

Etowah High School



Track and Field

HANDBOOK

2017



Etowah Eagles Track and Field 2017



Welcome to the Etowah High School Eagles Track and Field program. We hope that everyone is as excited about the upcoming season as we are. We have outstanding athletes back from last year, as well as a fine freshman class that should contribute in big ways to our future successes. Our goal is to not only be successful, but also to help our athletes build character, develop good work habits, and strive to be the best in all endeavors they may encounter in the future. Sportsmanship, integrity, and good character are the building blocks of this program. Each athlete will be expected to meet high standards in academic and athletic pursuits and also in general conduct. An Etowah High School Track and Field team member must remember that their actions are a representation of not only him or herself, but also the entire Etowah Track Team and Etowah High School. The athletes should strive to be successful in a dignified, respectful, and competitive manner. Each athlete plays a vital role as we come together as a team to meet all challenges.

This handbook is designed to help parents and athletes better understand the goals, expectations, and regulations associated with Etowah High School Track and Field. We expect to produce exciting, highly competitive, well-disciplined teams to represent our school. This will take an enormous amount of time and effort on behalf of everyone involved, including the parents. Every decision that is made will be based upon "what is best for the total program" rather than what is best for an individual. This is the only way to ensure TEAM goals can be achieved.

The following pages will provide some valuable information to help you through the season. It has been compiled by the coaching staff and consists of motivational and proven coaching techniques that have been successful over the years. We want to thank you for your dedication to Etowah High School Track and Field this season and wish you all the best of luck!

Respectfully,

The Track Coaching Staff

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TRACK AND FIELD

The essence of all athletics is the sport of track and field. The sport's components require tenacity, internal dedication, motivation and drive. An athlete because of his/her sacrifice of time and energy is in a continuous battles against his/her own body to achieve goals few others are able to attain. The rigorous training these disciplines require, offer something more profoundly beneficial than any other pursuit: the chance to test one's own limits, to prove ones' self and to determine exactly what an individual is made of. Runners, jumpers, and throwers establish their own worth by setting goals. In the sport of track field it is only YOU against clock or the measuring tape.

This handbook has been designed to help you with any questions or concerns you may have about the upcoming Track and Field season. Hopefully, everything will be clearly answered for you, and it will be a useful resource for you before and during the spring season.

Practice will be on the track at Etowah High School.

Your child must have a completed physical form AND Impact Concussion Screening on file before they can practice with the team.

There are NO EXCEPTIONS!

THE SPORT

Track and field is a sport that occurs on quarter-mile oval (400m). The sport is broken into four primary disciplines, which are: sprints, jumps, throws, and distance.

Short sprints (100m, 200m, and the 4 X 100m relay), long sprints (200m, 400m, the 4 X 400m relay, and, in some cases, 800m), and hurdles (sprint hurdles [55m or 110m] and intermediate hurdles [300m or 400m]).

The jumps include: long jump (a single vertical measure of a jump after a running start), high jump (a competition based on clearing a bar at a specific and incrementally raised height), and triple jump (a measured jump based on the momentum carried through three distinct phases).

The throws include: shot put (a measure of how far a shot [12 or 8 pound metal ball] can be thrown from within a confined space [the circle]) and the discus (a measure of how far a disc can be hurled from within a confined space [the circle]).

The distance races include: the half-mile (800m), the mile (1600m), the two-mile (3200m) and the 4 X 800m relay (not always contested).

Each athlete may compete in a total of up to five events per meet (a combination of three events and two relays). The team scoring is based on how the athlete places during competition. Meets contested between two or three teams (bi/tri-meets) are usually scored 5-3-1 with first place receiving five points, second receiving three, and third receiving one. These points are then totaled at the finish to determine a winner (most points wins). In larger meets (invitational and the like), scoring is more comprehensive. Usually, a 10-8-6-5-4-3-2-1 format is used.

2017 SEASON ATHLETE COMMITMENT

The Track and Field season goes from January 19th to the middle of May. The State meet is held May 11th-13th.

Etowah H.S. Track and Field Schedule 2017

	Date	Meet	Location	Bus
Sat.	11-Feb	Etowah Tri-Meet	Etowah	
Wed.	15-Feb	River Ridge Dual Meet	River Ridge	X
Wed.	1-Mar	River Ridge Dual Meet	River Ridge	X
Fri/Sat	3-4 Mar	Milton Showcase (Distance Only)	Milton	
Sat.	4-Mar	Woodstock Invite	Woodstock	
Wed.	8-Mar	Woodstock Dual Meet	Woodstock	X
Sat.	11-Mar	Lassiter Invite	Lassiter	
Wed	15-Mar	Lassiter Tri Meet	Lassiter	
Fri/Sat	17-18 Mar	Lakewood Invitational	Lakewood	
Sat.	18-Mar	Roswell Relays	Roswell	
Wed.	22-Mar	JV Cherokee Co. Championships	Etowah	
Wed	29-Mar	Cherokee Co. Championships	Creekview	
Thur.	13-Apr	Cherokee Dual/Tri Meet	Cherokee	
Sat.	15-Apr	Etowah Invitational	Etowah	
Wed-Fri	19-21 Apr	Region 5-AAAAAAA Meet	Roswell	
Sat.	29-Apr	Sectional Meet	McEachern	
Thur-Sat	11-13 May	Boys/Girls State Meet	Jefferson	

VARSITY AND JUNIOR VARSITY MEETS

The team is comprised of two levels of competitors (Varsity athletes and Junior Varsity athletes). Our Varsity meets will allow a Coach to select and enter two athletes per running event. On the Junior Varsity level a Coach will have the opportunity to enter more athletes to compete. Please note; seniors cannot compete at the Junior Varsity County meet.

COMPETITION

During the Track and Field season, our athletes compete against teams from our Cherokee County, our region, and all over the state. The simplest meet is the traditional "dual", "tri", or "quad" meets, which is against one, two, or three other teams. These meets are held after a school day or weekend (commonly a Tuesday, Wednesday, Thursday, Friday and/or Saturday), usually do not have team or individual awards, and are low key races designed just to give the teams a chance to compete.

Invitational races (the majority of our races most seasons) are held on Saturdays, usually beginning in the morning. These are the meets with as many as 5 or more teams participating. Many of these meets are where we get a chance to see how we stand in the county, region, and state. In addition, colleges often get the names of the runners they want to recruit from these meets. Considerations made regarding such decisions are based on: cost, availability, distance, and competition. The four most important races of the year are County, Region (6AAAAAA), Section, and State.

UNIFORMS AND EQUIPMENT

Since uniforms are the most costly expense, it is essential that athletes respect their uniform by properly caring for and keeping track of the one that is given to them. This means washing both the top and bottom in cold water to prevent any blue dye from bleeding into the white and drying both articles on low to medium heat to prevent the uniform from shrinking however hanging to dry would be best.

Any uniform that is either lost (this includes articles that are swapped by students with other athletes and not returned at the season's end) **or damaged** (this includes but is not limited to an item being: ripped, torn, bleached, stained, or damaged in any other way) **will incur a replacement fee of \$60 for tops and \$60 for bottoms.** Athletes will be provided with a uniform agreement form upon receipt of their uniform.

RUNNING SHOES

All athletes will need a training shoe that provides cushion and support for their feet. We strongly encourage our distance runners to purchase lighter weight racing shoes (either spiked or road racing shoes) for meets and for our sprinters to acquire spiked sprinter shoes prior to their first meet. Spiked shoes are also a good choice for long and high jumpers. Sprinter's spikes for hurdling are a must as their soles provide the extra stability that can make all the difference in preventing injury when running on a damp track or during an awkward landing.

This year we as a team will have a Big Peach Spike Night at Big Peach Running Company at 1625 Ridenour Boulevard, Kennesaw, GA 30152 on Wednesday, January 25th/Wednesday March 1st between the hours of 6 pm and 8 pm. Etowah High School track and field athletes can go to Big Peach Running Company and buy running shoes and/or spikes/throwing/jumping shoes and receive a 15% discount on their purchases.

BOOSTER CLUB

We have a combined Booster Club for the Boys and Girls Track and Field Teams. The money raised through dues and/or fundraisers goes to the various expenses we incur during the year. These costs

include but are not limited to: race entry fees, updating equipment, uniform updates, payment for bus drivers, fuel costs/surcharges, banquet awards and fees, team t-shirts and warm-ups, etc.

Booster Club dues for the coming year online registration is \$175 dollars.

Our first EHS Track Booster club Parent meeting will occur on Wednesday, January 6th at 6:30pm in the EHS Auditorium.

During the meeting, we will discuss our goals for the 2016 track and field season, and other issues vital to our success. We also suggest that dues are required to be paid at this time!

Booster Club Executive Committee:

President – Rod Rinker

Treasurer – Paige Rinker

Secretary – Steve Rechsteiner

Please pay online or send all Booster Club checks to our treasurer:

Paige Rinker

Etowah High School

Track and Field Booster Club

6565 Putnam Ford Drive

Woodstock, GA 30189

MAKE CHECK PAYABLE TO : Etowah High School Track and Field Booster Club

Parent Volunteers

We need as much parent involvement as we can get. It is crucial to have parent volunteers to run a track meet smoothly. It would be greatly appreciated to have all parents (grandparents, aunts/uncles) volunteer for at least one meet. It is a great way to interact with the athletes and watch your child compete. For parents of a team member, we ask for your support both at the meets and at home. You can be the supervisor of the diet, sleeping habits, and attitude towards competing. You can also be the primary congratulator when a goal or accomplishment has been achieved. There are lots of other ways that parents can contribute to their child's development and the team's success. Here are a couple to consider:

Photo Volunteer

Film and Photography Team and Senior Slideshow

Concessions

Organizing and setting up the banquet.

If you have any questions about any aspect of our program, please ask them, and the best way to do so is through email at etowahtrack@gmail.com. Thank you in advance for helping to make this team successful.

THE BANQUET

At the end of the season, we will have a banquet to recognize the Boys and Girls teams and the successful season they have had. You will receive more details later. At the banquet, we recognize those who earned a participation certificate, a varsity letter, or any other special award. This is always a very special day, and everyone hopefully can attend.

SPONSORS

Sponsors – Families & Athletes who obtain a sponsor for the team will be eligible for 30% off the value of the sponsorship to apply towards your dues or players pack. Please see sponsor packet containing further information.

TRANSPORTATION

On regular meet days (the scheduled Wednesday/Friday meets), we will leave at the end of the school day by bus and travel to the meet site. During the weekday meets, ALL athletes are required to ride the team bus to the venue; no exceptions will be made. After an athlete has completed their competition for the day, students may either ride the bus back to EHS or ride home with a family member. Please note; if you choose to ride home with a family member you are required to notify the head coach first. If you agree to take someone else's athlete home at the completion of a meet, please make sure that written confirmation of what you are doing is provided to one of the coaches before leaving the venue.

No student, under any circumstances, is to leave a meet or go to a meet as a representative of the school in their own vehicle ***without prior approval of the head coach.***

No student is permitted to drive another student home from a meet ***without prior approval and contact with a parent via telephone.***

If granted approval to leave early from a meet, each athlete and parent must ***sign out with the coaching staff.***

Team support is invaluable and essential to building the kind of team unity we wish to exhibit at EHS. During the WEEKDAY MEETS, athletes are encouraged to wait until the end of the meet to leave so you can cheer for your teammates. During WEEKEND INVITATIONALS, athletes may leave when they have competed in their scheduled events. For some of the more competitive meets, we will have parents as well as Coaches driving to transport the athletes to the meet location the day of the race. In some cases, athletes may be excused from one or two classes in order to avoid traffic and get to the meet location in time to prepare for the day's competition. Athletes are always reminded that make up work is their responsibility, and they should talk to their teachers about it beforehand.

INJURIES

The following are tips to avoid injuries.

1. Warm up properly
2. Wear proper footwear and monitor it closely
3. Follow the training program given to you by your coach
4. Report any injury to the coach

Alex King is the school trainer. He is found in the new gym because of basketball, but he can also be found in the training room in the field house.

TRAINING

Official Practice for both boys' and girls' Track and Field starts on Tuesday, January 19th at 3:35 pm every day at the Etowah High School track (with the exception of distance runners who will receive their schedule from Coach Joe) until approximately 5:35-6:00 pm. This may vary depending on the workout for that day. Athletes need to be picked up no later than 6:00 pm! In order to stay healthy and reap the benefits of training, athletes must make sure they are eating right, staying hydrated, and getting enough rest.

Athletes are required to attend practice on a daily basis in order to continue to progress and reduce the risk of injury. Workouts are usually brief (a little over an hour and a half most days) and allow athletes tremendous time to accomplish other aspects of their lives with proper time management (usually poor time management is the problem, not Track and Field taking too much time). **Please help us by scheduling other appointments around workouts.**

REST AND RECOVERY

Workouts apply stress to the body, which forces the body to adapt. This training effect is what helps the athlete become faster. Parents, the coaches need your help in making sure your child is getting the rest and recovery that they need. After the stresses of a workout are applied, the athlete hopefully goes home, eats a balanced meal, hydrates well, does homework, and then gets adequate rest (usually 8-9 hours of sleep per night). This program, supervised by parents, is the most critical aspect of a high school athlete's physical program. Please encourage your son or daughter to follow parental and team guidelines about rest and recovery.

ACADEMIC ELIGIBILITY

Physicals are good for one year. The policy of the EHS Track and Field team is that the physical must be good for the ENTIRE season, from January to May. This means if you have a physical that if you have physical that expires in February, you must have it updated BEFORE the season begins. Our reason for this is purely clerical as it is incredibly difficult to keep up with physical updates with a team of 100 athletes *during* the season. Therefore, planning beforehand is required.

Students must be in good academic standing to be eligible to participate in sports. Athletes are typically very good students since the same qualities needed to succeed in school help you succeed in Track and Field. However, if an athlete falls below what a parent deems acceptable, then they may contact the coach and set up a weekly progress report check. This can be done to motivate the athlete. Guidelines can be set in place for the athlete to follow (example: any zeroes on assignments = not racing in the next meet).

We fully support parental decisions about grades and hope that the student can still participate while also maintaining their grades. Scholarship opportunities rest on academic performance as well as athletic, so parents and athletes should keep that in mind throughout the high school experience. We strongly encourage athletes and parents to set academics as a priority over Track and Field.

VACATIONS

We STRONGLY encourage our athletes to continue to train during vacations. Training is something that can be accomplished anywhere.

LETTERING POLICY

The lettering policy for Etowah Track and Field is that the athlete must be on the official line-up card in 50% of the varsity meets (including invitational) and finish the season in good standing to earn a

Varsity Letter. Any athlete who does not meet these criteria's will be awarded a certificate of participation. The Head Coach reserves the right to award a Letter at his discretion for special circumstances on a case-by-case basis.

Any athlete who fails to participate in the **County and Region Meets** will forfeit their right to earn a Letter and will be dropped from the team.

All lettering decisions are solely based on the coach's judgment. You must finish the season IN GOOD STANDING (practices/meets completed, dues paid, uniform turned in, etc.) in order to get a letter!

Important Dates:

January 5, 2017 – Parents Meeting @ 6:30 in the Auditorium

January 17, 2017 – First Day of Practice @3:35pm

January 15, 2017 – Last Day for Registration

January 25, 2017 – Big Peach Night #1

February 11, 2017 -- Etowah Tri Meet

March 1, 2017 -- Big Peach Night #2

PLANNING AHEAD FOR THE WEATHER

Since the Track and Field season occurs in winter and early spring, and the weather is often unpredictable. It is suggested that all athletes purchase the spirit wear being offered by the team. We offer a warm-up suit for purchase which is the team royal blue. In addition we are offering a gray heavier warm up for those chillier days. The order form is located on our website.

Only thunder and lightning will cause the postponement or cancellation of a meet. If the prediction is for rain during the spring season, make sure to be prepared for it as the competition will go on.



Etowah Eagles Track and Field



The Etowah Track Team has two forms of communication.

Please take advantage of the use of our team website for all the latest info, early online registration, meet results, directions and pictures. www.etowahtrack.com

Contact us at our email: etowahtrack@gmail.com

This email is how we communicate ALL track & field correspondence. Please make sure you check your email daily. Athletes are responsible for checking their email and taking ownership of their participation on the team.

Early Online Registration go to www.etowahtrack.com

Sprit Wear Orders go to www.etowahtrack.com

REMIND 101

The Head Coach will be using Remind 101 to communicate track reminders with the athletes regarding events, weather, registration, deadlines and other important information. This is optional, but highly recommended because this is another tool for helping the athletes stay organized.

Remind 101 is a free, safe, easy-to-use communication tool that will help the coaches connect INSTANTLY with athletes.

WHAT IS REMIND101 AND WHY IS IT SAFE?

Remind 101 is a one-way text messaging and email system. With Remind 101, all personal information remains completely confidential. Coaches will never see your phone number, nor will you ever see theirs. Remind 101 is a safe way for coaches to text message athletes regarding Track Meets.