



**MANATEE**

**HIGH SCHOOL**

**TRACK & FIELD**

**TEAM HANDBOOK**

**2020**

## **COACHING PHILOSOPHY**

Many coaches use sport as a vehicle to enrich the lives and the futures of their athletes. Their greatest reward is not the outcome of winning but rather the process of training and competition that positively affects the personal development of young athletes. It is with these thoughts in mind that we try to be the best coaches, mentors, and role models we can be for our athletes at Manatee High School.

Participation in sports provides opportunities for athletes to grow physically, mentally and socially in positive ways. It is our responsibility as coaches to provide the atmosphere that will enable this growth to take place.

Competition is an important part of athletics but it should never be a requirement for a young person to participate in a sport. We encourage all interested young people to join our program and to experience the positive growth that can come from that participation. Our team is made up of competitors, who will get the best training available to succeed in competitive situations and participants who will get the best training available to enjoy and grow from their sporting experience. We hope that our participants will one day be our competitors.

We want our teams to win our meets, but we have a much broader sense of the term success and it is that term that we work towards as your coaches. When athletes and teams train hard to develop their ability, give their best in competition and practice and show the will to push themselves beyond their self-imposed limits, they are successful. We will strive for this success and have fun doing it everyday.

## **TEAM RULES**

Our rules can be summarized by three things: Respect for others, respect for self, and respect for surroundings. We will only achieve our team and individual goals if each student-athlete commits to these principles. It is recognized by the track coaches that all humans make mistakes, so when a rule is broken we will try to fairly but firmly address the situation, and there will be consequences. Understand that we care about you and the quality of your experience on the team. Breaking of these rules will harm you or others, and we are committed to helping you and the team to have the best possible experience.

## **ATTENDANCE**

It is required that all athletes come to every practice, meeting, and team function. Some exceptions will be granted on an individual basis, but in general full attendance is expected. If you have a problem attending them it is the **student-athletes responsibility to notify the appropriate coach**. It is **not the parents' responsibility**.

### **UNEXCUSED ABSENCES**

- One unexcused absence (practice, meet) may result in missing the next meet.
- Two unexcused absences (practice or Team Time) – the athlete may not be allowed to attend practice or meets until they meet one-on-one with Head Coach to determine whether or not the athlete will be allowed to continue as a team member.
- Three unexcused absences (after the meeting with Head Coach) may result in being dismissed from the team.

## **UNEXCUSED LATENESS**

- Late to any required event, unexcused –warning will be given
- Late to any required event, unexcused, a second time – athlete may not be allowed to participate in the next meet.
- Late to a third required event, unexcused – the athlete may not be allowed to attend practice or meets until they meet one-on-one with Head Coach to determine whether or not the athlete will be allowed to continue as a team member.
- Another unexcused tardy after meeting with Head Coach– may be dismissed from the team.

**\*UNEXCUSED ABSENCE = the coaching staff was not informed of an athlete's absence ahead of time, or that athlete's reason for being absent was not acceptable, in the judgment of the head track coach.**

**HARASSMENT OF OTHERS:** will result in meeting with head coach, may be dismissed from team.

## **SWEARING/INAPPROPRIATE LANGUAGE & COMMENTS:**

Our team environment is not the place for off-color jokes, statements, sexual innuendos, swearing, or any remarks that ridicule others. The coaches will deal with all discipline regarding swearing/inappropriate language/comments. If an athlete breaks this rule, they will be asked to stop the action and apologize to those around. If no apology is completed the athlete will be requested to leave the practice. If at an event the athlete will be scratched from the competition and upon return will discuss with the head coach the road ahead. This road may range from warning to dismissal from the team. If this occurs more than once per season, the following chain of events will occur:

- 1<sup>st</sup> offense: talk with Coach
- 2<sup>nd</sup> offense: may be asked to leave practice for the day (may be removed from upcoming events if at a competition)
- 3<sup>rd</sup> offense: athlete may be asked to leave practice immediately, and may not be allowed to participate in team activities until they have met one-on-one with the head coach at a time of the coach's convenience. At this time, determination will be made as to the future of the athlete on the team.

**DRESS/APPEARANCE AT PRACTICE & MEETS:** Your appearance speaks volumes about your character, the school and the program with which you are associated. The pride that you take in grooming and apparel must hold the high standards of the people you compete with and against. At Manatee High School we are proud of who we are and show the colors to that affect.

### **Practice Apparel**

Only acceptable athletic apparel will be allowed for practices. Any apparel that is offensive or inappropriate in logo, statement, color or deemed distracting to others will be asked to change and or to leave practice.

### **Meet apparel**

All team members will be issued a team uniform. You are required to wear this uniform while representing and competing for Manatee High School. While attending competitive meets you will only wear issued uniforms. If you are not being transported from the meet or venue and you have been properly excused to depart with a responsible party you may change out of your uniform gear.

**STEALING:** We work in tight surroundings and in many cases at other schools during competitions. Trust is a keystone of our program. If suspected of or caught stealing you may be dismissed from team.

**ALCOHOL/DRUGS/TOBACCO:** Manatee High School and Manatee School Board policies apply: All athletes are required to sign the random drug screening form and are susceptible to drug testing at anytime.

- First offense: may miss the next two meets based upon school and team discipline at direction of the MHS Administrative Staff.
- Second offense: May be dismissed from the team

### **EQUIPMENT:**

All equipment/clothing checked out to an athlete by MHS must be taken care of by the athlete who received it. If anything is lost or destroyed due to poor care, that person is responsible for paying the replacement cost of that item or items. A debt card will be placed in bookkeeping and the student will be denied privileges such as final report card, parking pass, graduation, homecoming or Prom tickets, etc. until the debt is paid. The school issued equipment is as follows:

- Competition uniform (bottom and top), with additional pieces such as Cold Weather tops are potentially available.
- Shoes are the athletes' responsibility. Coaches will provide guidance and recommendations as to proper shoes. It is up to the students and parents to decide on what can be afforded.

Sometimes athletes will be allowed to check out implements (throwing, vaulting, etc.) during the season, off-season, or during holidays. The same rules apply, as with clothing with respect to accountability

**Replacement spikes** (the metal spikes for the bottom of spike shoes) will be provided at no cost to individual team members by coaches.

**ROLE OF CAPTAINS:** The role of team captain at Manatee High School includes but is not limited to:

- A) A selected leader who leads by example. A leader who provides direction and verbally encourages teammates.
- B) Helping coaches with internal management of the team. Becoming aware of misbehavior (related to team rules) by team members, and confronting them while hopefully getting them to change their behavior in a firm but respectful manner *before* coaches become aware of the issue.
- C) Serving as liaison between coaching staff and the team; keeping eyes and ears open to what is going on with the team, and be a person who athletes can feel comfortable talking to about concerns with team-related issues (especially if those athletes do not feel comfortable talking to the coaches themselves).
- D) Start team warm up drills and practices when directed by coaches.
- E) End practices by leading with team breakdown or chant when appropriate.

### **TRACK MEETS:**

Track & Field athletes and volunteers are needed as much as possible at track meets to help with recording video of athletes doing jumps, throws, and hurdles, help with athletes, take stats, and other tasks. If you are a member of the Track and Field Team you will attend all home Track meets. If you are not competing then you are required to help in the execution of the meet. The Coaches will assign duties the day before the meet.

## **MANATEE HIGH SCHOOL TRACK & FIELD ACCOMPLISHMENTS**

**Please see the Track and Field Trophy case located in the lobby of Manatee High School.  
Left wall as you walk in the doors.**

**You are part of a long legacy of Champions!!!!**

**SCHOOL RECORD BOARD IS POSTED BY THE TRACK**

## *PARENT INFORMATION*

Whether you are an experienced parent from our team or brand new to track and field, high school athletics, and this new phase of your son or daughter's life, we welcome you to the wonderful experience of Manatee Hurricanes Track and Field.

We operate under rules of the Florida High School Athletic Association (FHSAA), Manatee School District, and Manatee High School Athletics as far as eligibility, but find ourselves as team members, parents, and coaches much more responsible to the principles of dedication, perseverance, teamwork, honesty, sacrifice, and fairness. To limit the understanding of track and field to only the world of sports is to limit the potential impact this activity can and will have in the lives of the young men and women who persevere in this . . . perhaps the most difficult of challenges. Although skill and talent have a place in what we do, the athlete who dedicates him or herself to improvement will eventually prevail . . . not only on the track or field, but in every aspect of future life. No other activity in high school comes anywhere near the individual intensity and thoroughness of track and field as it prepares the youth of today to be the consummate leaders of tomorrow. The athletes who immerse themselves in this sport develop the mental ability to deal with life's difficulties, the physical understanding of health and its relationship to overall happiness, and most importantly, draw the connection between personal hard work and the truly satisfying rewards that come from it.

Track and field has only one aspect which can be both positive and negative . . . ***it is the 'great revealer' of a human being's internal character.*** When you challenge yourself with this sport, in time you are forced to look inside yourself and confront what makes up the measure of the man or woman you will be. Other sports offer a 'way out' . . . an 'excuse' . . . a 'rationalization for substandard effort.' Track and field gives no such luxury. The negative aspect of this can frighten a young athlete, but our team universally confronts this fear, overcomes it and re-channels it to a positive, and encourages the athlete to draw upon the inner strength of character developed by this sport as he or she battles life's future great challenges. It is truly so much more than just a sport of running, jumping, and throwing.

As coaches, we hope to enlist your support, not just by attending meets or providing team treats, but by fully understanding and encouraging the principles which we try to develop in each of our young athletes, regardless of physical talent or prowess. For many years, we have sought to provide the best possible environment for each athlete to develop their personal skills according to the tenets we listed above . . . and they work very well with the highest of community and personal standards. Allow us to help to provide the best opportunity for success by supporting them fully as they learn what it takes to work for personal excellence.

Please feel free to communicate with myself or any member of our staff at any time. We understand that our involvement with these athletes may go far beyond the track and field as we work with you to encourage them to become the best they can be . . . in running, jumping, throwing, and in future life.

Coach Mike Smith, Coach Rae Ann Darling Reed, Coach Domonique Dunbar, and Coach Tom Beckerleg

## *THE BASICS*

### The Sport

Track and field is an event of worldwide acceptance and support. Virtually every high school of every size across the nation sponsors boy's and girl's teams, with similar events in most every state. The track is 400 meters around and is the same distance at every outdoor facility. We are a member of the Florida High School Athletics Association. There are District and Regional championships contested at the end of the season approximately two to three weeks prior to the state championship which is held at University of Florida the second week of May.

A varsity team is made up of the following individual running events: 100, 200, 400, 800, 1600, and 3200 meters, 100, 110, and 300 meter hurdles. There are three standard relays: 4x100, 4x400, 4x800, and sometimes the 4x200. The following field events are what are contested: Shot Put, Discus, Javelin, High Jump, Long Jump, Triple Jump, and Pole Vault. These events will be contested with several athletes per event and the scoring points for placing in the top tier will vary based upon the number of participant teams. Each event is individually competed and there is an overall team score when all event finishes are added up at the end of a meet. There is a list at the end of the packet that explains what an athlete on average must be able to compete at to qualify to compete at a varsity invitational level as well as earning a varsity letter.

### The Team

Manatee High School has been considered by the state press as one of the top schools in the state of Florida. The school has remained competitive for various reasons, so the successes of the program have come from athletes who have worked hard, parents who support well, and coaches who care and focus on peaking each athletes' potential.

### The Commitment

The traditional track competitive season in Florida goes from mid February until the second week in May. Most of our athletes participate in other sports (73% played a fall sport in 2010) but many athletes start training in August if not involved in a fall sport. Our outdoor practice schedule will be from 2:45 p.m. to 5:00 p.m. Monday through Friday and on Saturday mornings. Practices will be shorter as we get later in the season. Still, our total preparation time does not compare at all (it is far less!) to many other sports at the school, as we believe that if trained efficiently you can do more in less time.

### **IMPORTANT SCHEDULING NOTE**

Since each workout is a part of a holistic part of a training program, each workout, is important. Athletes who are not able to complete the workout schedule, or are unable to make the commitment to train effectively do not give themselves a fair opportunity to succeed and will have trouble competing for a varsity spot. We ask athletes to schedule every possible appointment around workouts that are given to the athlete at the start of the season. As the formal season begins those athletes missing a practice are subject to missing the next competitive event, a penalty that is laid out with in our team rules. Athletes also are expected to attend rare but special events, from fundraisers to banquets honoring their achievements. We hope our parents agree that the immense benefits of track and field more than outweigh the time commitment involved. This sport definitely rewards the committed athlete and parent, but our athletes have time for top-notch academics, church positions, extracurricular activities, and even work if they desire to budget their time . . . another lesson learned in this sport.

### **Uniforms & Equipment**

Our school provides a competitive uniform. IT IS TO BE WASHED IN COLD WATER AND LINE DRIED AFTER EACH USE IN A MEET **(PLEASE DO NOT PUT IN THE DRYER)**. Warm up tops and pants are also used, and we issue these at the beginning of the season. The warm ups are not to be worn except on meet days to school and at a track meet.

Good running shoes are the only requirement of this sport. Coach Rae Ann works at our local specialty running store, Fleet Feet Sarasota. Please see her for a coupon. She can recommend shoes or help you get properly fitted.

It is also recommended that each athlete have a pair of specialist's shoes. These can be spikes (running, jumping, and pole vault all have their own event specific spikes) as well as a throwers shoe. These can be purchased online or ordered through Fleet Feet Sarasota.

### **Boosters Club (Parents/Community) - Fundraisers**

**In order to minimize the amount of time spent by students (and parents) in fundraising events we have a team fee of \$40 for each athlete. For those of you with multiple participants that charge will be \$60 for two participants from the same family.** In contrast to other sports we are very inexpensive. Checks are to be made out to: Run Manatee and will be used for Track **specific requirements** such as team t-shirts, uniforms, equipment, and motivational tools for the athletes. Additionally, we may **operate a concession stand during our home meets** as well as gate proceeds and fundraiser opportunities. All of the money raised goes directly back to the track program.

Our 2020 fundraiser will be discussed at our parent and team meeting as well as be made available online for all to participate.



## **Awards Ceremony**

Upon completion of each season, the team will host an awards ceremony that recognizes team and individual excellence as well as participation by all. The date for the awards ceremony will be announced after the District meet.

## **College Scholarships**

Every athlete who runs for Manatee Track and Field will not compete at a level where a scholarship is a reasonable expectation, but we encourage all of those that feel a desire to continue to compete to use this as a goal. Manatee has established a reputation across this country as a preeminent school where all runners, jumpers, and throwers graduate with superior skills and a desire to take it to the next level. Our training, goal setting, and team traditions use college running as the focus.

We cultivate and maintain relationships with several college programs in several areas of the country. We correspond with many NCAA Division I, II, and III colleges in order to keep the upcoming stars on our teams in the recruiting forefront. Our staff works individually and personally with each graduating senior to help them continue to compete wherever they want to be as a natural progression of our program. Manatee Track and Field graduates are among Florida's most highly prized recruits. We encourage each senior-to-be to present a list of their top 5 choices in post-high-school education. We then attempt to work with each athlete to contact that school. We take an honest assessment approach with each athlete. We encourage direct parent contact with the collegiate coaching staff and remain on the sidelines to answer any questions.

## **The Competition**

### The Competition

During the track season, our athletes have races which test their ability against local, regional, and national class competition. The simplest meets are the traditional dual (2 teams), tri (3 teams), or quad (4 teams) meets. On our schedule, all athletes will compete in local meets and may compete at the Varsity County Championship and Freshman /Sophomore County Meets.

District, Region, and State Meets are a tremendous experience for each athlete. Only our top athletes are allowed to compete in the District meet and the top 4 places in each event will advance to Region and State. Invitational races are generally held on Fridays and Saturdays. Many teams from different FHSA regions participate as well as some teams from out-of-state. Races are usually held for varsity boys and girls only. Individual and team awards are won at these competitions, and we will usually get a first look at top regional and state competition here. Invitational meets may be local or require travel. Costs for these meets include entry fees, transportation, and refreshments for the team. Our fundraisers and team fees are designed to cover these costs which is why we need full team participation. Extensive information is given to all of our athletes in advance of each invitational, particularly if travel is involved. Each travel trip is supervised heavily and is conducted according to community and school standards.

### Travel

Any time Manatee Track and Field leaves the school for competition, we travel together and use school transportation or commercial carrier. Athletes travel together using the same mode of transportation and we use this as part of our team bonding time together. **Athletes must travel with the team. If there is a situation where athletes would need to have their own parent drive them to and from a meet, they must fill out travel forms at least 48 hours in advance. No student athletes are allowed to travel home with other students or with other parents.**

## **The Body**

### Injuries

Track and Field rarely sees any 'catastrophic' or long-term injuries, but nagging pains and/or discomforts should always be reported to the coaching staff. Athletes will be able to avoid almost all injury by following the guidelines below:

1.) Follow the training program set up for you by the coaching staff!

Athletes who alter or vary the training schedule are not trained in physiology, sport science, or training theory and undoubtedly will put themselves at risk! Each workout is designed to build upon the one that went before . . . alteration diminishes recovery or prevents continued improvement!

## 2.) Wear proper footgear and monitor it closely!

There is no excuse for bad shoes on this team. If you were cheerleading, playing in the band, or participating in another varsity sport, you would be required to spend a lot more . . . keep an eye on the condition of your shoes (replace about every 200 to 300 miles)!

## 3.) Report any injury to the coaching staff!

Generally, low-grade and transient pain is not a problem unless it continues past a few days. Any clicking, popping, or snapping noise should be evaluated by a trained professional. Alert the coaches and then follow through immediately with medical treatment. Any suspicion of a concussion will be treated with the Manatee High School and School Board protocols and a student/athlete will not be able to practice or compete until cleared by proper authorities.

## 4.) Seek medical help promptly!

Athletes are never held responsible for training injuries . . . but they certainly ARE responsible for the delays they continually cause in seeking adequate treatment! As a high-performance athlete on one of the state's top teams, you are expected to immediately get to a doctor for evaluation as soon as you are sent there by the athletic trainer. Delays in getting treatment only prolong the injury and prevent you from being able to improve.

Contemporary studies with elite athletes (Western States 100m Competitors and Hawaii Kona Ironman Competitors) have shown the following are most important in avoiding colds/flu, especially in public places:

- Athletes should go to bed within 15 minutes of the same time every night!! This is the single most important element to cold avoidance and results in a 400% decrease in the frequency of upper-respiratory tract infection. Total hours of sleep and/or time the athlete gets up are statistically insignificant . . . but WHEN THEY GO TO BED is most important!!! Athletes should avoid talking on the phone or using any screens (tablets, phones, computers, TV, etc.) during the last 20 minutes before they go to sleep.
- Athletes should stay hydrated throughout the day. Bring your own water bottle, as one of the most contaminated places in the school are the drinking fountains (located just outside the bathrooms).
- Athletes need to eat properly. This means:
  - 4-5 servings of protein per week.
  - Complex carbs are eaten within 30 minutes after a hard workout (bananas, Powerbars, crackers with peanut butter, etc.).
  - Hydrate with 20 ounces of Gatorade or similar sports/recovery drink within 30 minutes after a hard workout.
  - Eat 4-5 smaller meals throughout the day. Don't skip breakfast.
  - Eat a balanced group of food. Do not overeat on one thing.
  - Supplement ONLY with a standard multivitamin, and only after a doctor's OK.
  - Proper nutrition is secondary to nothing when avoiding colds/flu.

### Training

We train on a 'hard-easy' schedule (making each workout all that much more important!!!). We structure daily workout capacities as well as a long term plan. These cycles build, one on the other, for a full-year program designed to promote ability in the athlete with a minimal risk of injury, throughout the high school career until ready for college.

For parents, the ramifications are simple. We strongly encourage (require) each athlete to attend practice on a daily basis in order to continue progress and reduce the risk of injury. The program available to your son or daughter is not 'haphazard' as many sports programs in high school are, but is designed to provide the most intensive development with the least amount of training time. Workouts are generally 2 hours or less in length and allow athletes tremendous time to accomplish other aspects of their lives with proper time management (the *true* heart of the "track takes too much time" problem). Our athletes will spend less time in training than virtually every other sports and extracurricular activity.

### Rest & Recovery

Manatee Track and Field trains using the 'hard-easy' system where one hard workout is followed by an easy one. This allows the athlete to recover and be able to challenge himself at the next workout. Workouts apply stress to the body that forces the body to adapt. This training effect is what helps the athlete become faster.

Parents are specifically responsible for most of the recovery and rest an athlete receives. After the stresses of a workout are applied, the athlete goes home, eats balanced meals, hydrates well, and then gets adequate rest (usually 8-9 hours per night). This recovery period, specifically supervised by parents, is by far the most critical aspect of a high school runner's physical program. Please encourage your son or daughter to follow parental and team guidelines about rest and recovery.

### The "Bottom Line"

Parents and athletes sometimes can baffle a coaching staff. The track and field program is charged with continuing opportunities for regional, state, and national excellence, but at times, we see every other distraction possible interfering with training, many times with the full sanction of parents.

Specifically, workouts are designed and sequenced in a specific order so as to cause maximum adaptation of the body through training. A training 'stream' exists from day-to-day . . . once a runner leaves that training 'stream' for distractions that may be handled during other times, it is *impossible* to recreate that workout and catch up. Running at a championship level has no compromise physically. It is hard to believe that athletes on a state power team can miss 50% or more of winter training while dancers on our drill team are not allowed to miss even one!!! Parents . . . in the real world your sons and daughters will need to be responsible . . . to their church, family, and jobs, but most of all, they must honor their commitments. Help them to see that. Karate parents and dance team parents pay \$2,000.00 - \$4,000.00 per year but make SURE their kids get to practice. If we charge you an additional handling fee, will you make sure also?

## ***“Academics”***

### Eligibility

Manatee School District eligibility requires a student-athlete to have a minimum 2.0 cumulative GPA (out of 4.0 possible). However, most parents, and the coaching staff, are interested in grades much higher than the minimum. In fact, track and field and the dedication that goes into it go along quite nicely with super grades. Our team routinely averages much higher than the 2.0 minimum cumulative GPA.

Coaches will take an active roll in monitoring the grades of each athlete and we also support individual parental monitoring of the grades. Manatee County’s parent portal system allows daily monitoring of attendance and scores. Many of the scholarship opportunities our students receive are at least in part due to their superior academic work, so we strongly encourage athletes and parents to set academics as a first priority . . . with sports second. **Please insure you are seeing and interacting with your students and monitoring their grades. NO Grades=No Competing.**

### **“DISCIPLINE”**

Our theme for the season is **DISCIPLINE**. The important thing to remember is that every athlete will have a best mark at some point this season and it is our goal to have them reach it, reset it and reach it again. We feel that **DISCIPLINE** is a great theme for this season as **DISCIPLINE** is something that the athletes and young adults need in their life. Training to develop self-control through habitual learning allows them to make the internal decisions that are consistent and focused. They make the right decision when confronted with those choices in life which aren’t necessarily the right ones. In every situation they will be asked if they demonstrated **DISCIPLINE** in the best way possible (rest, social, family, homework, meets, effort, free time, practice etc.). We encourage you to ask your sons and daughters about their goals and to support them as they focus on **“DISCIPLINE”** in 2020.

## **Staff**

Mike Smith: Started coaching at MHS in 2000. Head Track Coach with focus on girls and boys sprints (100, 200, 400, 4x100) and hurdles.

Miami University (Ohio), 4 year varsity letter in Track, Sprints. Professional Educator in School District of Manatee County.

Rae Ann Darling Reed: Started coaching at MHS in 2003. Head Track Coach with focus on girls and boys middle distance and distance events (800m, 1600m, 3200m, 4x800m). Head Cross Country Coach.

Brown University, 4 year varsity letter in Cross Country and Track, Distance. Owner and CEO RunnerGirl Inc., Avid distance runner and coach, Fit Expert at Fleet Feet Sarasota.

Domonique Dunbar: Started coaching at MHS in 2009. Assistant Track Coach with focus on girls and boys jumps and sprints. Assistant Football Coach.

Manatee High School Record Holder in Triple Jump, Professional Educator in School District of Manatee County.

Tom Beckerleg: Started coaching at MHS in 2012. Assistant Track Coach with focus on girls and boys throws (shot put, discus, and javelin).

Manatee County Sheriff Department Professional.

Tom Orehowsky: Former MHS cross country and track coach. FHSAA Official, Senior Advisor, Mentor, and Friend.

**Goal: EXCEL IN EVERYTHING WE DO!**

**How:**

**Be a leader!**

**Compete everyday!**

**Be a difference maker!**

**Control the controllable!**

**Know your role on the team!**

**Exceed classroom expectations!**

**Know and follow all school rules!**

**Be positive and have a good attitude!**

**Work hard every day on and off the track!**

**Expect more from yourself than anyone else does!**

**Be the kind of teammate you want on your team!**

## ***MEET CHECKLIST***

**BUS LEAVES AT\_\_\_\_\_ FROM THE TRACK SHACK.**

**BE ON BUS NO LATER THAN\_\_\_\_\_.**

### **WHAT TO BRING:**

- UNIFORM
- WARM-UPS
- SPIKES/SPECIALITY SHOES
- EXTRA PAIR OF SOCKS
- TOWEL
- SUNSCREEN
- OPTIONAL PLAIN BLACK UNDERSHIRT TO GO UNDER UNIFORM
- HOODIE/PANTS/TRACK TEAM T-SHIRT
- FOOD FOR THE MEET (IN BETWEEN EVENTS)
- FLUIDS/WATER BOTTLE

### **REMINDERS**

- ONE FALSE START AND OUT
- LISTEN TO THE ANNOUNCERS FOR SCHEDULE CHANGES
- **MUST CHECK IN AT CLERK (RUNNERS) OR EVENT (FIELD EVENTS) ON FIRST CALL PRIOR TO START OF EVENT**
- MUST HAVE RELAY CARD AND BATON FOR ALL RELAY RACES
- BE CONFIDENT AT ALL TIMES
- BE A GOOD TEAMATE/SUPPORTIVE
- IF YOU DON'T UNDERSTAND SOMETHING ASK A COACH OR OFFICIAL
- ALLOW YOURSELF PLENTY OF WARM-UP TIME
- COMPETE, COMPETE, COMPETE



# Varsity Letter Requirements 2020 (Subject to change.)

## ***How can I earn a varsity letter?***

To earn a varsity letter, you must satisfy at least one of the following requirements:

1. Earn a minimum of 10 points in varsity-level competition. In relay events, the points earned by a team are divided equally amongst the members of the team, which could be two or three people in a team field event, three in the 300 IH, or four in a track relay. This is how you can earn points:  
Championship Meets, Relay Meets, and Invitationals: 10 points are awarded for 1st, 8 points are awarded for 2nd, 6 points are awarded for 3rd, 4 points are awarded for 4th, 2 points are awarded for 5th, and 1 point is awarded for 6th.
2. Win a first place medal in a varsity event at a championship meet, a relay meet, or an invitational.
3. Place in the top six or make the finals in a varsity event at a championship meet that holds preliminary competitions.
4. Perform at least as well as the mark(s) given for your event(s) in the VARSITY LEVEL PERFORMANCES table, which appears later in this document.
5. Have the top performance on the team in a standard event at the end of the season. The standard events are those contested in any of the championship meets. and do not include the events whose names are italicized in the VARSITY LEVEL PERFORMANCES table. This criterion only applies if there are at least five documented performances from our team in that event over the course of the season if it is an individual event and at least three documented performances from our team in that event over the course of the season if it is a relay event.

## ***What if I quit track midseason?***

Must complete the entire season through the district competition level. Track and Field is a sport that demands individual dedication, discipline and focus. There are many other demands on a student athlete and a student must choose what is to be their focus. We normally will be able to balance those requirements. However, if a student athlete misses a major event due to conflicts or quits mid season after scoring points or even being the top runner, he or she will not be awarded a Varsity Letter.

## ***Will I earn a varsity letter if I come to practice everyday?***

No. However, attendance at practice is required to be eligible for a varsity letter. A varsity letter is not a certificate of participation. Giving varsity letters for coming to practice everyday would be analogous to naming students to the honor roll for having perfect attendance in school. A varsity letter is something to be earned, not something to be given. It needs to represent something. If everyone gets a varsity letter, a varsity letter won't mean anything anymore.

## ***Where did the performances in the VARSITY LEVEL PERFORMANCES table come from?***

The coaches met and mutually agreed on the performance levels in the table in the standard events. There was research done to develop standard that meet the competition levels in our District and our State.

***Do relay splits count?***

No. Due to the unreliability of relay splits, they cannot be used.

***Who keeps track of the points I have earned and my performances?***

The coaches keep the official records. Every effort is made to document your performances in every meet. This is done for numerous reasons. Most importantly, it is done to track your development.

***Will performances in sub-varsity events be considered?***

Your times, heights, and/or distances will be considered regardless of the level of competition in which they were achieved. The only exceptions are that the events implements such as the shot put, discus, javelin and the hurdles must be of the same weight or height as that used in varsity-level competition. The earning of sub-varsity medals will not be considered.

***Only FAT Times will be accepted for meeting timing standards.***

Only Fully Automated Timing (FAT) will be used during the year to record times. Practice or hand timed times and distances will not be used. Results are recorded on Direct Athletics, flrunners.com, and the FHSAA.

***Is there a maximum number of letters that will be awarded?***

No.

***Is there a minimum number of letters that will be awarded?***

No.

***What if I earned a letter last spring?***

This has no bearing on whether you will earn a varsity letter this spring or not. You must earn your letter every season.

***What if I earned a letter in cross country?***

This also has no bearing on whether you will earn a varsity letter this spring or not. Again, you must earn your letter every season.

***What if I get injured during the season?***

The awarding of a varsity letter will be at the discretion of the coaching staff. They will evaluate your development up to the point of your injury and determine if you would have earned a varsity letter. If you are injured while participating in an unauthorized activity, such as a club sport, you may not be awarded a letter, regardless of other factors.

***Am I guaranteed a varsity letter if the conditions above are met?***

No. Factors such as poor attendance may weigh against your favor. You must be at practice and at the meets. The decision as to what qualifies as an excused absence rests with the coaches, not with the athletes. You must also do everything asked of you by the coaches. You must conduct yourself in the appropriate manner at all times, which includes working your hardest and being respectful to your teammates, coaches, opponents, and the officials. You must complete the entire season through the district meet.

***How do I earn a junior varsity certificate?***

This is done through attendance at and effort in both practices and meets. Signing up for the team does not guarantee that you will earn a junior varsity certificate. At the very least, you must be at practice, working your hardest, every day.

***Will I be issued a Varsity or JV letter If I have not turned in all issued uniforms and equipment?***

NO letter will be issued until the athlete has taken the responsible actions to turn in their uniforms and all issued equipment. If not turned in, a debt card will be turned in to the bookkeeper and the student will not be able to pick up prom tickets, parking passes, or graduate until the fines have been paid.

If not returned, potential track and field charges are: \$200.00 for track uniform (singlet and shorts) and \$100 for warm up (jacket and pants).

***Will the VARSITY LEVEL PERFORMANCES table be the same next spring?***

Not necessarily. The table will be re-evaluated every season.

<b>BOYS PERFORMANCE</b>	<b>EVENT</b>	<b>GIRLS PERFORMANCE</b>
11.5	<b>100</b>	14.0
23.5	<b>200</b>	29.0
55.0	<b>400</b>	1:06.0
2:14.0	<b>800</b>	2:42.0
4:55.0	<b>1600</b>	5:59.00
10:59.0	<b>3200</b>	13:10.0
45.5	<b>300IH</b>	52.5
16.2	<b>110HH</b>	n/a
n/a	<b>100HH</b>	18.5
19'0"	<b>Long Jump</b>	14'0"
36'0"	<b>Triple Jump</b>	27'0"
5'6"	<b>High Jump</b>	4'6"
10'0"	<b>Pole Vault</b>	7'0"
40'.0"	<b>Shot Put</b>	28'0"
120'0"	<b>Discus</b>	70'0"

## **General Order of Events for Track and Field Competition**

**Times will vary- (for example only)**

3 PM Coaches Meeting

4 PM Field Events begin: GENERALLY - Girls then Boys

DISCUS

SHOT PUT

HIGH JUMP

LONG JUMP

TRIPLE JUMP

POLE VAULT

4 x800 Relay- Note this is run early to allow athletes to recover before the running finals

**IF PRELIMINARIES ARE REQUIRED THEY WILL BE RUN IN CERTAIN EVENTS AT THIS TIME**

6-7 PM **Finals Based on Time - Running Events Begin**

Girls Then Boys

100 Mtr Girls High Hurdles (33")

110 Mtr Boys High Hurdles (39")

100 Mtr Dash

1600 Mtr Run

4x200Mtr Relay

400 Mtr Dash

300 Mtr Intermediate Hurdles Girls (30")

300 Mtr Intermediate Hurdles Boys (36")

4x100 Mtr Relay

800 Mter Run

200 Mtr Dash

3200 Mtr Run

4x400 Mtr Relay

## ***Manatee Track and Field Parent Guidelines***

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- **Remain in the spectator area unless assisting with the execution of an event.**
- **Let the coach be the coach. If there is concern please talk to the coaches.**
- **Provide only supportive comments to coaches, officials, and participants of all teams. Avoid derogatory comments in open forums.**
- **Encourage but avoid coaching your son or daughter during the contest. It may defuse their focus.**
- **Please do not consume alcohol in the vicinity of practices or meets or arrive at a contest having done so prior.**
- **Cheer for your team. Stay until the end of the meet to cheer all those participating unless absolutely not possible.**
- **Show interest, enthusiasm, and support for your child and others.**
- **Be in control of your emotions.**
- **Help when asked by coaches or officials.**

**Your athlete, your team and your coaches appreciate your support.**