

# **Mt. Carmel High School Track & Field**

## **Jumpers Meet Responsibilities**

### **Pre-Meet day (usually Wednesdays)**

Dig out the jump pits, so the sand is soft. High jumpers tape the standards, so your marks are consistent. Do your normal pre-meet warm-up.

#### **At Home:**

Check your spikes and uniform -- make sure everything is ready for the meet -- bring your stuff to school, whatever the weather.

### **Meet Day (usually Thursdays)**

Arrive as early as possible, get out rakes, shovels, measuring tapes, standards and high jump bars. Shovel sand back into pits and rake the pits smooth and make sure you know your help areas and responsibilities.

#### **Team warm-up:**

You should be a positive force for Mt. Carmel. Be on time, be supportive of your teammates, be a role model for younger athletes.

#### **Individual warm-up:**

Plan your warm-up keeping in mind that you must be ready to compete at least 10 minutes before your event. Your warm-up is outlined for you on the "Pre-Race Warm-up" document. Make sure you remain in the competition area unless you have checked out, with the official, for another event. If you check out for another event, make sure you return in a timely fashion (10 minutes).

#### **Be Aware:**

Throughout the meet, keep your focus on what you want to accomplish and on making sure that you are well prepared. Be aware of the pace of the meet. Plan your warm-up and preparation time well. Listen, and respond to the calls for your events when they are made.

While you are competing, be sure to keep warm (put your sweats on) and stay loose (stretch and do strides).

When you are not competing, actively support your teammates (that means help with the raking, marking and measuring) and respond positively to the requests of any of the coaches.

### **REMEMBER:**

**You are here until the meet is over, the equipment is put away and the track is cleaned up.**