



TEAYS VALLEY TRACK & FIELD

Lady Vikings – Team Expectations



Please read over this carefully and contact a coach if you have any questions or concerns.

MISSION

The goal of Teays Valley Track & Field is to develop personal, physical, and intellectual skills that help the team, school, community, and the individual. We will strive for excellence through physical, mental and ethical development. This will create strong athletes and more importantly strong people of our community.

TEAM

You are responsible for your team! This means, you must work to make yourself and others around you better. You must understand you are a partial owner in this team. You are accountable for your actions. Every action you take either causes a positive or negative effect. You are responsible for reporting and communicating any issues that undermine the team or this community!

Practice Policies and Procedures

1. Be at practice and on time!

It is the expectation that the student-athlete will be at practice every day for the entire time.

- If the student-athlete has an excused absence from school, he/she is excused from practice. *However, the absence still needs to be communicated to their event coach!*
- If the student-athlete has an unexcused absence (including suspensions) from school, he/she is not allowed to practice. This absence is unexcused. After he/she has three unexcused absences from practice, the coaching staff will meet with the student-athlete and his/her guardian(s) to discuss his/her future with the track team.
- If the student-athlete has an unexcused absence the day before or day of a meet, he/she will not compete at the meet, but is still expected to be at the meet to support the team.
- If the student-athlete has an excused absence the day before a meet, it is up to the coaching staff if he/she will compete in the meet the next day.
- If the student-athlete is late to practice, he/she will need to stay after practice to finish what was missed. In order for the tardy to be excused, the student-athlete must bring a note from the appointment or academic teacher or have previously communicated in writing the reason for being late with their event coach.
- If the student-athlete is tardy more than three times, we will meet with the student-athlete to discuss consequences (such as sitting a meet). If it becomes a perpetual problem the student-athlete will have a 2nd meeting in which the parents and athletic director are included to decide their future on the team.
- If the student-athlete has to leave early for an appointment, he/she must bring a note back upon his/her return and will have to make up what he/she missed at the next practice.

2. Be mentally tough

- If you are training properly you will be sore. This sport takes your body to the maximum levels. Our training will test your mental capacity to challenge yourself. If you make an internal choice to train consistently and push your limits you will be successful; as will the team.

3. Disciplinary issues at school

- If a student-athlete is suspended from school he/she is not permitted to attend track practices or meets until he/she has completely the suspension and returned back to school. Upon returning the school the athlete will meet with the coaches and athletic director to determine their future on the team.
- If a student-athlete is assigned to ISS he/she is allowed to continue to practice with the team but is not permitted to compete for the team (excluding lunch detentions).

4. Electronic Devices

- It is against OHSAA rules to have electronic devices of any kind in the competition area, therefore they are not to be used during practices for any function other than for music on long runs. They should all be kept at home or in your bag during track meets.

Meet Policies and Procedures

1. The student-athlete will be available to attend every meet that is on the schedule.

- Student-athletes need to understand that the Varsity line-up changes weekly. Meet participation lists will typically be posted 2 days prior to each meet.
- If the student-athlete is going to miss a meet, he/she must fill out the "Meet Excuse" form and turn it into their event coach a week in advance (*exceptions: sickness and family emergencies will be handled on a case-by-case basis*).
- If the student-athlete misses a meet due to an unexcused absence, he/she will miss another meet at the coaches' discretion.

2. The student-athlete will be in the team camp during meets.

- Unless getting ready to compete or competing, student-athletes will stay in the team area at all meets. This is to ensure that the student-athletes are able to prepare both mentally and physically for their race(s) and they don't miss a call for their race(s).

3. The student-athletes will participate in the events the coaching staff places them in.

- Dual/Tri meets are to be used as training and to give everyone a chance to participate.
- For training purposes, student-athletes may be put in an event that is not their regular event.
- Relays will be decided by time trials throughout the season. Most of the time, the 4 fastest runners will be a part of the relay. A relay requires extra work, you must show the dedication needed to be on a relay. However, if the fastest runner is already in other events, he/she may not be a part of the relay. If at any time another student-athlete wants to challenge the current relay, he/she has the opportunity to do so by letting the coach know. We hold the right, to remove student-athletes from a relay for discipline reasons or coaching reasons.
- If a student-athlete refuses to participate in an event assigned they will be removed from their remaining events for the day. If it is their last event of the day, they will be removed from appropriate events at the next meet. If an athlete refuses to participate in open events, but participates in relays they will be taken out of relays for the following meet.

4. All student-athletes will respect the opposing teams, coaches, and officials.

- If there is a conflict with any of the above people there will be a consequence for the inappropriate behavior that will come from the coaching staff.

5. Be prepared!

- Meets can be cold, wet, or hot and sunny. We compete in all types of weather. Bring more than you think you will need and pack appropriate items (hats, gloves, tights, sunscreen, etc.)

6. All student-athletes will ride the bus to and from every meet.

- If a student-athlete misses the bus, they may only ride to the meet with a parent or legal guardian and may face consequences for being late at the next practice.
- If a student-athlete has another school event to attend and must leave the meet with their parents, the "Meet Excuse" form must be completed and given to the coach in advance.

Spring Break

1. We have four practices and three meets over spring break. The student-athletes are expected to be at all practices and meets during spring break.

- In order for the student-athlete to be excused from spring break functions, the coaching staff must have a guardian's note stating the student-athlete will be on vacation with his/her family.
- Unexcused absences will have the same penalty as stated above under practice and meet policies and procedures.

Uniforms and Sweats

1. Team uniforms will be passed out the week before the first meet.

- Student-athletes will be responsible for their assigned uniform. All uniforms MUST be turned into the head coach at the completion of the track season. Any student-athlete who doesn't turn in the uniform will be held responsible and a delinquency form will be filled out and turned into the athletic office. This will prevent the student-athlete from receiving grade cards and/or graduating, until the fees have been paid.
- We may have JV and Varsity uniforms this year. If a JV athlete competes in a varsity meet or on a relay team with varsity members they will receive a 2nd uniform for that competition.

2. Warm-up's will be available for purchase by the athlete.

- Student-athletes who have purchased warm-ups from a former season or from XC do not need to purchase a new set unless they choose to. If you do not wish to purchase warm-ups you will be issued top & bottom from the school set.

3. Undergarments

- All undergarments (including compression shorts) for the student-athletes have to be one solid color (excluding sportsbras). If the student-athlete is a part of a relay team they must match other team-members. There is only allowed to be ONE logo on the undergarments (this includes the waistband). Most athletes have black undergarments.

General Reminders

- **Be on time!**
- **Integrity:** Set an example of honor & integrity to your teammates, your school and your family. *Take care of yourself & others.* Athletes should have clean language, clean attitudes and should be honest with yourself, your teammates and your coaches.
- **Respect:** Trust your coaches and respect others. Respect your own body, make the right choices. *Respect your body by eating properly and getting the vitamins and nutrients needed to perform!*
- **Hard work:** If you give the coaches hard work you will improve. When you give genuine hard work you take ownership. *If you cannot perform in the classroom, you will not be allowed to perform on the track. The academic areas come first! Track is an extracurricular activity-you DO NOT HAVE to be here.*
- **Have FUN!**

Miscellaneous Rules

1. All the school policies and procedures stated in the student handbook apply to the TVHS Track and Field team.
2. All the Ohio High School Athletic Association rules apply to the TVHS Track and Field team.
3. The coaching staff has the final say in all decisions regarding the Track and Field program.

NOTE:

All forms (emergency medical, physical, concussion, rules meeting, etc.) **must be completed and turned in before the student-athlete is allowed to participate with the team. The first day of official practice is March 7, 2016. Pay to participate is due by the first competition (March 26th).**

If you qualify for free/reduced lunch or if you have participated in 2 sports already your fees may be lower. Please pick up the paperwork on the black metal tray outside of Mr. Hageman's office.

The Teays Valley T&F Coaching Staff

Athletic Director: Randy Hageman 740-983-5020

<u>Head Boys Coach: (Distance)</u> Zach Frank – zfrank@tvsd.us school 740-983-5000 x1301 cell 740-497-7044	<u>Head Girls Coach: (Pole Vault, Hurdles, & High Jump)</u> Katie Tennant – ktennant@tvsd.us school 740-983-5000 x1501 cell 614-804-6540
<u>Assistant Boys Coach (Throws)</u> Mark Weber – mweber@tvsd.us cell 614-507-3601	<u>Assistant Girls Coach: (Sprints, Relays, Long Jump)</u> Eric Taylor – taylor.eric28@gmail.com cell 614-517-2705
<u>Assistant Coach</u> Taylor Conn	<u>Assistant Coach</u> Chris Christensen



2016 Lady Vikings – Varsity Standards



<i>Event</i>	<i>Girls Varsity Standard</i>
100m Dash	13.6
110m Hurdles	18.0
200m Dash	28.1
300m Hurdles	52.5
400m Dash	64.0
800m Run	2:38
1600m Run	5:55
3200m Run	13:00
Shot Put	29'5"
Discus	90'0"
Long Jump	15'0"
Pole Vault	8'0"
High Jump	4'8"

Other Ways to earn a Varsity letter...

- #1 Score 15 Points throughout the course of the season.
You will be given the points you are awarded at any Varsity meet.*
- #2 Participate in 80% of the Varsity Track Meets (usually Invitational's)*
- #3 Participate in the MSL Championship or District Championship*