

February, 2011

Dear Track Athletes, Parents, and Guardians,

Welcome to the track TEAM! We (coaches) are excited about the prospects for this season and the chance to help you all improve as athletes so our team can reach its full potential and "go for the gold"!

With this letter you will find the rules for the upcoming track season. Please make note of the following:

- 1) Track practice will begin Monday March 7, 2011 at 2:50 pm in the east gym.
- 2) Practice will be every school day and will usually finish at 4:30 pm.
- 2) Please listen to Cox's Comments and P.A. announcements for anything pertaining to track.
- 3) Remember it is cold out there, so wear warm clothes, a stocking cap, T-shirt, shorts, gloves, hooded sweatshirt, sweat pants or wind breakers, and comfortable running shoes. You may also want to bring extra socks, during the track season as we will encounter all possible climatic conditions in the state of Ohio, so **BE PREPARED FOR COLD OR WET WEATHER.**

If you have any questions stop by and talk to one of your coaches. If you have friends interested in track, please have them stop by and see one of the coaches for track paperwork. Finally, if you have been given any paper work for physicals, parent signature, or etc., please return it to one of the coaches as soon as possible.

Everyone must have a decent pair of comfortable running shoes. Unless you have run track in the past, please wait to buy spikes until your events are figured out.

Special note: All athletes will work all home meets, both middle school and high school meets. Athletes must stay for the entire meet unless one of the coaches approves an early release.

Thank you,

Coaching Staff

Coach Freewalt

Coach Quellhorst

Coach Deluca

Coach Adlesh

1. ATTENDANCE & BEHAVIOR

Regular practice attendance is required for the athlete to remain a member of the team. To be a team member requires a commitment to all daily practices, team meetings, meets, and special events for the team. Also, athletes are expected to follow school and district rules as outlined in the Student Handbook.

A. EXCUSED ABSENCE

- a. Absence from school due to illness is considered an excused absence.
- b. An illness which occurs during school must be verified by a parent or doctor's note upon the athletes return to school and practice.
- c. A doctor's appointment will be considered excused when the athlete presents a verification of said appointment from the doctor's office. Please try to schedule appointments so that they do not conflict with practice or meets. A referral from the doctor to excuse an athlete for a specific time should be taken to the trainer who will inform the coaches of the referral.
- d. Should an athlete need to stay after class to take a test or to be tutored, it will be considered an excused absence when a coach receives a written note from the teacher involved. This also applies to club meetings (extra-curriculars), but a coach should be notified **in advance** of the event to be missed.
- e. Excused absences for reasons other than illness are to be discussed in advance with a coach and will require the athlete to make-up missed training time.

SPRING BREAK

Spring break is recognized by the Shawnee Board of Education as a vacation time for Shawnee families. If the current year calendar contains a week-long Spring break, a "Spring Break" form will be given to each athlete for each family to complete providing coaches with information concerning the family's intentions during this break. There will be practice during the break to prepare for upcoming meets. It will be necessary for those who will not be practicing during the break to work back into shape before resuming competition in order to prevent possible injuries.

B. UNEXCUSED ABSENCE

An unexcused absence will be considered a lack of interest and commitment on the part of the athlete and will result in disciplinary action being taken. If an athlete is at school and misses a meet or practice, it is considered unexcused. If an athlete misses an invitational without at least a week's notice, it is unexcused. In the case of a dual or tri-meet I need to know at least a day in advance.

FIRST OFFENSE

The athlete may be required to miss participation in one meet, and additional training may be assigned.

SECOND OFFENSE

The athlete may be excused from participation for the rest of the season. The athlete may be given the opportunity to remain a member of the team if they are truly willing to make the necessary commitment to the team and demonstrate the desire to remain a team member.

C. ALCOHOL, TOBACCO & DRUG USE

The Shawnee High School Athletic Department has adopted the following policy on alcohol, tobacco, and drug use:

A student athlete identified as using or possessing drugs, alcohol, or tobacco by a faculty member during the sport season or admitting to using or possessing drugs, alcohol, or tobacco during the sport season shall be subject to the following consequences:

FIRST OFFENSE

The athlete shall be denied participation in 50% of the contests scheduled for that sport. The consequence may be reduced to 10% of the contests if the athlete participates in a chemical assessment by a certified chemical dependency counselor. The athlete shall continue to practice.

SECOND OFFENSE

The athlete shall be denied participation for the remainder of the season.

D. IMMEDIATE DISMISSAL

This could result when an athlete chooses to conduct himself/herself in a disrespectful manner which reflects negatively on themselves, their team, their coaches, or their school.

2. PRACTICE & MEETS

You must have a physical on file in the High School Athletic Office before you can participate in any athletic activities.

A typical practice consists of a warm-up run, static stretching, dynamic stretching (form runs), the workout, cool-down run, stretching.

A. TIME & PLACE

Typically, practice begins at 2:50 in the **east gym**. Practice times may vary depending on the weather and the needs of our team as we progress throughout the season. Normally practices will be shorter the day before a meet.

Athletes should be picked up behind the middle school by the 5th/6th cafeteria doors (by the playground). Athletes are expected to be picked up within **15 minutes** of the end of practice or the return of a bus after a meet unless prior arrangements have been made with the coaching staff. Athletes will be asked to leave the building 15 minutes after the conclusion of our event that day, and coaches should not be expected to wait any longer than that.

B. PROPER EQUIPMENT

*Athletes should bring appropriate practice gear to school EVERYDAY and have uniforms on meet days. Practice gear includes shoes, shorts, shirt, and sweat top and pants. **Be prepared for any possible weather conditions.*** Proper equipment is essential to help avoid injuries and for performing at the highest level. Shoes for practice should be made for running (not basketball or skateboarding). Avoid wearing flip flops or sandals to school (trust me, they can lead to injuries). Track spikes and/or throwing shoes are not required but can be used in meets.

3. INJURIES

Unfortunately, injuries do happen in Track and Field. Our athletic trainer once came over and said, "Everyday this week, I have seen over 30 athletes from the middle school, all with very minor bumps and bruises." Can you imagine if every spring sport, high school and middle school, sent this many athletes to our trainer? For that reason, we ask that visits to the athletic trainer be pre-approved by a coach and be reserved for truly injured athletes (it's not a social event). The coaching staff obviously wants everyone to be healthy, and to get healthy if injured. Many bumps, bruises, and muscle strains incurred during track are simple to treat. Often ice and some rest are all that is needed to recover. If the athletic trainer has recommended for an athlete to ice the injured area and to take a few days off, we will consider those excused absences so long as the coaching staff is notified. **Icing during practice is not a social activity. We really don't need thirty kids sitting around with ice packs during practice.** Athletes injured over a long period of time or who frequently are injured may be asked to assume a different role on the team or to get healthy and try again next year.

4. TRAVEL RELEASES

All players must take school authorized transportation to and from away contests. Athletes may be excused from riding either to or from an athletic event on school

authorized transportation for school related reasons or extreme exceptional circumstances. This privilege may be granted on the rarest occasion since our philosophy continues to be that an athlete is part of a team in all phases of the team activity and is expected to use school transportation for all away contests. In the event of extreme inconvenience (as mentioned above), the athletic director shall determine whether or not a student can be released from using school transportation only after the following procedures have been completed:

- a. Athletes must secure a travel release form from the athletic director.
- b. The athlete and his/her parents must complete and sign the travel release form.
- c. The athlete must notify his/her coach of the perceived transportation problem and have the coach sign the travel release form.
- d. The athlete must return the travel release form to the athletic director at least 72 hours in advance of the contest.
- e. The athletic director will notify the coach and the athlete the approval or denial of the request for release from using school transportation.

A. EMERGENCY TRAVEL RELEASE

In the event of a family emergency, the coach shall release an athlete from using school transportation after an event upon receiving written request from the athlete's parent. In no case shall a coach release an athlete to ride home with anyone but his/her own parent.

5. ORDER OF EVENTS (Junior High)

Running Events:

Girls

100 m Hurdles
100 m Dash
1600 m Run
4x100 m Relay
400 m Dash
4x200 m Relay
200 m Hurdles
800 m Run
200 m Dash
4x400 m Relay

Boys

110 m Hurdles
100 m Dash
1600 m Run
4x100 m Relay
400 m Dash
4x200 Relay
200 m Hurdles
800 m Run
200 m Dash
4x400 m Relay

Field Events:

Discus Throw
High Jump
Long Jump
Shot Put
Pole Vault

Discus Throw
High Jump
Long Jump
Shot Put
Pole Vault

One last note: The middle school and high school track teams work closely with one another. The high school track athletes help run middle school home track meets and the middle school team will do the same for the home high school meets. Every athlete will be required to help out at the high school meets throughout the season. These meets will require you to stay at the track a little later so plan in advance.

Schedule subject to change. An updated schedule along with results will be maintained on Coach Freewalt's website – <http://www.freewalt.com/shawnee/track>



Shawnee Local Schools
Middle School Track 2010 - 2011

Day	Date	Place	Opponent	Facility	Time
Tues	03/29	Home	HIGH SCHOOL MEET	Shawnee	4:30PM
Wed	03/30	Away	Bath	Bath Track	4:30PM
Mon	04/04	Away	Spencerville/Paulding	Spencerville Track	4:30PM
Thu	04/14	Away	Allen East	Allen East Track	4:30PM
Sat	04/16	Away	Perry Inv.	Perry Track	9:00AM
Mon	04/18	Home	Wapakoneta/St. Marys	Shawnee	4:30PM
Tues	04/19	Home	HIGH SCHOOL MEET	Shawnee	4:30PM
Mon	04/25	Away	Celina	Celina Track	4:30PM
Thu	04/28	Home	Defiance	Shawnee	5:00PM
Fri	04/29	Away	Bath Inv.	Bath Track	4:30PM
		Home	HIGH SCHOOL MEET (for those not going to the Bath Inv.)	Shawnee	4:30PM
Mon	05/02	Away	Elida	Elida Track	4:30PM
Fri	05/06	Home	Shawnee Inv.	Shawnee	4:30PM
Thu	05/12	Away	Celina Inv.	Celina	4:45PM
Wed	05/18	Home	HIGH SCHOOL DISTRICT MEET	Shawnee	4:30PM
Fri	05/20	Home	HIGH SCHOOL DISTRICT MEET	Shawnee	4:30PM

All middle school track athletes must work the high school track meets.

Athletes not competing in the Shawnee Invitational will work the meet.