



**Norcross High School
Track and Field**

**2018
Team
Handbook**

TEAM PHILOSOPHY

Track is unique in that it blends individual goals with team goals. The points don't *really* matter – each individual is competing with their best time or mark, allowing every athlete to feel they're accomplishing their goals. Our goal as coaches is to help each athlete beat their previous best.

ORDER OF IMPORTANCE

1ST PRIORITY: ACADEMICS

2ND PRIORITY: NORCROSS TRACK AND FIELD

3RD PRIORITY: OTHER NORCROSS ACTIVITIES

4TH PRIORITY: NON-SCHOOL RELATED ACTIVITIES

Track is a competitive sport that requires a sacrifice of time and energy. Our practices are **5 days a week**. We understand that students may have jobs and other interests, but these must not conflict with practice or meets.

COACHES*

- Head Coaches
 - David Wright (Boys)
 - Dani Wright (Girls)
 - Lauren Hagey (Distance)
 - Corey Bridges (Sprinters/Hurdlers)
 - Collin Oliver (Jumps)
- Assistant Coaches
 - Joyce Pierce (Throws)
 - Tavie Allan (Pole Vault/Administration)

***NOTE: There are strict GHSA and GCPS qualifications and requirements for coaches working with high school athletes competing on the high school team. For the protection of the athletes, the coaches, and the school, there will be no outside training with an AAU coach during track season, *unless it has been discussed and approved by Coach Wright and the applicable event coach.* If the athlete chooses to engage an outside coach, he or she will not be a part of the NHS team and will need to compete as an independent for that outside coach (however that coach handles competitions).**

ELIGIBILITY REQUIREMENTS

- All athletes must adhere to By-Law 1.00 of the Georgia High School Association (GHSA) Constitution. <https://www.ghsa.net/constitution>
- All athletes must complete the online form on the track and field web site (www.norcrosstrack.com) as well as the paper version of the physicals form (also available for download from the web site). **STUDENTS WHO HAVE NOT FILLED OUT THE FORMS IN THEIR ENTIRETY WILL BE HELD FROM ANY PRACTICES/COMPETITIONS.**
- All athletes must follow team rules and be in good standing.

CUTS

We believe that anyone can work hard and improve and that there is a track and field event for everyone. It is our policy not to “cut” athletes based on ability level. However, we always reserve the right to dismiss any athlete from the team who does not exhibit behavior representative of the Norcross Track & Field Team. This may include not following team or school rules, acting disrespectful to coaches or teammates, missing practices or meets, not following workouts, etc. Athletes may or may not be given a probation letter prior to being dismissed from the team. **No fees will be refunded if athlete is dismissed from the team.**

ALCOHOL, TOBACCO, AND DRUG POLICY

It is our policy that athletics and drugs do not mix. You cannot compete to the best of your ability if you are smoking, drinking, or doing drugs. Additionally, we realize that athletes represent not only themselves, but their team, school, and community as well. Therefore, if you are found in violation of the school's alcohol, tobacco, and drug policy, you will be automatically expelled from the team. We are not saying "don't get caught!" We are saying "DON'T DO IT!" We will abide by the Gwinnett County rules concerning athletes that violate these policies. Furthermore, no athlete who has received school discipline for alcohol, tobacco, and/or drug use within the past year will be eligible to attend any overnight track trip.

PRACTICE INFORMATION

Practice Time:

Practice begins PROMPTLY at 2:30 pm (toes on the line for roll call at 2:29 pm!), **Monday through Friday**, unless otherwise communicated. The time and length of practice may vary according to the athlete's events, weather conditions, or specific workout. The policy of the coaching staff is that parents should expect their child to be ready to leave on most occasions by 4:30 pm.

Tardiness:

Students have plenty of time to dress and be on the track. Athletes are expected to be at the sprint gate, ready to begin warming up at 2:30 pm. That means 'toes on the line' at 2:29 pm for roll call! It is imperative that practice begin on time. No individual is more important than the team. Athletes who arrive after the warmup has begun will be considered absent for that practice, and their participation in the next meet will be limited to 1 event.

Proper Attire:

Every athlete is responsible for having the right equipment to compete. The weather in February and March is erratic at best. Each athlete should ALWAYS have proper running shoes, shorts, and sweats. Athletes that do not wear the proper clothing in inclement weather often end up ill and absent from school and practice. A proper pair of running shoes is the best way to combat shin splints and other chronic foot, ankle, leg, knee, and hip injuries. If athletes choose to wear compression shorts, they must be solid black, with no logo over two inches.

Personal Possessions:

It is your responsibility to keep track of your belongings. It is not the responsibility of the school to make sure you do not lose your things. It is never wise to leave valuable possessions in the locker room. Get a lock and put it on a locker, or put things in your car. **DO NOT LEAVE VALUABLES IN THE LOCKER ROOMS OR BATHROOMS.**

Injuries:

Most injuries can be prevented through proper shoes and training attire, taking warm-ups and stretching seriously, following the coaches' instructions, and cooling down properly. Ice and/or a cold-water bath will help relieve muscle soreness and allow them to heal quicker. The NHS Athletic Department has provides a certified athletic trainer who will be on campus every afternoon. If an athlete thinks they are injured, it is crucial they communicate this with their event coach immediately. If they are then referred to the athletic trainer, it is essential they follow their professional instructions. Injured athletes are still required to attend all practices, although they may be assigned separate, alternative workouts.

Inclement Weather:

In cases of extreme weather conditions, the track team will practice indoors. Practice will rarely, if ever, be cancelled completely.

End of Practice Procedures:

No one should leave the track area without notifying the coach. Practice does not end until the athlete is personally excused by a coach. Each area has responsibilities at the end of practice.

- Throwers are to make sure all shot puts, discuses, and sector markers are put away.
- Sprinters must make sure all starting blocks and batons are put away.
- Hurdlers are responsible for clearing the hurdles from the track and storing appropriately.
- High Jumpers and Vaulters must put away the cross-bars/poles and make sure the pits are covered and secured properly.

ABSENCES:

Absences from Practice:

The coaching staff views practice as essential to achieving both team and individual goals. Both parent and athlete should understand that missing practice for any reason can disrupt not only the individual's training schedule but also that of relay teams. We understand that there will be times when an athlete needs to miss practice for valid reasons but unexcused absences or a pattern of absences will result in the athlete being removed from the team. Per school board policy, an athlete is not allowed to attend practices or athletic competitions if they were absent for more than three classes that day. IF ABSENT ON A FRIDAY, ATHLETE CANNOT COMPETE IN THE SATURDAY MEET THE NEXT DAY.

Unexcused Absences:

Skipping practice will not be tolerated and the athlete may be liable for immediate expulsion from the team. Unexcused absences will result in the following, at the coach's discretion:

- 1 absence – Limited to 1 event at coach's discretion for following meet.
- 2 absences – Athlete will not be allowed to participate in any manner in following meet.
- 3 absences – Indefinite suspension from the track program.

Excused Absences:

It is the duty of each athlete or their parent/guardian to inform the head coach if they are unable to attend practice before 1:10 PM of the day they will miss. **Absences will only be excused in advance – never in retrospect.** Never ask someone else to tell a coach on your behalf. Ways to communicate with the coaches are available on the Coaches page of the web site!

The following may be considered an excused absence:

1. If a student misses school or checks out early due to an illness.
2. Family emergency.
3. Retaking a test **and** having that teacher email Coach David Wright.
4. Under very specific circumstances, a study session with a teacher. Coach David Wright must confirm with that teacher that there is no other option. If you do not tell the coach in time to confirm – this will be unexcused.
5. **Prior** permission from a head coach, which may include a doctor's appointment, driver's ed classes, SAT classes, NHS activities, etc.

TRACK MEETS:

The track meet is the reward each athlete receives for all those days of practice. No athlete should ever miss a meet in which they've been scheduled. All athletes will participate in home meets. Away meets may be limited by transportation and the requirements of the other team. The big meets, usually held on Saturdays, are restricted to the most competitive athletes.

Attending Meets:

Athletes are required to participate in the events for which the coaches enter them. Athletes do not get to choose which events they want to participate. Track is a competitive sport, and coaching decisions are made based on a variety of factors. **Athletes 'skipping' events for which they are entered will result in an indefinite suspension from the team.** If an athlete no longer wishes to participate in an event in which they are entered, they must obtain approval from BOTH their Event Coach AND a Head Coach to remove themselves from the event.

To avoid confusion and conflicts, parents must understand that we compete as a track **team**. Athletes are responsible for helping move and set up hurdles, cleaning up our area in the stands, and should be cheering on their team mates throughout the meet.

On Saturday meets, athletes are encouraged, but not required, to attend the entire competition. All athletes **must** be at the meet **a minimum of one hour before their event is scheduled to begin**. They can then leave before the meet is over, but only with the permission of a head or their event coach.

Transportation to Meets:

Non-school-day meets:

Buses will be available to transport athletes to and from all meets not on a school day. On non-school-day meets, athletes can either take the buses provided or can arrange their own transportation. Buses will leave from the stadium sharply at the times provided and return athletes once the entire meet is over. If the athlete arranges their own transportation, they must arrive to the meet at least one hour before their event and cannot leave the meet until receiving permission from a head or their event coach.

School-day meets:

On school-day meets, athletes may be given permission to get out of school early. It is critical that they do not abuse this privilege and leave class only at the designated time, receive their teacher's signature, and make-up all classwork. Per Gwinnett County policy, athletes are NOT allowed to drive with friends or be driven by coaches.

Seniors may drive to away meets. However, **they may only drive themselves. If a student-athlete is found to have: (1) not been a senior and driven to a meet, or (2) driven other athletes to a meet, that athlete will be banned from away competition for the remainder of the season (including region, sectionals, and state).**

Cancellation of Meets:

On rare occasions, due to severe, unrelenting weather, track meets may be cancelled. If this happens, we will post this on our website as soon as we are notified. In most cases, cancelled meets are very difficult to reschedule. For this reason, host schools and coaches usually wait until the last possible minute to cancel.

Home Track Meets:

Home meets, that are so fun for the athletes, are only possible with the help of parent volunteers. We encourage every parent to sign up to volunteer at these meets so they can run smoothly and stay on schedule. You do not need any prior experience. Some seasons will not have home meets.

Clothing at Meets:

Like at practice, athletes need to bring layers to meets, including rain gear. Athletes may only compete in the Norcross Track & Field uniform. No compression shorts, leggings, undershirts, or other articles of clothing that can be seen under the uniform may be worn, unless specifically approved by a head coach.

MEDICAL CONDITIONS

It is distressing to a coach to be thrust into a medical emergency unaware of pre-existing conditions. If you have a medical problem, the coaches should be made aware of this. Athletes who use inhalers must give their particular COACH (not manager or friend) their inhaler before each practice and meet and are responsible for retrieving it from their coach at the end of the practice or meet. Such athletes must have their name on their inhaler.

REQUIRED FEES

Per state law, schools cannot use Georgia tax dollars to pay for extra-curricular athletics. Other than a boys and girls head and assistant coach stipends, Gwinnett County does not provide any operating dollars to the track and field team. The athletic budget must be funded by parents, donations, and fundraising.

Participation Fee:

The Track and Field participation fee for 2018 is \$125, preferably paid through MyPaymentsPlus or by check or cash at the parent meeting. Participation fees may be waived if the athlete gets 5 paid runners registered for the Blue Devil Run (at \$25 per registered runner). Each person registered for that athlete, including themselves, can be deducted from the participation fee. E.g., if the athlete runs, and they get two friends to run with them, that's \$75, which means their participation fee would be \$50. This fee goes to cover expenses, including but not limited to transportation and equipment costs.

Uniform Purchase:

Track & Field athletes selected to compete will be provided a uniform. Should an athlete lose their uniform, another WILL NOT be provided under any circumstances. The athlete must buy a new one.

FUNDRAISERS

While fundraising opportunities may be available during the season to supplement the operational budget of the Track & Field program, the Blue Devil Run 5k is typically our main (and sometimes only) fundraiser for the season.

COMMUNICATION

We believe that parents, athletes, and coaches need to work together to build a successful program. If you are unhappy or have questions about a team policy, we want to know about it and discuss it in a timely manner, rather than let the problem escalate. This does not mean we can always talk to parents and students at any given moment – most coaches are in a classroom full of students all day, or have full-time jobs in the corporate sector. If you need to contact us, the best way to reach us is by email (available on the coaches page of www.norcrosstrack.com). We will do our best to respond to you as quickly as possible.

The Track & Field website is a valuable and our primary source of information. www.norcrosstrack.com

We also encourage you to subscribe to our Sign Up Genius and Remind101 accounts, which can found at www.norcrosstrack.com.

VARSITY LETTER CRITERIA:

An athlete must meet criteria **I** to receive a Varsity letter. **Additionally**, they must meet **at least one** of the other criteria (II, III, IV, or V), at the discretion of the Coaching Staff.

- I. Finish the season in good standing, showing the work ethic and commitment commensurate with a Norcross athlete across the season in practice and meets
- II. Meet or exceed any of the Varsity standards below
- III. Score a minimum of 5 point(s) in the season, as an individual or member of a relay team, in Varsity meets
- IV. Score point(s), as an individual or member of a relay team, in the Varsity Region meet
- V. Be a Senior who has finished at least one previous season in good standing

VARSITY STANDARDS (SUBJECT TO CHANGE, SEE COACHING STAFF):

Event	BOYS	GIRLS
	Standard	Standard
100m	11.7	13.7
200m	24	28.3
400m	53	64.6
400m split	53.5	65
800m	2:07	2:32
800m split	2:05	2:30
1600m	4:45	5:45
3200m	10:35	12:35
110/100m hurdles	17.5	19
300m hurdles	44	54
Shot Put	38'6"	27'
Discus	100'	75'
Pole Vault*	9' 6"	7'6"
Long Jump	18'9"	14'
Triple Jump	38'6"	30'
High Jump	5'8"	4'8"

*Pole Vault criteria varies year to year: 6 inches below the 6th best posted height for our Region 7AAAAAAA the previous season according to Milesplit.com Coach's discretion is allowed in selecting minimum required height to letter if there is anomalous data one year.

Those athletes who only meet criteria **I** at the end of the season will receive a certificate of participation.