



**MANATEE  
HIGH SCHOOL  
TRACK & FIELD  
TEAM HANDBOOK**

**2011-12**

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**COMPETITION SCHEDULE 2011-12**  
**See C2C Schools- Track and Field for most current schedule**

7 -8 December 2011	Recruiting – Sign up meeting 12:30 (7) 2:30 (8) – MHS
8,12,13,15 December 2011	Conditioning Training at 3PM- Track
4 January-23 January 2012	Conditioning – M/Tu/Thurs @ MHS Track – 3:00 PM
23*-24 January	*First Day Practice-Formal Track Tryouts
25 January	Team Announcements
TBD	Mandatory Parent meeting Place TBA
12 February - 20 February	Varsity and JV Uniform issue

**Meet Schedule**

*21 February	Quad MEET#1 @ Manatee High School
3 March	LAKE BRANTLEY OPEN- Lake Brantley HS - ORLANDO
*7 March	MEET-Palmetto, Lakewood Ranch, St Stephens, S.E @ MHS
9 March	Palmetto Relays- Palmetto High School
10-16 March	Spring Break
17 March	Steinbrenner High School Invitational- USF- Selected Participants
*21 March	QUAD MEET @ Manatee High School
23 March	Tarpon Invitational – Charlotte High School, Punta Gorda
*30 March	Varsity County Championships @ Manatee High School
*4 April	JV County Freshman/Sophomore County meet @ Manatee High School
13 April	Wally Keller Invitational- CHS
18 April	District Meet – Spoto High School - Tampa
25 April	Regional Meet – Leto HS, Tampa
4-5 May	State Championships- UNF Jacksonville
* Home Meet	

## 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 Smith to determine whether or not the athlete will be allowed to continue as a team member.
- Three unexcused absences (after the meeting with Coach Smith) 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 Smith to determine whether or not the athlete will be allowed to continue as a team member.
- Another unexcused tardy after meeting with Coach Smith– 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
- 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 HOLD 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 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!**

## MANATEE HURRICANES OUTDOOR TRACK & FIELD SCHOOL RECORDS

100M	10.70	Brandon Carnes	2011
	12.61	Deja Rogers	2011
100/110HH	15.57	Todd Johnson	2011
	16.09	Alexis Riley	2011
200M	21.91	Forest Muller	2008
	26.36	Deja Rogers	2011
300IH	39.47	Dyrren Barber	2008
	51.28	Meridith Argeros	2010
400M	50.3	Steven Hussey	2003
	1:02.44	Sarah Howard	2011
800M	2:02.75	Nicholas Algozzine	2011
	2:19.20	Elizabeth Lopacki	1993
1600M	4:18.18	Matt Sisk	1995
	5:09.59	Elizabeth Lopacki	1993
3200M	9:43.24	Matt Sisk	1995
	11:52.08	Jennifer Schwan	2004
5000M/CC	16:29.38	David (Tyler) Murrell	2002
	19:45.96	Emily Roff	2003
4x100M	42.12	Sanders, Blakely, Monix, Freeman	2010
	50.49	Riley, Bundrage, Rogers, Sumpter	2011
4x400M	3:26.93	Dorene, Isminger, Enrisma, Brickse	2009
	4:17.05	_____, _____, _____, _____	2010
4x800M	8:26.93	_____, _____, _____, _____	2009
	10:18:12	Christenson, Sheehan, Schwan, Brickse	2004
DMed Relay	12:19.54	_____, _____, _____, _____	2008
	14:48.60	_____, _____, _____, _____	2008

## MANATEE HURRICANES OUTDOOR TRACK & FIELD SCHOOL RECORDS

Discus	140-8	Austin Jensen	2007
	114-0.5	Jakii Schwan	2004
Shot Put	49-4	Derrick Calloway	2011
	37-8	BreeAnne Campbell	2010
High Jump	6'8"	Quenton Bundrage	2011
	5'2"	Kacia Breary	2007
Triple Jump	45-3.25	Dominque Dunbar	2000
	35'11"	Alexis Riley	2011
Pole Vault	12'6"	Kyle Ballard	2008
	7'6"	Karina Mudafort	2008

## “PARENT INFORMATION PACKET”

Whether you are an experienced parent from our team or brand new to track & 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 & 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 & 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 & 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 & 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 you will be. Other sports offer a ‘way out’ . . . an ‘excuse’ . . . a ‘rationalization for substandard effort’. Track & 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 field as we work with you to encourage them to become the best they can be . . . in running as in future life.

Coach Mike Smith & the Track & Field Staff

## *“THE BASICS”*

### The Sport

Track & 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 and as of 2012 our new district and region is FHSAA 4A, Region 2, District 7. This district has six high schools which include, Manatee, Bloomingdale (Valrico), Newsome (Lithia), Tampa Riverview, Sarasota Riverview and North Port High School. There are District and Regional championships contested two and one weeks prior to the state championships which are held at University of North Florida at the beginning of May.

A varsity team is made up of the following individual running events: 100, 200, 400, 800, 1,600, 3,200 meters, 100, 110 & 300 meter hurdles. There are three standard relays: 4x100, 4x400 and the 4x800. The following field events are what are contested: Shot Put, Discus High Jump, Long Jump, Triple Jump & 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 their varsity letter (see page 20). General meet schedule of events is included in the information section as well (see page 22).

### 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

Although the traditional state track season in Florida goes from mid February until the first week in May, to compete on a national level some top athletes train virtually year-round. 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 3 to 6 pm on Monday thru Friday. Some event coaches do not formally practice on Wednesdays due to the early release but will send a workout with athletes to do on their own time. The 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 & 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**). We have varsity and JV uniforms. Warm up tops and pants are also used, and we issue these for varsity and JV athletes 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. There are several great running stores in our area and they generally will provide 10% or more off of your purchase. On A Shoestring at 3633 Cortez Road West (<http://www.onashoestringinc.com>) is both Manatee High School and athlete friendly and do a great job supporting us. Their staff is very knowledgeable.

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 at the same stores or on line- see website for more info. It is important the athlete try on all shoes before they buy them.

## **Booster Group - Fundraisers**

**In order to minimize the amount of time spent by students (and parents) in fund raising events we will have a Track & Field participation charge for each athlete of \$30. For those of you with multiple participants that charge will be \$50 for two participants.** In contrast to other sports we are very inexpensive. Checks are to be made out to Manatee HS Track and must have a valid phone number and student-athlete name on the memo line. These funds will be used for Track & Field **specific requirements** such as t-shirts, uniforms, equipment and motivational tools for the athletes. Additionally, we **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 & Field program. Manatee High School also has a separate school-wide Booster Club. We encourage you to join and voice your opinions here too if desired. The club offers sponsorship plans, which fit many families and has been a huge help to the program for years.

## **Awards Banquets**

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

## **Scholarships**

Every athlete who runs for Manatee Track & 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 & 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’ meet, a tri-meet (3 teams at one site) or quad-meet (4 teams). On our schedule, all athletes will compete in local meets and may compete at the County Varsity and Freshman /Sophomore meets.

The District, Regional 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 the Regional and State meets. Invitational races are generally held on Fridays & Saturdays. Many teams from different FHSAA 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 are minimal as we travel on school bus transport or commercial carrier and keep expenses to a minimum. 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 & Field leaves the school for competition we all 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 time’ together. **Athletes must travel with the team. If there is a situation where the athletes would need to leave with the family they must fill out the travel forms at the meet with the coach. (SEE INFO SECTION AT END OF THIS DOCUMENT FOR FORM) No student athletes are allowed to travel home with other students or with other parents.**

## *“The Body”*

### Injuries

Track & 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.

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 states 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 MUST get 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 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 (meat) per week.
  - Complex carbs are eaten within 30 minutes of a hard workout (bananas, Powerbars, crackers).
  - Hydrate with 20 ounces of Gatorade or other within 30 minutes of 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 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 & 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 'retraining' 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 & 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 \$2000 - \$4000 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, running 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 new ‘Focus’ 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 running second.

### **“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, freetime, practice etc). We encourage you to ask your sons and daughters about their goals and to support them as they focus on “**DISCIPLINE**” in 2012.

### Staff

Mike Smith: 10<sup>th</sup> year, Head Coach – Men’s and Women’s Sprints (100, 200, 400, 4x100)  
Miami University (Ohio), 4 year varsity letter in Track, Sprints.

Dave Pate: 4<sup>th</sup> year, Head Coach – Men’s and Women’s Hurdles, 400 (HH and IH)  
Furman University, 4 year varsity letter in Track, Sprints, High and Intermediate Hurdles.

Rae Ann Darling Reed: 9<sup>th</sup> year, Assistant Coach – Men’s and Women’s Distance (800, 1600, 3200),  
Head Coach – Women’s Cross Country  
Brown University, 4 year varsity letter in Cross Country and Track, Distance.

Domonique Dunbar: 2<sup>nd</sup> year, Assistant Coach - Jumps, Assistant Football Coach  
Manatee High School Record Holder Triple Jump

Tom Beckerleg: 1<sup>st</sup> year, Assistant Coach – Men’s and Women’s Throws

Tom Orehowsky: 32<sup>nd</sup> year, Assistant Coach - Senior advisor and mentor

**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 & have a good attitude!**

**Work hard everyday on & 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
- PLAIN BLACK T-SHIRT/UNDER ARMOR
- HOODIE/DRY-FIT/TRACK T-SHIRT
- FOOD FOR THE MEET (IN BETWEEN EVENTS)
- FLUIDS

### **REMINDERS**

- ONE FALSE START AND OUT
- LISTEN TO THE ANNOUNCERS FOR SCHEDULE CHANGES
- MUST CHECK IN AT EVENT ON FIRST CALL PRIOR TO START
- 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 (2012)**

**Being Refined as of JAN 2012**

# Release of Liability for Return Parental Transportation

Parents/Guardians are not permitted to drive students **to** field trip locations.

**Parents/guardians may pick-up only their own child(ren) from a field trip.**

I, \_\_\_\_\_ am taking my child(ren) from  
*Parent/Guardian*

\_\_\_\_\_  
*Field Trip/Event Location*

on this date \_\_\_\_\_ and time \_\_\_\_\_ and effective immediately hereby release the  
*mm/dd/yy* *hr/min*

School Board of Manatee County from all responsibility for my child as well as all liability for any injuries that may occur to my child(ren).

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Parent/Guardian's Signature

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

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

- 3 PM Coaches Meeting- Scratch Meeting
- 4 PM Field Events begin: GENERALLY - Girls then Boys  
DISCUS  
SHOT PUT  
HIGH JUMP  
LONG JUMP  
TRIPLE JUMP  
POLE VAULT  
4 x800 Relay- 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  
4x100 Mtr Relay  
400 Mtr Dash  
300 Mtr Intermediate Hurdles Girls (30")  
300 Mtr Intermediate Hurdles Boys (36")  
800 Mtr Run  
200 Mtr Dash  
3200 Mtr Run  
4x400 Mtr Relay

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

- **Remain in the spectator area.**
- **Let the coach be the coach.**
- **Provide only supportive comments to coaches, officials, and participants of all teams. Avoid derogatory comments.**
- **Encourage but avoid coaching your son or daughter during the contest.**
- **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.**