



TEAYS VALLEY TRACK & FIELD

Lady Vikings – Team Expectations



Track is a Team Sport!

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. The student-athlete will be on time to all practices.

- 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.
- If the student-athlete is perpetually tardy, we will meet with the student-athlete to discuss consequences.

2. The student-athlete will be at practice every day, the entire time.

- If the student-athlete has an excused absence from school, he/she is excused from practice.
- If the student-athlete has an unexcused absence (including suspensions) from school, he/she is unexcused from practice. After he/she has three unexcused absences, 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 run 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 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.

3. Be mentally tough.

- If you are training properly you will be sore. This sport takes your body to the maximum levels. Our training will build upon itself to make athletes ready to compete. That is why it is so important to not miss practice. Missing practice will not make you better. If you make an internal choice to train consistently and push your limits you will be successful.

4. 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.
- 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). If there is a meet during his/her ISS assignment he/she is expected to attend the meet and help out where assigned.

5. 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 (outside of the stadium). They should all be kept on the bus or within the team camp during track meets. Social media is great for sharing meet results, but can also be a distraction and reduce the focus needed to compete.

Meet Policies and Procedures

1. The student-athlete will attend all meets on the schedule if they are competing or an alternate.

- 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. Unless getting ready to compete or competing, student-athletes will stay in the team area.

- 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). If you miss your race the coach has the right to sit you from a future race at their discretion.

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 in meets. For training purposes, we may place a student-athlete 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 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 for meets!

- Always come over prepared! Bring more clothes than you think you will need. Bring hats, gloves, blankets, ear warmers, etc. Bring raingear, extra socks, shoes, etc.
- Bring a water bottle and food to every meet. Sometimes concession stands are not available. Plan to be gone at least 5 hours for weekday meets and at least 8 hours for Saturday meets.

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

- The exception is if the "Meet Excuse" form has been completed and turned in to a coach a week in advance (sickness and family emergencies will be handled on a case-by-case basis). **Competing only in an early event is not an acceptable reason to leave early. Those who compete in later events still ride the bus to the meet and stay all day!**
- 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.

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.
- An athlete's ability to compete immediately following break may be limited due to OHSAA practice regulations and at the coaches' discretion (for athletes safety after missing workouts).
- 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 of 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 have to pay for a new uniform. This could 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 will be available for purchase by the athlete.

- If you do not wish to purchase the new warmups you may wear a previous year's warm-up or be issued a top & bottom from the school set.

3. Undergarments.

- (including compression shorts) for the student-athletes must match and be one solid color if the student-athlete is a part of a relay team. There is only allowed to be ONE logo on the undergarments. Relays will wear black undergarments.

General Rules

- **Be on time!**
- **Integrity:** Set an example of honor & integrity to your teammates, your school and your family.
(Take care of yourself & others)
 - Clean Language
 - Clean attitudes
 - 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.

The Teays Valley T&F Coaching Staff

Athletic Director: Randy Hageman 740-983-5020

Head Coaches:

- Zach Frank – distance
- Katie Tennant – pole vault, hurdles, high jump

Assistant Coaches:

- Mindy Fusetti – throws
- Andrew Looney – mid-distance
- Kelly O'Dell – mid-distance
- Eric Taylor – sprints, relays, long-jump
- Mark Weber – throws

Coaches contact information can be found at www.vikingstrack.com