

2014-2015 Track & Field Team Guidelines

Track Program Goals

We are very excited to have your son or daughter on the track and field team. Lovejoy has a strong track and field program history and we want to continue that success. Our goals for the student-athletes in 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
- Develop a family/team atmosphere that everyone feels that they are welcome in

Athletic Expectations

As a member of the Lovejoy Track and Field Program each athlete is expected to:

1. Maintain good academic standing- pass all classes.
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. Attend ALL Practice sessions for the ENTIRE practice. Athletes are not excused from practice for work, hair appointments, etc. Only excused absences such as illness or a family emergency- NO EXCUSES!!!
5. Be familiar with the rules and tactics of Track and Field.
6. Keep parents informed of all team activities and communicate needs or concerns with coaching staff
7. 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.

We want every athlete be the following!

- Tuff !!!
- Committed
- Competitive
- Honest
- Do the right thing
- Communicate
- Don't make excuses

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:

- 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/meet. 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 Director to discuss the issue and determine the next appropriate step.

Proper Protocol Procedures

1st Step : Head Coach

2nd Step: Athletic Coordinator/Athletic Director

3rd Step: Superintendent

Team Website/Social Media

***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](https://twitter.com/lovejoyxctf) and Like us on Facebook www.facebook.com/LovejoyXCTF

Coaching Contact Information

Head Girls Coach: Logan Kelly

Phone: 903-821-8399 (Cell)

Email: Logan_Kelly@lovejoyisd.net

Head Boys Coach: Shawn Purcell

Phone: 469-569-5248 (Cell)

Email: Shawn_Purcell@lovejoyisd.net

Team Workouts

- Athletes need to report to locker rooms to change in a timely manner
- After changing, 8th period athletes will attend team meeting on Monday, Wednesday, and Fridays
- Weight room training will take place during 8th period for 8th period track athletes on Tuesday and Thursday
- Workouts will last the entire duration of 8th period and continue to 5:30-6:00PM depending on the workout.

Athletes not in 8th period track will need to report no later than 4:30 PM for practice.

- Pole Vault – Coach Murray will practice in the Indoor Facility at 7:15 AM (Mon.-Fri.)
- Distance 800M – 3200M – Coach Christensen (Monday-Friday)
- Throws – Coach Mills (Girls Mon. & Wednesday – Boys Tues. & Thursday)
- Long Jump – Coach Kelly (Tues. & Thurs.)
- Triple Jump – Coach Groth (Tues. & Thurs.)
- High Jump – Coach Kaufman and Coach Andrews from Dallas Vault Club (Tues. & Thurs.)
- Hurdles – Coach Ella Basset (Tues. & Thurs)
- 100M-400M – Coach Purcell, Coach Groth
- Relays & Block Starts – Coach Purcell
- Middle Distance 400M-800M – Coach Kelly and Coach Kaufman

What about injuries?

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

Training Shoes

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.

Spikes

All track athletes will be required to race in track spikes. Luke's Locker, Academy, and Dicks Sporting Goods should all have track spikes for sale. This is a good way to try on spikes and see if they fit you correctly. Keep in mind that spikes that have "S" in their name are for Sprinters – 100M-400M. Spikes with "MD" attached to the shoe name are intended for Middle Distance runners – 400M-800M. And Spikes with "D" attached to the shoe name are intended for Distance events – 800M-3200M. They also makes spikes for Jumps, Throws, and Pole Vault – specific to your field event.

Runningwarehouse.com has some great informational videos that explain the proper fitting for spikes and running shoes at the following link:www.runningwarehouse.com/LearningCenter/footwear.html

If you would like to order shoes or spikes online – www.runningwarehouse.com is a great site that provides FREE two day shipping. Feel free to use my previous teams discount code "NIMITZXCD" for 15% off.

Another website is www.firsttothefinish.com. Use promo code "TRACK15" for 10% off.

www.eastbay.com is another great website as well.

Sweats, Warm Ups, and Team Uniforms

Team sweats, warm ups, and uniform will be issued to each athlete. Athletes are responsible for any team gear issued. **If team gear is lost or stolen the athlete will be responsible for paying for each missing item before a new item is issued.** It is recommend that each athlete purchase team sweats through the team spirit wear order. If you purchase your own pair of sweats, you can keep that pair and we will not have to issue you a pair. If you choose not to purchase team sweats, we will issue a pair of sweats.

Team Shirts

We would like for all athletes to wear a team shirt to each track meet. This year's team shirt will be the black shirt offered in the Spirit Wear order form. It is recommend that each athlete purchase a red, white, and black t-shirt. Our spirit wear orders offer long sleeve and short sleeve shirts in cotton and performance materials.

Athletes will need to wear the following colored shirts during practice:

- Monday – Black
- Tuesday – White
- Wednesday – Red
- Thursday – Black
- Friday – Red

Captains

Captains will be selected for the both the boys and girls track teams. Captains are expected to be an example for the team on and off the track. 2-3 captains will be selected for both the boys and girls teams by the head coach. Captains from cross country will also serve as captains for the distance runners and the entire track team.

Lettering Policy

A student athlete may letter in track and field if he or she participates A) in three or more regular season track meets on the varsity team, B) participates on the varsity team at the District Meet or C) is a Senior and attends all practices and meets with their best effort.

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.

In Summary – be the following!

- Be tuff
- Be committed
- Be competitive
- Be honest
- Do the right thing
- Communicate
- Don't make excuses

Information and Resource Websites

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

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

Flotrack- Videos www.Flotrack.com

UIL – www.uiltexas.org

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

Lovejoy Athlete Info and Agreement for Track and Field 2014-2015

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 will be responsible for any equipment issued to me and pay for any items not returned

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: _____