



LOVEJOY HIGH SCHOOL

2014-2015 Off-Season Track Guidelines

Track Program Goals

We are very excited to have your son or daughter in off-season track. Lovejoy has a very strong track and field program and we are fortunate to have the entire fall to dedicate exclusively to working with our track athletes. Coach Purcell and Coach Kelly will be sharing the duties of leading the off-season track program. Both of us have other coaching duties as well during the fall season. Coach Purcell serves as an assistant football coach and Coach Kelly serves as the assistant cross country coach. Track and Field is a very demanding sport that requires mental and physical toughness. Our goals for the student-athletes in off-season track are:

- To develop young people of strong moral character
- To develop a sense of responsibility and work ethic that carries into all aspects of their life
- To promote academic excellence
- Keep athletes safe, healthy, and injury free
- Emphasize overall athlete improvement and development
- Teach the sport and help athletes better understand why we do what we do in track and field
- Prepare athletes for the upcoming spring track season

Athletic Expectations

As a member of the Lovejoy Off-Season Track Program each athlete is expected to:

1. Maintain good academic standing- pass all classes. If failing grades become habitual the athlete will be dismissed from the team.
2. Be a positive example to teammates, teachers, and the community wherever they may go.
3. Follow all UIL, Lovejoy ISD and Lovejoy Athletic Department rules.
4. Maintain a clean organized locker area.
5. Athletes are not excused from practice for work, hair appointments, etc. Only excused absences such as illness or a family emergency.
6. Be familiar with the rules and tactics of Track and Field.
7. Keep parents informed of all team activities.
8. Report on time to all functions

Failure to meet the team expectations may result in removal from the team. Coach Kelly and Coach Purcell reserve the right to suspend any team member for any action he considers inappropriate or detrimental to the team.

Communication Expectations

It is our duty to inform both the parent and athlete about the following:

- When and where practices will be held
- Expectations the coach has for team members
- Requirements to be part of the team-equipment, etc

The following is communication that we expect from parents:

- Concerns expressed directly to the coach
- Notifications of any schedule conflicts well in advance
- Support the commitment of your child to the program

Things to discuss with the coach:

- The treatment of your child
- Concerns about your child's behavior

Inappropriate things to discuss with your child's coach:

- Team strategy or training methods
- Other student-athletes

If you have a concern please feel free to make an appointment with either Coach Purcell or Coach Kelly. Please do not attempt to visit with us before or during a practice. These are emotional times for both the parent and the coach and this period will not promote objective analysis of the situation. If meeting with us does not provide a satisfactory resolution, you may then schedule a meeting with the Athletic Coordinator to discuss the issue and determine the next appropriate step.

Proper Protocol Procedures

1st Step : Head Coach

2nd Step: Athletic Coordinator

3rd Step: Athletic Director

***Check the team website daily for practice and meet information. The website is updated on a regular basis. The team website is great means of communication for all! ***WWW.LOVEJOYXCTF.ORG ***

Username: harrier

Password: trecho

You can also follow us on Twitter @lovejoyxctf and Like us on Facebook www.facebook.com/LovejoyXCTF

Coaching Contact Information

Head Girls Coach: Logan Kelly

Phone number: 903-821-8399 (Cell)

Email: Logan_Kelly@lovejoyisd.net

Head Boys Coach: Shawn Purcell

Phone number: 469-569-5248 (Cell)

Email: Shawn_Purcell@lovejoyisd.net

Team Workouts

The off-season track program is the entire fall semester. When we return from Winter Break, in-season track practices will begin. Workouts will be progressive, meaning they will become more advanced as the fall progresses and the athletes become more fit. Athletes and parents will be provided with the workout schedule for each week. Athletes and parents will also be provided with workout schedules to follow on your own for Thanksgiving and Winter breaks.

- Athletes need to report to locker rooms to change in a timely manner
- After changing, athletes will attend team meeting.
- Workouts will last the entire duration of 8th period. Some practice sessions may continue after the duration of 8th period. Parents and athletes will be notified of these practices.
- We will lift weights twice a week with Coach Purcell on Monday and Wednesday – Weight Room
- Running and other conditioning will be completed with Coach Kelly on Tuesday, Thursday, and Friday
- Running and conditioning will be completed at Celebration Park in Allen, TX. Coach Kelly will need to help coach the Cross Country team during the fall. Off-season track athletes will ride the team bus (with cross country) to Celebration Park. Off-season track runners will complete the ab session/conditioning session with cross country and then complete their running session with Coach Kelly. Running sessions for off-season track athletes will not be the same workout as cross country.

What about injuries?

Any athlete engaged in intensive training can be subject to injury. We can prevent most injuries when our runners tell us about their pains before they become disabling. Please talk to Coach Purcell or Coach Kelly before going to the trainer. After you have spoken to Coach Purcell or Coach Kelly, please see trainer for treatment. Please do not schedule a doctor's visit without first speaking to the Head Track coaches and training staff.

What equipment do I need?

Athletes need to bring appropriate athletic clothes EVERY DAY. This includes a t-shirt, running shorts, sports bra (girls), socks, running shoes, and running watch. They also need to bring sweats and appropriate cold-weather gear in the event that the weather is cold or turns cold. For warm weather it is advised to bring a water bottle.

We strongly recommend that each runner buy a good pair of running shoes. Having proper running shoes is essential for preventing injuries. If you have inappropriate shoes you will get injured!

- A great way to help you find out what is a good running shoe for you is to either visit **Luke's Locker or Run On**. Luke's Locker and Run On has experienced runners as sales persons who can help you choose the right shoes.

Hazing

No hazing or inappropriate team traditions will be tolerated. If any hazing or inappropriate team traditions occur, those individuals will be disciplined by the head coach. *Discipline will result in suspension of participating in meets or dismissal from the team.* Texas statute defines hazing as "any action or situation which recklessly or intentionally endangers the mental or physical health of a student enrolled in a public school."

Fighting

No fighting will be tolerated. *Fighting is detrimental to the team will result in either suspension from meets or dismissal from the team.*

What it takes to be successful

More than anything else, success in Track and Field takes time... time to learn; time to train; time to sleep, rest and recover; before-school time; after-school time; weekend time; time away from family and friends; and time away from other interests. With the academic responsibilities of being a school student, most student-athletes are busy all the time. The willingness to devote the time that success demands is called **DEDICATION**.

Being a member of the Lovejoy Track team carries other expectations and responsibilities. Doing what is expected of every team member is called **COMMITMENT**. Attending team practices every day is one of the commitments we expect. Our goal is to develop team loyalty and individual responsibility and accountability among all our team members. School sports are a wonderful vehicle for personal growth. We hope that you as parents will appreciate this and support our goals.

Another commitment we expect is **COMMUNICATION** with our coaching staff. Please do not hesitate to contact us with any questions or concerns you have. If a problem or illness is going to force them to miss practice or a meet, we expect them to tell us about it personally and in advance of practice if possible. (This doesn't mean relaying a message through a teammate or friend.) Many such problems can be solved when athletes communicate with us.

Information and Resource Websites

TxRunning- Results and Info <http://tx.milesplit.us/>

Texas Track and Field Coaches Association – Results and College Signings: www.ttfca.com

Flotrack- Videos www.Flotrack.com

UIL – www.uiltexas.org

Lovejoy Cross Country/Track Website – www.lovejoyxctf.org

Athlete Name: _____

Grade: _____

Email: _____

Cell #: _____

Parent(s) Name: _____

Parent(s) Phone: _____

Parent(s) Email: _____

Sign at the bottom of this page if you agree with the following:

- I will give my best effort and possess a positive attitude while at practice
- I will attend all practices unless I have notified coach otherwise
- I will show up to practice on time
- I will come to practice with proper equipment
- I will strive for academic excellence and pass all classes required to compete for Lovejoy HS
- I will communicate with my coaches and athletic trainers when I am feeling injured
- I will follow all Lovejoy ISD, Lovejoy HS, and Lovejoy Athletic Departments, Lovejoy Track and UIL rules and procedures

I understand that failure to comply with any of the above statements can result in dismissal from the team and or not being allowed to compete in competitions.

Athlete Signature: _____

Parent Signature: _____