Tempo (Aerobic Pwr) -- 70-80%					(V:1400-3000m...2-3minSR) = 100m-200m / 30-90secR				
Absolute Speed - 100%					(V:300-500m) = 40-80m Sprints / 4-8minR (V:300-600m) = SFS 80-120m / 6-10minR					Int. Tempo (Anaerobic Cap) -- 80-90%					(V: 300-1200m) = 150-300m / 5-10minR (V: 300-1200m) = 300-600m / 15-20minR				
Speed Endurance -- 90-95%					Alactic: 40-80m / 2-3minR Glycolytic: 40-80m / 1-2minR Lactic Acid: 80-150m / 5-10minR					DISTANCE RUNNER INTENSITIES - see distance pace chart for times					EASY (+120sec) 60% 120-130 bpm Aerobic Capacity (8-10mi) LONG (+90sec) 70% 140-150 bpm Aerobic Capacity (5-8mi) TEMPO (+60sec) 80% 160-170 bpm Aerobic Intervals (1-5mi) 5K - RACE (+30sec) 90% 180-185 bpm Threshold Intervals (1-4mi) 2mi - RACE (+15sec) 95% 185-190 bpm Threshold Intervals (1-3mi) GOAL (-10 sec) 104% 190-200 bpm Anaerobic Intervals (<1mi)				

FREDERICKSBURG TRACK - DISTANCE PACE CHART

Pacing Intensities Based on Current Mile Trial

MILE TRIAL	GOAL (-10sec)						2mi - RACE (+15sec)				5K - RACE (+30sec)				TEMPO (+60sec)				LONG (+90sec)				EASY (+120sec)				
	100	200	300	400	800	1200	1600	400	800	1200	1600	400	800	1200	1600	400	800	1200	1600	400	800	1200	1600	400	800	1200	1600
4:10	0:15	0:30	0:45	1:00	2:00	3:00	4:00	1:06	2:12	3:18	4:25	1:10	2:20	3:30	4:40	1:17	2:35	3:52	5:10	1:25	2:50	4:15	5:40	1:32	3:05	4:38	6:10
4:20	0:15	0:31	0:46	1:02	2:05	3:07	4:10	1:08	2:17	3:25	4:35	1:13	2:25	3:38	4:50	1:20	2:40	4:00	5:20	1:27	2:55	4:22	5:50	1:35	3:10	4:45	6:20
4:30	0:16	0:32	0:48	1:05	2:10	3:15	4:20	1:11	2:22	3:33	4:45	1:15	2:30	3:45	5:00	1:22	2:45	3:07	5:30	1:30	3:00	4:30	6:00	1:37	3:15	4:53	6:30
4:40	0:17	0:34	0:51	1:08	2:15	3:23	4:30	1:13	2:27	3:40	4:55	1:18	2:35	3:53	5:10	1:25	2:50	4:15	5:40	1:32	3:05	4:38	6:10	1:40	3:20	5:00	6:40
4:50	0:17	0:35	0:52	1:10	2:20	3:30	4:40	1:16	2:32	3:48	5:05	1:20	2:40	4:00	5:20	1:28	2:55	4:23	5:50	1:35	3:10	4:45	6:20	1:42	3:25	5:08	6:50
5:00	0:18	0:36	0:54	1:13	2:25	3:38	4:50	1:18	2:37	3:55	5:15	1:23	2:45	4:08	5:30	1:30	3:00	4:30	6:00	1:37	3:15	4:53	6:30	1:45	3:30	5:15	7:00
5:10	0:19	0:37	0:56	1:15	2:30	3:45	5:00	1:21	2:42	4:03	5:25	1:25	2:50	4:15	5:40	1:32	3:05	4:37	6:10	1:40	3:20	5:00	6:40	1:47	3:35	5:23	7:10
5:20	0:20	0:39	0:59	1:18	2:35	3:53	5:10	1:23	2:47	4:10	5:35	1:28	2:55	4:23	5:50	1:35	3:10	4:45	6:20	1:42	3:25	5:08	6:50	1:50	3:40	5:30	7:20
5:30	0:20	0:40	1:00	1:20	2:40	4:00	5:20	1:26	2:52	4:18	5:45	1:30	3:00	4:30	6:00	1:37	3:15	4:53	6:30	1:45	3:30	5:15	7:00	1:52	3:45	5:38	7:30
5:40	0:21	0:41	1:02	1:23	2:45	4:08	5:30	1:28	2:57	4:25	5:55	1:33	3:05	4:38	6:10	1:40	3:20	5:00	6:40	1:47	3:35	5:23	7:10	1:55	3:50	5:45	7:40
5:50	0:22	0:43	1:05	1:25	2:50	4:15	5:40	1:31	3:02	4:33	6:05	1:35	3:10	4:45	6:20	1:42	3:25	5:08	6:50	1:50	3:40	5:30	7:20	1:57	3:55	5:53	7:50
6:00	0:22	0:44	1:06	1:28	2:55	4:23	5:50	1:32	3:07	4:40	6:15	1:38	3:15	4:53	6:30	1:45	3:30	5:15	7:00	1:52	3:45	5:37	7:30	2:00	4:00	6:00	8:00
6:10	0:23	0:45	1:08	1:30	3:00	4:30	6:00	1:36	3:12	4:48	6:25	1:40	3:20	5:00	6:40	1:47	3:35	5:12	7:10	1:55	3:50	5:45	7:40	2:02	4:05	6:08	8:10
6:20	0:23	0:47	1:10	1:33	3:05	4:38	6:10	1:38	3:17	4:55	6:35	1:43	3:25	5:08	6:50	1:50	3:40	5:30	7:20	1:57	3:55	5:53	7:50	2:05	4:10	6:15	8:20
6:30	0:24	0:48	1:12	1:35	3:10	4:45	6:20	1:41	3:22	5:03	6:45	1:45	3:30	5:15	7:00	1:52	3:45	5:38	7:30	2:00	4:00	6:00	8:00	2:07	4:15	6:22	8:30
6:40	0:25	0:49	1:14	1:38	3:15	4:53	6:30	1:43	3:27	5:10	6:55	1:48	3:35	5:23	7:10	1:55	3:50	5:45	7:40	2:02	4:05	6:08	8:10	2:10	4:20	6:30	8:40
6:50	0:25	0:50	1:15	1:40	3:20	5:00	6:40	1:46	3:32	5:18	7:05	1:50	3:40	5:30	7:20	1:57	3:55	5:53	7:50	2:05	4:10	6:15	8:20	2:12	4:25	6:38	8:50
7:00	0:26	0:52	1:18	1:43	3:25	5:08	6:50	1:48	3:37	5:25	7:15	1:53	3:45	5:38	7:30	2:00	4:00	6:00	8:00	2:07	4:15	6:22	8:30	2:15	4:30	6:45	9:00
7:10	0:26	0:53	1:19	1:45	3:30	5:15	7:00	1:51	3:42	5:33	7:25	1:55	3:50	5:45	7:40	2:02	4:05	6:08	8:10	2:10	4:20	6:30	8:40	2:17	4:35	6:53	9:10
7:20	0:27	0:54	1:21	1:48	3:35	5:23	7:10	1:53	3:47	5:40	7:35	1:58	3:55	6:08	7:50	2:05	4:10	6:15	8:20	2:12	4:25	6:37	8:50	2:20	4:40	7:00	9:20
7:30	0:27	0:55	1:22	1:50	3:40	5:30	7:20	1:56	3:52	5:47	7:45	2:05	4:00	6:15	8:00	2:07	4:15	6:23	8:30	2:15	4:30	6:45	9:00	2:22	4:45	7:08	9:30
7:40	0:28	0:57	1:25	1:53	3:45	5:38	7:30	1:58	3:57	5:55	7:55	2:02	4:05	6:08	8:10	2:10	4:20	6:30	8:40	2:17	4:35	6:52	9:10	2:25	4:50	7:15	9:40
7:50	0:29	0:57	1:26	1:55	3:50	5:45	7:40	2:01	4:02	6:03	8:05	2:05	4:10	6:15	8:20	2:12	4:25	6:37	8:50	2:20	4:40	7:00	9:20	2:27	4:55	7:22	9:50

PACE	MILE (+)	EFFORT (mi)	HEART RATE	TRAINING	XC GROUP	Mile Trial	2MILE	3MILE	5K
EASY (+120sec)	60%	120-130 bpm	Aerobic Capacity (8-10mi)	1	4:30-4:59	9:22-10:24	14:24-15:54	15:17-16:51	
LONG (+90sec)	70%	140-150 bpm	Aerobic Capacity (5-8mi)	2	5:00-5:29	10:24-11:22	15:54-17:24	16:51-18:24	
TEMPO (+60sec)	80%	160-170 bpm	Aerobic Intervals (1-5mi)	3	5:30-5:59	11:22-12:24	17:24-18:54	18:24-19:58	
5K - RACE (+30sec)	90%	180-185 bpm	Threshold Intervals (1-4mi)	4	6:00-6:29	12:24-13:22	18:54-20:24	19:58-21:38	
2mi - RACE (+15sec)	95%	185-190 bpm	Threshold Intervals (1-3mi)	5	6:30-6:59	13:22-14:24	20:24-21:54	21:38-23:12	
GOAL (-10 sec)	Faster than trial	190-200 bpm	Anaerobic Intervals (<1mi)	6	7:00-7:29	14:24-15:22	21:54-23:24	23:12-24:45	

2026 Boys Track Program Expectations / Policies

FISD Boys' Track follows all rules and regulations set forth by the Texas University Interscholastic League (UIL) each year, which can be found at <http://www.uil texas.org/athletics>

ATHLETES:

- All athletes will follow the FISD Athletic/High School Policies found in the athletic code of conduct and the student handbook.
- Athletes must understand the importance of social media. We understand individual accounts are used to express an individual's personal thoughts, but all athletes must understand there are strict consequences for inappropriate behaviors such as bullying, hazing, demeaning, taunting, or negative casts towards any person or organization. Athletes should never post anything that negatively reflects our school, program, or themselves.
- Athletes are expected to pass all classes and remain free of any discipline problems at school or in the community. Failure to perform either of these can result in team dismissal.
- Athletes will be respectful of their teammates and always support each other. If you do not have encouragement to give, then do not say anything. There is no room for negativity.
- Athlete are expected to communicate with the coach about anything pertaining to their training or other issues that may arise. The coaches have an "open door" policy and are willing to help athletes about all situations.
- Athletes are to be on time to practice ready to workout at the designated time.
 - We will always attempt to follow our practice schedule unless school is closed for bad weather. Workouts could be moved indoors depending on rain and cold temperatures. We will not practice outside when temperatures or wind chill factors fall below the freezing mark.
- Athletes will wear the appropriate practice gear for each workout. Temperatures below 60 degrees require pants and long sleeve tops (compression gear).
- Athletes are expected to have a personal water bottle at every workout.
- If an athlete must miss a workout, it will be their responsibility to make it up and communicate with the coach the reason for missing the workout ahead of time.
- Repeated unexcused absences can result in a loss of opportunity to attend a meet. If the athlete/coach conference does not fix the situation, then a parent/coach conference may be necessary. There could be a possible dismissal from the team.
- Not every workout or meet will be a good one, so athletes need to have the understanding that there will be ups and downs throughout the season. Focus on self-improvement from the start of the season until the end of the season.

- It is the responsibility of the athlete to maintain a healthy status through nutrition, sleep, and hydration. All athletes are asked to try and get at least 8 hours of sleep per night and drink the appropriate fluids to help their body recover from all workouts.
- If an athlete has asthma or allergies, it will be their responsibility to have their inhaler or EpiPen with them at meets and workouts. Please communicate with the coach about the asthmatic or allergic conditions regularly, as well as if you carry inhalers or EpiPens.
- All injuries must be reported to the head coach and to the athletic trainer (Coach Natalie Handley or Lucas Scheidemantel). The injury will be treated, or you may be referred to a doctor. If you are injured, you will not be required to work out, but you will be required to attend the practice session unless there is prior approval from the head coach or athletic trainer.
- Athletes in the athletic period will lift weights twice per week. Not everyone will be in the same athletic period. Specific skill work will be done in the cross country and track athletic period.
- Athletes will be informed on what our emergency procedures are if any arise throughout the season during a workout or traveling to a meet. If emergencies do occur, parents will be contacted via the contact information provided on rank one.
- There are three main requirements to be able to attend a track meet.
 - Athletes must complete the team workouts.
 - Only the top 3 boys in each individual event will be entered in their division.) (Relays are determined by the coach and are not treated like an individual event.)
 - Athletes must pass all classes and not have any discipline problems.
- All athletes will travel to the meet on the team bus so that they can build the chemistry necessary for our team success. If an athlete cannot ride the bus, contact the Head Coach prior to the entry deadline the week of the meet to discuss the situation.
- Athletes should always remain with the team at all meets. Athletes can visit with parents after their event, but they should only visit and then return to the team location.
- Athletes must bring proper drinks, food, and personal belongings needed to every practice or meet. The school district does not furnish meals for the team at invitational meets.
- All athletes will be responsible for the care of any issued FISD equipment throughout the season. Any equipment damaged or lost will be billed to the athlete for proper replacement at the end of the season.

- Athletes must wear the school uniform, warm-ups, and a school t-shirt to all meets. No street clothes or anything that does not reflect our program should be worn at meets. **All boys compression gear worn under the uniform must be solid black or white.**
- While attending meets throughout the season, the athlete will be expected to behave in a respectful manner towards all opponents, spectators, and the school facilities attending.
- Travel/meet information will be explained to the athlete each meet week. In addition, all meet information and results will be posted on SPORTS YOU.
- Athletes may have personal cell phones and other electronic devices at practices or meets so long as they do not distract anyone around them. These electronic devices are normally not allowed in the competition area at meets. There will absolutely be NO loud devices allowed on the school buses or at meets that bring any attention towards the team/individual.

PARENTS:

- We must all (athletes/parents/coaches) believe in the TEAM concept to be successful. Encouraging your child to participate fully in practices and meets will allow them to race to their potential throughout the season.
- On meet days, once the athlete loads the bus, parents must be willing to allow the child to be devoted to the team routine until the athlete is done at the meet. Parents should not be in the team locations and should remain in the designated spectator areas at all meets. Parents are not allowed to talk to their child during all field event competitions and should never be seen inside the track during the running events.
- Parents will be able to sign their child out from a meet once child is done with their competitions. Only the parent/guardian may sign their child out after a meet. If someone other than the parent/guardian must take the child from the meet, then a letter from the parent/guardian giving permission for the adult to sign out the child must be given to the coach before the day of the meet.
- Not every meet will be successful for each athlete. Like the athlete, the parent must understand there will be ups and downs in the athlete's performance throughout the season. It is okay to not always be successful and failure is expected to occur. Failure is good for personal growth so long as we accept and improve from it.
- All parents are asked to encourage the success of the team by cheering on all athletes from our program. Keep criticism about runners, teams, or coaches to yourself. Our sport is about encouraging everyone to find the opportunity to perform their best, even if that means your child is unable to outperform others.

- Please respect the meet guidelines set forth by the host of the meet and do not discourage the performance of any athlete or team in attendance. Spectators should never bring negative attention on our program or talk with meet officials when attending a meet.
- Snacks/Drinks are encouraged to be sent with your child for each meet. If parents wish, they can get together to provide snacks for the team (Varsity group or JV group) when traveling.
- Parent hosted team dinners are allowed and it is encouraged so that all boys can enjoy a quality meal two days before the meet for team bonding. Pasta recommended!
- **24-Hour Rule:** If you need to discuss concerns with a coach, you must do so outside the 24-hour window prior to and following the completion of a meet. There is always better communication between all parties involved after adequate time has passed for everyone to process the situation that may be of concern.
- All parental concerns should be brought to the attention of the coach. If you have a question, just contact the coach and the answer can most likely be provided. Many times, communication can resolve all issues or thoughts of issues that may develop.
- **4 Step Communication Chain of Command:**
 - Athlete and Coach Conference
 - Athlete, Parent, and Coach Conference
 - Athlete, Parent, Coach, and Girls Coordinator/Athletic Director Conference
 - Athlete, Parent, Coach, GC/AD, Principal or Superintendent Conference

FREDERICKSBURG ATHLETICS (BOYS TRACK & FIELD)

ALTERNATIVE TRAVEL AUTHORIZATION

I request that my child, **(Child's name)** _____
be allowed to travel home with **(Adult's name)** _____
on **(Date)** ____/____/____ from the _____ Track Meet.

Upon approval, the adult listed above must sign the child out with the track coaches at the meet before the child may travel away from the team.

_____/____/____
Signature of Parent or Legal Guardian **Date**

FOR OFFICE USE ONLY

Permission has been granted for the alternative travel requested above. The Track Coaches are authorized to release the student to the person whose name appears on line two of this form. *DO NOT RELEASE THE STUDENT TO ANYONE OTHER THAN THE PARENT OR THE PERSON WHOSE NAME APPEARS ON LINE TWO.*

_____/____/____
Signature of Administration **Date**

2026 Fredericksburg Track Equipment

- All athletes will be issued equipment for the season. Each athlete is responsible for their issued equipment and must return all at the completion of the season. An athlete will not get credit for turning in someone else's equipment. All equipment is marked and each athlete will have their items recorded when it is issued to them.
- Each athlete must insure that their equipment is in good condition when turned in. This means everything must be clean when returned and free of visual defects unless it was issued this way. Be sure spikes are not thrown in your bag which will cause damage inside the bag and to clothes.
- All Uniforms/Warm Ups are customized and should be treated properly to be sure they last for 6 years. Every 3 years we order new equipment for the varsity, so please be sure you take care of the uniforms/warm-ups to be sure we have enough for all JV athletes after 3 years.

PROPER UNIFORM CLEANING INSTRUCTIONS

- **WASH all uniforms/warm-ups in COLD WATER SETTING.**
- **DRY all uniforms/warm-ups BY HANG DRYING or VERY LOW HEAT/AIR SETTING. We only compete once a week, hang dry!**
- **Wash Shoes on GENTLE CYCLE SETTING and AIR DRY.**

Lost or Damaged Equipment Prices (Includes Shipping and Increased One Item Price)

- NEW Run Spikes = \$85 / Used Run Spikes = \$20
- NEW Field Shoe = \$90 / Used Field Shoe = \$25
- Custom Sweat Top (Red or Grey) = \$45 / Bottom (Grey or Black) = \$35
- Compression Adidas Black Shorts = \$20
- Custom 2022 Adidas Warm Up Top = \$65 / Custom Adidas Bottoms = \$60
- Custom 2019 & 2016 Adidas Warm Up Top = \$65 / Custom Adidas Bottoms = \$60
- Custom 2022 Adidas Uniform Top = \$45 / Adidas Black Shorts = \$35
- Custom 2019 & 2016 Adidas Uniform Top = \$45 / Adidas Black Shorts = \$35
- Custom 2022 Adidas Embroidered Backpack \$85
- Custom 2019 & 2016 Adidas Embroidered Backpack \$70

2026 BOYS TRACK LETTERMAN AWARD CRITERIA

For an athlete to earn a letter or service award in Boys Track & Field,
one of the following criteria must be met:

1. The Athlete must place in the Top 6 at the District Track Meet in the Varsity Division in any event.
Sometimes athletes will be entered into the Varsity Division to fill an empty spot, but this does not guarantee a letter award.

2. The Athlete must have participated in every track meet throughout the season in the Varsity Division, regardless of points scored.

3. The Athlete must have scored at least 10 points in the Varsity Division during the season, which can include 1/4 points from relays.

4. The Athlete participated in the Area, Regional, or State Track Meet.
Some JV Athletes may travel with the team as alternates, but to earn a letter they must perform or qualify for criteria #6 - Coach's Discretion.

5. The Athlete was a Team Manager for 2 entire seasons.

6. If the Athlete is a Senior and/or the Athlete proves by dedication and commitment that they are worthy of special consideration, then it is the Coach's Discretion.
(Special Consideration meetings must be scheduled by the athlete to discuss with the head coach the week after the district track meet.)

In addition to one of the above criteria, the athlete must have been eligible to participate
in the DISTRICT UIL MEET to earn a letter or service award.

*If an athlete becomes ineligible for the district or post-season meets then the athlete may
lose their letterman opportunity.*

Simple Nutrition Guidelines

To perform well, the athlete must pay close attention to the nutrition that they are fueling their body with. The following recommendations are simple guidelines that can help the athlete perform at their best with training:

Hydration

- Drink 64-100oz of water a day, with some athletes needing more or less depending on the amount of fluids lost through sweat in a workout. ***Add electrolyte tablets/powder as needed***
- Try to avoid sugary and carbonated drinks as much as possible.
- A simple post workout drink is 12-16 oz of chocolate milk (good balance of sugar, protein, and carbohydrates) – drink immediately after a workout to help contribute to muscle recovery. Add a scoop of whey protein powder to increase protein to 20-25g which is needed. Mixing protein powder with Gatorade is a great substitute if chocolate milk is not preferred.
- Add Beet-Root juice (6-8oz) to your daily diet 3-5 days before competition for natural increased endurance benefits. I personally have used Beet Elite which is available online in a powder form.

Nutrition

- Always try to add “green” foods at lunch or dinner.
- Be sure to keep the majority of your diet with fruits and vegetables to be sure you are getting enough vitamins and minerals through natural sources.
- Add a multi-vitamin supplement to your diet each day if necessary (Iron and Calcium – Girls).
- Eat lean meats (chicken and fish) as your meat choice whenever possible.
- Carbohydrates such as light pastas and pizza are good pre-competition meals, but avoid heavy carb loading the night before competition. Heavy carbs should be ingested 48 hours prior to racing.
- When you must have something sweet, keep it small or try to eat fruit, yogurt, and granola.

Sleep

- It is very important that athletes get 8-10 hours of sleep a night. Be sure to get solid rest 2-3 nights prior to competition since the night before the athlete is usually nervous.

Dinner (Night Before a Race) – Salmon, Light Pastas or Non-Greasy Pizza, Quinoa Dishes, Turkey Club Sandwiches, Salads, Steamed Green Vegetables, Breads, Non-Carbonated Drinks/Water, Bananas/Apples/Oranges...avoid desserts and sugary foods or you will feel weak and sluggish in the morning...avoid lots of fiber which can cause stomach issues race day.

Breakfast (3-4 Hours Before Race) – Water (w/orange), Bagels/Pancakes/Waffles/Toast with honey/jelly/peanut butter, Granola/Protein Bars, Banana, Apple or Orange, Peanut Butter/Jelly....stay away from milk products 4-5 hours before a race...you should feel slightly hungry when going to the starting line!

Always try to consume 1-1.25 grams carbs and 0.30 grams protein per kilogram of body mass immediately after a workout or run for improved endurance gains which comes from the Journal of Nutrition and Metabolism in 2011.

The best way to consume these vital macronutrient intakes is through a quick protein shake mixed right after a workout. We prefer Chocolate Milk with a scoop of whey protein powder or 12-16oz of Gatorade with whey protein powder. The average 120lb female needs about 60g of Carbs and 18g of protein. The average 160lb male needs about 80g of Carbs and 24g of protein.

SPORTS NUTRITION FOR ATHLETES

Being a great athlete takes WORK, and part of an athlete's success comes from knowing that what goes in affects the work that comes out. It's time to get down to the basics and see how nutrition affects performance. It's GO time.



FAST FACT

Carb intake should match the level of activity. Higher Activity Day = Higher Carb Intake

You need more than protein after activity! You also need carbs!

CARBS = ENERGY

Think of carbs like the gas that fills up your tank. Without it, you won't get very far. And, getting the right carbs at the right time affects performance.

	Before	During	After
When To Eat	3-4 hours before activity for energy	Every 15-20 minutes for staying power	Combine protein AND carbs as soon as possible after activity to replenish energy .
What To Eat	Banana Oatmeal Pasta Bread Berries	Sports drinks like Gatorade® Thirst Quencher Gatorade Prime® Energy Chews	Turkey Sandwich Pretzels Fruit Smoothie Gatorade Recover®

THE EXTRA MILE: PROTEIN

Protein after activity is essential. Your muscles rely on protein to rebuild what's broken down in activity. Research suggests that athletes get about 20g of protein as soon as possible after activity to help rebuild.* And just like carbs, the type of protein you consume makes a big difference to your performance.

MAKE GOOD PROTEIN CHOICES AFTER ACTIVITY:



REPLENISH & REHYDRATE

When you train and compete, you lose a significant amount of fluids. Hydrate regularly to replenish the fluids & electrolytes you lose in sweat. Without the right amount of fluids, your body won't perform at its best.



Rehydrate with fluids like Gatorade® Thirst Quencher.



Weigh in before and after activity



Monitor urine color to check hydration — the lighter the better

Every pound lost during activity — 3 cups of fluid to hydrate



Recruiting and Scholarships (XC/TRACK)

Good information on recruiting and scholarship information is at the following websites:

- <http://www.ncaa.org/student-athletes/resources/recruiting-calendars>
<https://www.naia.org/legislative/recruitment>
<http://www.athleticscholarships.net/crosscountryscholarships.htm#q5>
<http://www.athleticscholarships.net/trackandfieldscholarships.htm>
<http://www.ncsasports.org/recruiting-tools/College-Track-Field-Scholarships-Recruiting>

What Are The Requirements To Be Considered for a Cross Country/Track-Field Scholarship?

These are the general guidelines for what coaches look for in each event. These are only meant to be a guide. The only way to know if you are good enough to run at a specific college is to check their team website to see what times their runners are posting at meets. Marks are favorably noticed when they are met at established meets like Regional and State with certified courses.

Men's Cross Country					Women's Cross Country			
NCAA D1	NCAA D2	NCAA D3/NAIA	NJCAA		NCAA D1	NCAA D2	NCAA D3/NAIA	NJCAA
Under 15:45	Under 16:30	Under 17:00	Under 18:00	5K (3.1 mi)	Under 18:00	Under 18:45	Under 19:45	Under 21:00
					2 Miles			
					Under 11:15	Under 11:45	Under 12:30	Under 13:00
Men's Track					Women's Track			
NCAA DI	NCAA DII	NCAA DIII	NAIA		NCAA DI	NCAA DII	NCAA DIII	NAIA
13.5-14.5	14.5-15.5	15.5-16.5	15.5-16.5	100/110m Hurdles	13.5-14.5	14.5-15.0	15.0-16.5	15.5-17.5
37-40	39.0-42.0	40.0-44.0	40.0-44.0	300m Hurdles	42.5-44.0	44.0-46.0	46.0-48.0	47.5-48.5
10.5-11.0	10.9-11.2	11.0-11.4	10.9-11.4	100m	11.5-12.0	12.0-13.0	12.5-13.5	12.87-13.5
21.25-22.7	22.0-23.5	22.15-23.5	22.15-23.5	200m	23-25.0	25.0-26.6	26.5-28.0	26.0-28.0
47.0-48.5	48.5-50.0	49.5-52.0	49.5-52.0	400m	54.0-57.0	57.0-59.0	59.0-1:02	59.5-1:04
1:52-1:58	1:56-2:00	1:56-2:00	1:56-2:00	800m	2:05-2:15	2:15-2:25	2:20-2:30	2:15-2:30
4:15-4:30	4:30-4:45	4:30-5:00	4:30-5:00	1600m	4:50-5:10	5:10-5:30	5:30-6:00	5:30-6:00
9:10-9:45	9:30-10:00	9:45-10:30	9:45-10:30	3200m	10:45-11:15	11:15-11:45	11:45-12:30	11:45-12:30
7'0"-6'4"	6'4"-6'0"	6'2"-5'10"	6'2"-5'8"	High Jump	5'10"-5'6"	5'8"-5'4"	5'4"-5'0"	5'4"-5'0"
17'0"-16'0"	16'6"-15'0"	16'0"-14'6"	16'0"-14'0"	Pole Vault	14'0"-12'6"	12'0"-11'0"	11'0"-9'0"	11'0"-9'0"
24'6"-22'0"	22'6"-19'6"	22'0"-19'6"	22'0"-19'6"	Long Jump	20'0"-18'6"	18'6"-17'0"	18'0"-16'0"	17.6"-15'6"
51'0"-45'0"	47'0"-43'0"	45'0"-40'0"	45'0"-40'0"	Triple Jump	41'0"-38'0"	38'0"-36'0"	36'0"-34'0"	35'6"-32'0"
60'10"-50'0"	55'0"-40'0"	50'0"-40'0"	50'0"-40'0"	Shot Put	45'0"-38'0"	43'0"-36'0"	41'0"-34'0"	41'0"-34'0"
185'0"-155'0"	165'0"-140'0"	155'0"-120'0"	155'0"-120'0"	Discus	160'0"-135'0"	140'0"-125'0"	125'0"-100'0"	120'0"-100'0"