



TEAYS VALLEY TRACK & FIELD

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. 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 where assigned.

4. Electronic Devices

- It is against OHSAA rules to have electronic devices of any kind in the competition areas (Inside the track, by field events, etc.).

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 may miss another meet at the coaches' discretion.

2. 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.
- Coach's discretion will be used to determine relays based on athlete times, athlete chemistry, and work ethic. Relay order will also be set by the coaches and can be altered at any time.
- 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.

3. 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.

4. 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.

5. 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. Practice is mandatory

- The student-athletes are expected to be at all practices during spring break. (Exceptions: the athlete has practiced and competed in indoor track, the athlete is coming right from a winter sports or the coaching staff receives written communication from guardians stating the athlete will be on a family vacation.) *Exceptions will be decided on a case by case basis after a meeting with the athlete and a coach.*
- 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).

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 must pay for a new uniform. This could prevent the student-athlete from receiving grade cards and/or graduating until the fees have been paid.

2. Warm-ups 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.

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!** Practice always starts at 3:00 unless the coaching staff notifies you of any changes.
WARMING UP OR LIFTING WITH AN OUT OF SEASON SPORT DOES NOT COUNT AS BEING AT PRACTICE!
- **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 school policies and procedures stated in the student handbook and athletic 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.
4. Students are not allowed to be inside the school unsupervised. After practice you may go inside to grab your things, but you cannot hang out in the gym, mezzanine or hallways waiting for your ride.

The Teays Valley T&F Coaching Staff

Athletic Director: Joel Baker 740-983-5020

Head Coaches:

- Pete Gegick – sprints, mid-distance
- Katie Tennant – pole vault, hurdles, high jump

Assistant Coaches:

- Zach Frank – distance
- Eric Taylor – sprints, relays, long-jump
- Clayton Seymour – throws
- Taylor Richards – throws

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



PARENT MEETING



Thursday March 12th @ 6:00pm – MAIN GYM

Parent Meeting

Thursday March 12th @ 6:00pm – MAIN GYM

Topics to be discussed include:

- Parent participation (volunteer opportunities)
- Final Forms
- Pay to participate \$
- Eligibility/team expectations
- Uniforms and proper dress
- How to earn a varsity letter
- Meet schedule
- Post-meet guidelines (riding the bus, pick-up, etc.)
- Team website/communication
- Fundraising (donation-based)
- OHSAA rules/guidelines

Team Night is March 12th, in the Main Gym Mezzanine, prior to and following the Parent Meeting. For anyone looking to get training shoes or spikes, this is a great opportunity to have trained staff help in choosing the right pair for your running style. See the attached flyer for more details.

Remind for Parents:

We had to split the Remind group into 2. If your parents were on the list from last year, they DO NOT need to do anything!

If your parents are new, they need to text @tv20parent to 81010 to join the group



Track Parent 2020

@tv20parent

Contact Info:

- Website vikingstrack.com
- Remind text @tvtf2020 to 81010
- Twitter @tvtrackfield
- Instagram tvtrackfield



Track Athlete 2020

@tvtf2020

**TRACK
IS
BACK!**

TEAYS VALLEY

MAR. 12 - 5:30PM

**FLEET FEET WILL BE AT YOUR SCHOOL TO FIT
ATHLETES WITH THE PROPER FOOTWEAR!**

20% OFF

ALL FOOTWEAR

+

FLEET FEET GIVES THE TRACK TEAM A

\$10 DONATION

FOR EVERY TRAINING SHOE PURCHASED!

FLEET FEET
FRONT RUNNER



REMIND



Good news! – our team has grown so much that we can no longer use just 1 remind group. This year we have 2 groups.

Parents – if you have joined in a previous year you are good to go! You do not need to do anything. If you are new and need to join please follow the instructions below. If you are struggling and need help please email or text/call Coach Tennant or Coach Gegick.

To join the **PARENT** Remind – text @tv20parent to 81010



Track Parent 2020
@tv20parent

Athletes – if you were part of the previous remind you need to do 2 things.

1. Leave the old group (to make room for new parents)
2. Join the new group below

To join the **ATHLETE** Remind – text @tvtf2020 to 81010



Track Athlete 2020
@tvtf2020

Why Use Remind?

Remind helps you stay connected

You are your child's first teacher. Student success depends on the support of networks that include parents, teachers, and other key stakeholders in their school communities.

To strengthen these partnerships, teachers are using Remind to bring learning home. Remind is a free, safe messaging app that keeps families up to date with what's happening in the classroom.

Teachers can send messages to an entire class, smaller groups, or individuals. These quick, simple messages can help you and your student stay informed about:

- Homework assignments
- Field trip updates
- Schedule changes
- Personalized support or feedback
- And more!

Remind is safe

- Personal contact information stays private. Phone numbers aren't exchanged between teachers, students, and parents.
- Messages can't be edited or deleted, so a complete message history is always available to access and download.
- Everyone has the ability to report users who violate Remind's Community Guidelines.
- Students under the age of 13 need to enter a parent or guardian's email address before using Remind. They can only receive messages from their teachers.

Remind is accessible

- Teachers can use Remind to reach students and parents on any device, including texting-only phones—no smartphones necessary.
- Students and parents can receive Remind messages by text (in the United States and Canada), email, and push notifications on the app.

- Remind is free to use for teachers, students, and parents. Standard text messaging and data rates may apply, so check to see if you're on a per-text phone plan or a limited data plan. You can always log in to your account on the web.
- The mobile app is available in six different languages. If you use Remind in Spanish, French, Simplified Chinese, Portuguese (Brazilian), or German, you can automatically translate messages sent in different languages.

Remind helps save time

- No more outdated school websites or long newsletters. Remind messages are shorter than 300 characters and sent directly to your mobile phone.
- If you have the ability to compose a message, you can reach out to teachers or other parents in a class. Watch for teachers' office hours to see when you'll get the quickest response.
- Stay in touch on-the-go. Send PDFs, personalized voice clips, and quick photos of permission slips or assignments directly from your phone.

Signing up is easy

To join a Remind class, you'll need a class code from a teacher, coach, administrator, or organization leader. Each code is unique, but it always looks like this: @classcode.

Once you have a class code, there are three ways to join the class:

- 1 Sign up for text notifications by texting @classcode to 81010.
- 2 Go to www.remind.com/join/classcode and follow the directions.
- 3 [Download the Remind app](#) from the [App Store](#) or [Google Play](#), sign up for an account with your email address, and enter the class code when prompted.



Warm-ups/Cloth



<https://www.fleetfeetteam.com/teays>



Note:

All athletes are **REQUIRED TO PURCHASE** the 2020 Team Warm-up Jacket & Pant.

We try to look uniform as a team & we are happy to offer these items individually or as a highly discounted bundle. All other items are optional.

A portion of all sales go directly back to the Teays Valley Track & Field team!

**** ITEMS DO NOT SHIP, THEY ARE DELIVERED DIRECTLY TO THE COACHING STAFF, WHO WILL DISTRIBUTE ****

Fleet feet will be on-site Thursday during the parent meeting with samples of the jacket to help with sizing.

*** All orders need to be in by 11:59pm on 3/12 in order for us to get the items in time for competition.**



Vikings Track & Field

2020 Meet Schedule



Day	Date	Meet	Location	Bus Leaves	Meet Starts
Sat	3/28	Chillicothe Fair-Weather Relays Invite	Chillicothe HS	8:00 am	10:00 am
Tues	3/31	Central Crossing Dual	Central Crossing HS	3:15 pm	4:30 pm
Sat	4/4	Newark Invitational	Evans Athletic Complex	7:00 am	9:00 am
Tues	4/7	Bloom Carroll Dual	Bloom Carroll HS	3:00 pm	4:30 pm
Fri	4/10	Olentangy Berlin Invitational	Olentangy Berlin HS	1:45 pm	4:00 pm
Tues	4/14	Grove City Tri	Grove City HS	3:30 pm	5:00 pm
Sat	4/18	Hank Smith Invitational	Heath HS	7:45 am	10:00 am
Tues	4/21	County Meet	Home @ Viking Stadium	Athletes arrive 3:15 pm	4:30 pm
Fri	4/24	Lakewood HS Relays	Lakewood HS – Hebron	3:00 pm	4:30 pm
Tues	4/28	Gene Cole (9 th &10 th)	Lancaster HS	3:00 pm	4:30 pm
Sat	5/2	Gary Smith Worthington Invitational	Thomas Worthington HS	7:00 am	9:00 am
Tues	5/5	Pick North Tri w/Canal	Home @ Viking Stadium	Athletes arrive 3:15 pm	4:30 pm
Fri	5/8	Northeastern Invitational	Northeastern HS – Springfield	3:00 pm	5:00pm
Tues	5/12	Varsity MSL Preliminaries	Home @ Viking Stadium	All Athletes arrive 3:15 pm	4:30 pm
Thurs	5/14	JV MSL Championships	Bloom Carroll HS	3:00 pm	4:30 pm
Fri	5/15	Varsity MSL Finals	Home @ Viking Stadium	All Athletes arrive 5:00 pm	6:00 pm
Tues, Wed. Thurs	5/19, 5/20, 5/21 (2 out of 3 days)	District Preliminaries	Hilliard Darby HS	TBD	TBD
Sat.	5/23	District Finals	Hilliard Darby HS	TBD	TBD

Qualifying Tournaments - (Must place in top 4 at Districts to advance)

Regional Tournament May 27th & 29th

State Tournament June 5th & June 6th

Updated 3/3/2020

SENIORS – District finals is the day after graduation – please DO NOT plan graduation parties on this day before 7pm!

