



**Grayson High School**



**Track and Field**

**2017**

## **Athlete/Parent Handbook**



### **Mission Statement:**

*Our mission is to develop student-athletes with character, leadership skills, respect for themselves and others, and the ability to be a team-player, so that they may be successful in life!*

**GHS Track and Field, Inc.**

**P.O. Box 0001**

**Grayson, Georgia 30017**

**[www.graysontrackandfield.com](http://www.graysontrackandfield.com)**



To our student athletes, parents, and Runnin' Rams fans:

Whether you are a returning family or are new to our program, we want to welcome you to the 2017 Grayson High School Track and Field Program.

Our purpose as a booster club is to provide the financial and personal support required to maintain a successful program. We can accomplish this goal by equipping the team, promoting a positive environment in which our athletes can train and compete, supporting our coaches, and representing our school and community well. Please support your student athlete in his/her endeavor to be a part of this team and improve as an athlete and as a person.

We need your involvement in many ways throughout the season whether it be sending in drinks and snacks for a meet, working concessions, joining a committee, or timing events. All of us look forward to working with and beside you this season!

**GO, RUNNIN' RAMS!**

**2017 GHS Track and Field Executive Board**

- Head Coach            Jason Abner
- President             Kelven Davis
- Co-President         Janet Hart
- Vice-President       Bob Rozar
- Treasurer            Nathan Rall
- Secretary            Yolanda L. Williams
- Members-At-Large   Kenny Jones  
                              Jaina Cox

**2017 GHS Track and Field Coaching Staff**

- Head Coach:            Jason Abner
- Assistant Coach:     Mac Bradbury (*Distance*)
- Taylor Burgess (*Sprinters*)
- Jim Dew (*Long Jump / Triple Jump*)
- Jessica King (*Hurdles / Sprinters / High Jump*)
- Mike Pezent (*Throws*)
- Calvin Stamp (*Throws*)
- Julia Stephens (*Hurdles / Sprinters*)

# GHS 2017 Athlete/Parent Track and Field Handbook

## What is Track and Field?



Track and Field is a spring sport offered to eligible students at Grayson High School. The team is divided into sub-varsity and Varsity squads based on athlete performance and is subject to change per coaches' decision. There are 17 events in which athletes may compete:

<u>Field Events</u>	<u>Sprints</u>	<u>Hurdles</u>	<u>Distance</u>
Discus	100m dash	100m hurdles (women)	800m run
Shot put	200m dash	110m hurdles (men)	1600m run
Triple Jump	400m dash	300m hurdles (both)	3200 run
Long Jump	4x100m		4x800m (some meets)
Pole Vault	4x400m		
High Jump			

## Health and Nutrition:

### Pre-meet Sleep

- Athletes should receive 8 to 10 hours of sleep the night before a meet.

### Pre-Meet Meals (3-4 hours before event)

- High in complex carbohydrates, such as bread, fruit, and vegetables
- Moderate in protein
- Low in fat
- Plenty of fluids
- Athletes should eat a nutritious breakfast before a meet including fruit, bread, cereal, water, and juice.
- Little or no meat is best.

### Snack Hints for all day meets

- WATER
- Fresh fruit- bananas, raisins, grapes, oranges, peaches, watermelon
- Bread, bagels, muffins. With peanut butter, cheese, or cream cheese if within 3 to 4 hours before competition.
- Crackers and pretzels
- Fig Newtons, oatmeal-raisin cookies
- Peanut butter and jelly sandwiches
- Fruit and vegetable juice-orange, tomato
- Cereal with milk only if 3-4 hours before competition.
- Fruit yogurt within 3-4 hours of competition.

### Post-competition

- Athletes should do their cool-down runs after race events.

- Sports drinks, energy bars, and fruit for carbohydrate replacement.
- Dinner should include foods high in protein (chicken, beef, fish, milk, cheese, soy products, etc.) to build muscle

## **GUIDELINES AND STANDARDS:**

### **Article I: Purpose and Philosophy**

The purpose of this team is to provide individual skill development which will enhance overall team performance. This sport is a vital part of the school's athletic program and provides an opportunity for students to participate in individual and team events while representing Grayson High School at home and away meets of various competitive levels.

### **Article II: Eligibility Standards**

#### **Section 1-Academic Eligibility**

- A. All track and field athletes must pass five out of six subjects and be on track for graduation to meet eligibility requirements of the Georgia High School Association.
- B. Track is a time-consuming activity and participants are expected to meet attendance requirements while maintaining good grades.
- C. A track and field athlete must be enrolled as a full time student at Grayson High School in order to participate on a Grayson High School athletic team.

#### **Section 2-Team Eligibility**

- A. Timed trials, jumping heights, and lengths will be taken during practices and before meets to determine who will be competing in meets which restrict the number of competitors. This will also determine Junior Varsity and Varsity status.
- B. Athletes must be present at all practices the week of a meet unless excused by the head coach.

#### **Section 3: Required Physical Forms**

- A. Athletes must have a current physical on file with the Athletic Director.
- B. When securing a physical, it should be made clear to the physician that track and field activities include distance running, sprinting, interval training, strenuous jumping, repetitive motions, as well as other conditioning.
- C. No activities will be restricted unless an acute injury occurs, or there is a note stating such from a doctor or physical therapist.
- D. All chronic illnesses must be reported on the physical.
- E. All physical forms must be signed by a physician (**not a nurse practitioner**) and must include the physician's address.

#### **Section 4: Required Insurance**

All athletes are required to take either the school's insurance policy or have comparable personal family insurance. Proof of insurance must be documented on the physical form.

#### **Section 5: Quitting a Track and Field Team**

- A. **If you choose to quit the team, you forfeit all membership fees and must return any equipment which is the property of GHS Track and Field.**

- B. The Head Coach must be notified in writing
- C. Only the Head Coach may reinstate an athlete to the team.

### **Article III: Attendance Standards**

#### **Section 1: Practices, Meets, Competitions, and scheduled events**

- A. Attendance at all track and field events is mandatory unless otherwise specified or excused by the coach.
- B. Attendance involves being prepared to begin at the designated time and remaining throughout the entire event unless excused by a coach.
- C. All athletes must wear proper apparel at each practice, game, etc., as specified by the coaches.

#### **Section 2: Absence Procedures**

- A. If an athlete feels he/she must miss an event, the proper procedure is as follows:
  - a. Contact your coach prior to the event.
  - b. If an emergency arises and you cannot reach your coach, contact the school and leave a message for your coach.
- B. Absences are considered excused only if you have a doctor's note or your coach has given permission to miss a practice. Dentist and orthodontist appointments are not considered excused absences.

#### **Section 3: Expectations and Consequences**

- A. Unexcused absences, tardiness, or early departure will result in consequences that may include community service, physical conditioning, benching, suspension, or dismissal.
- B. If an athlete is absent for the practice immediately preceding the event for ANY reason, they will not be able to participate in that event.
- C. Athletes will not be excused from practices for other club meetings, recreational activities, or jobs unless the head coach approves such.
- D. Athletes will not be excused from practices for school make-up work and /or getting help from a teacher as this work and/or extra help should be done before school, during advisement, immediately after school before practice, or on a non-practice day.

**An unexcused absence = 1 meet.**

#### **Section 4: School Attendance**

- A. An athlete must be present at school at least three (3) periods the day of an event in order to participate in that event.
- B. If an absence occurs on Friday, the athlete will not be allowed to participate in any event on Friday or Saturday unless approved by the head coach.

### **Article IV: Conduct Standards**

- A. Exemplary behavior is expected in the classroom, in the community, at school functions, and at all practices, meets, and competitions.
- B. GHS Track and Field athletes will follow the Grayson Athletics Code of Ethics.
- C. Smoking, profanity, fighting, drinking alcoholic beverages, and/or the use of drugs are NOT acceptable for an athlete at any time, and could result in dismissal.
- D. Teachers and administrators are asked to keep coaches updated on poor behavior from athletes and athletes who display poor conduct will be subject to disciplinary action.

- E. Consequences imposed by coaches may include community service, physical conditioning, and/or not attending a meet.

### **Article V: Lettering Policy**

Gwinnett County Public Schools Lettering Award Statement: “In order to earn an award, a student athlete must remain in the sport in which he/she is participating until the entire schedule has been completed and/or until the coach has released them.”

### **Section 1: Men’s Lettering Criteria**

<b>Event</b>	<b>9<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>
<b>100</b>	11.8	11.6	11.4	11.3
<b>200</b>	24.5	23.9	23.7	23.5
<b>400</b>	55.5	54.5	53.5	52.5
<b>800</b>	2:12	2:08	2:04	2:01
<b>1600</b>	5:12	5:02	4:52	4:42
<b>3200</b>	11:30	11:00	10:40	10:20
<b>100 hurdles</b>	18.00	17.0	16.50	16.0
<b>300 hurdles</b>	45.8	44.8	43.8	42.8
<b>Shot</b>	41	43	45	47
<b>Discus</b>	105	115	125	135
<b>Pole Vault</b>	9’6	10’6	11’6	12’6
<b>Long Jump</b>	16’6	17’6	18’6	19’6
<b>Triple Jump</b>	34	36’6	39	41’6
<b>High Jump</b>	5’6	5’8	5’10	6’0

\*\*\*Automatic lettering can occur if you are one of the top two entered in the region meet in an individual event, or if you help score in the region meet in a relay.

\*\*\*Lettering can also occur if you score in the JV County or Region Meet, and have been on the team for 3 years.

\*\*\*You must be in good standing with the coaching staff, meeting all academic and team standards.

The Grayson High School Track and Field coaches have the right to award letters or refuse to award letters at their discretion, in accordance with the criteria listed above and the guidelines of the Grayson High School Track and Field Program. Athletes who continually create problems, either in the classroom or with the team will be ineligible for a letter. Additionally, any athlete who is suspended or removed from that program for any reason will be ineligible for a letter.

## Section 2: Women's Lettering Criteria

Event	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
<b>100</b>	13.2	12.9	12.8	12.7
<b>200</b>	28.00	27.8	27.6	27.2
<b>400</b>	69.9	67.5	64.5	62.5
<b>800</b>	2:44	2:42	2:39	2:34
<b>1600</b>	6:00	5:52	5:45	5:40
<b>3200</b>	13:00	12:48	12:38	12:30
<b>100 hurdles</b>	18.00	17.0	16.50	16.0
<b>300 hurdles</b>	54.00	52.00	50.00	48.00
<b>Shot</b>	27	29	31	33
<b>Discus</b>	85	90	95	100
<b>Pole Vault</b>	7'6	8'0	8'6	9'0
<b>Long Jump</b>	14	14'6	15	16
<b>Triple Jump</b>	28	30	32	34
<b>High Jump</b>	4'6	4'8	4'10	5'0

\*\*\*Automatic lettering can occur if you are one of the top two entered in the region meet in an individual event, or if you help score in the region meet in a relay.

\*\*\*Lettering can also occur if you score in the JV County or Region Meet, and have been on the team for 3 years.

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## **THE STUDENT-ATHLETE AND COLLEGE RECRUITING**

Many high school athletes dream of becoming a professional athlete. It is a notable dream, but somewhat unrealistic for most high school athletes. Many parents dream of their child getting a full-ride athletic scholarship. That, too, is not a reality for most students and parents. However, GHS wants every athlete who is deserving of a scholarship to get one. It takes a lot of hard work academically and athletically to receive a scholarship. The following guidelines are here to help you prepare for colleges and recruiting.

***The #1 requirement in order to be prepared for college is to take a rigorous academic course of study.***

Some technical classes are not a part of the required core classes and are not accepted by the NCAA. See your counselor as early as possible to make sure you are taking courses that are approved by the NCAA.

### **ACADEMIC-ELEGIBILITY REQUIREMENTS and NCAA Registration**

Refer to NCAA website: [www.NCAA.org](http://www.NCAA.org)