

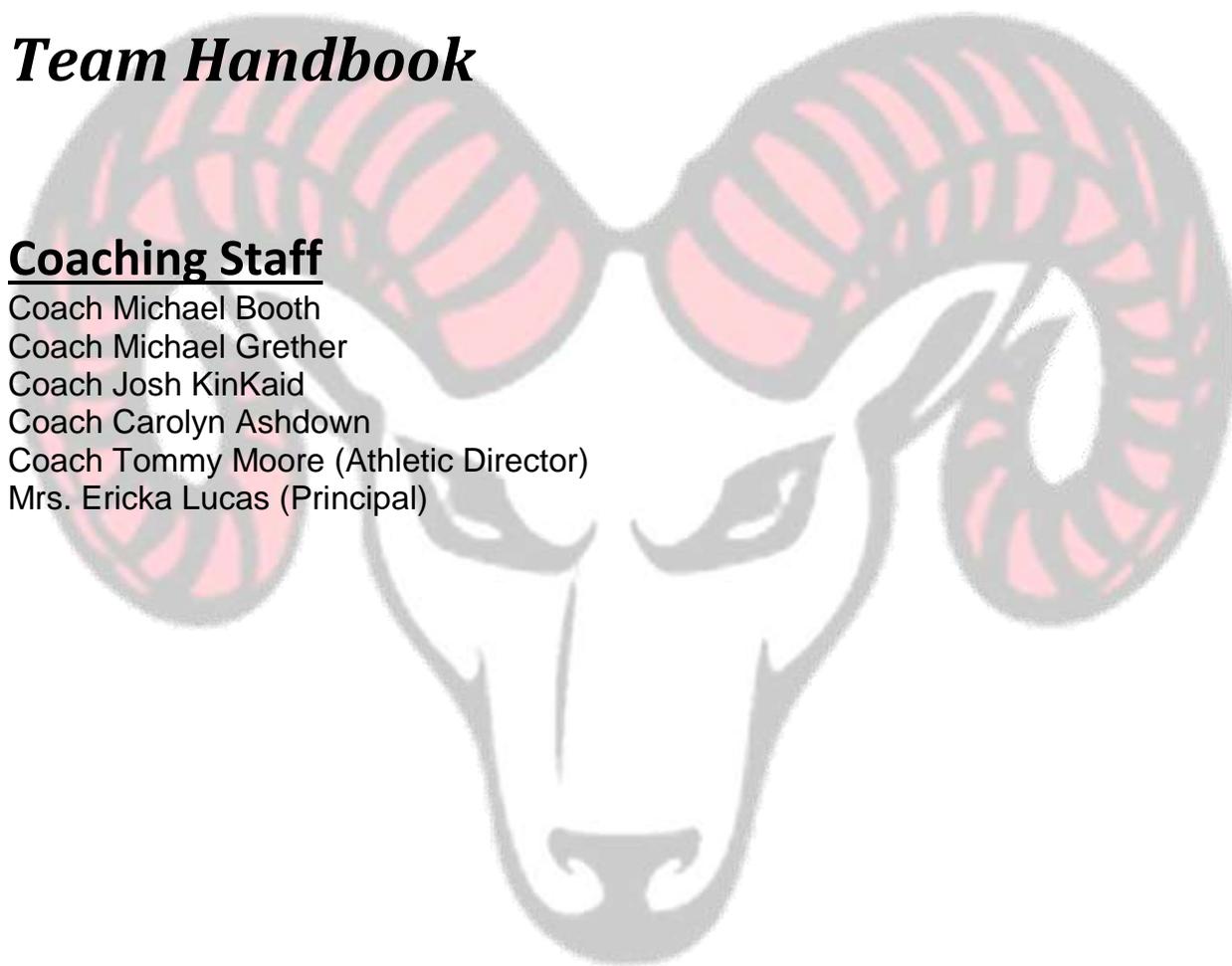
ROLESVILLE

TRACK & FIELD

Team Handbook

Coaching Staff

Coach Michael Booth
Coach Michael Grether
Coach Josh KinKaid
Coach Carolyn Ashdown
Coach Tommy Moore (Athletic Director)
Mrs. Ericka Lucas (Principal)



Dear Parents and Athletes:

Welcome to a new Track and Field Season at Rolesville High School. This season can be one of the most exciting times of the year. Below is the coaching staff for this year.

Michael Booth - Winter Coach & Girl's Head Coach (Middle Distance & Long Jump)

Michael Grether – Boy's Head Coach (Distance & High Jump)

Josh KinKade – Assistant Coach (Shot Put & Discus)

Carolyn Ashdown – Assistant Coach (Sprinters & Hurdles)

A standard of excellence has been established in the Track and Field program and the coaching staff is dedicated to helping every athlete compete at a high level. We strive for excellence by following some of the following principles.

1. We believe that the TEAM comes first. We recognize that Track and Field is a highly individualized sport, but the ultimate goal of every meet is to win the team championship. As a result, athletes may be asked to sacrifice individual honors to help the team achieve success.
2. In order for the team to achieve excellence, every athlete must improve and find some measure of success during the season. Success comes in different forms for each athlete. It may be winning a state championship for one athlete, or competing and setting a personal best in one event during a meet. Success is what the coaches will help each athlete find and strive toward as each sets his/her goals this year.
3. We believe in three Core Principles; Honesty, Respect, and Perseverance. We will strive to practice these principles during our season toward parents, administration, officials, and our competition.
4. Improving at anything requires a certain amount of work. Track and Field is a disciplined sport that indeed incurs some pain. As Coaches, we understand the levels of loading and recovery. We will assist you through the pain to achieve peak performances. Thank you for taking the risk of trying. Continue to correspond with each coach to reach your best performance.
5. As a part of any athletic program, an athlete is not just performing for the school but for everybody associated with Rolesville. You are also representing your family and the Town of Rolesville. As a coaching staff, we are looking forward to a FUN, COMPETITIVE 2015 season with excitement and friendships creating memories at all levels of the Track and Field program.

Sincerely,

Michael Booth & Michael Grether
Head Track and Field Coaches

Please be aware that you may find this handbook on our website:

www.rhstrack.weebly.com

We will try to communicate to you by using this website also. This handbook has been written as a guide for you as to the expectations of the Rams Track and Field Program. You will find the team policies as well as words of challenge and encouragement for the upcoming season. Please read the handbook thoroughly, then sign and return the last page of the handbook to Coach Booth or Coach Grether.

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Parent Guide for the Rams Track and Field Program

Parents are vital to the success of any athletic program. They contribute their time, talents, and financial resources to make sure that our teams have a quality experience participating in Track and Field. The support and encouragement that you give your children is invaluable. Additionally, your contribution is needed for snacks and drinks during meet days. Therefore, a “Team Mom” is needed to help organize these activities. As a head coach, we believe in building solid relationships whether it’s between a coach and a player, coach and parents, or parents and children. In order to build solid relationships within our program you as parents need to understand our expectations of you and your role in the Rams Track and Field program. I believe these expectations will help all people involved and will build solid working relationships.

Relationships for a successful program

1. Player-coach relationships are the most important relationship in athletics

- a. Parents can affect this relationship by criticizing the coach in front of the athlete.
- b. Parental coaching at home may impede the athlete’s progress.
- c. A parent’s place at a meet is in the stands to encourage their athlete and the rest of the team.

2. Parent-Coach Relationship

- a. Allow the coach to instruct and guide the team.
- b. Do not question or confront the coach immediately following a competition.
- c. If you want to discuss a problem with the coach, make an appointment with the coach, and discuss your concern in a calm, courteous and logical manner.

3. Parent-Player Relationship

- a. Help reinforce the mission of the program.
- b. Be positive and supportive without adding undue pressure or unrealistic expectations on your child.

4. Sportsmanship

- a. Parents have to demonstrate good sportsmanship and serve as role models.
- b. Specific obligations.

* No vulgar or inappropriate language.

* Outsiders must never intrude upon the field during a competition. * Cheers should be for our team, not against the opponents. Celebrate success by all athletes.

Program expectations

5. Responsibilities of the athlete.

- a. Track and field is both a team and individual sport. Put the team goals, welfare and success before your own.
- b. Attend all practice sessions.
- c. Be receptive to coaching.
- d. Be responsible for all uniforms and equipment.
- e. Represent the school well and follow the team rules.
- f. Report all injuries to the coach and trainer.

6. Responsibilities of the coach

- a. Select and encourage the athletes who are competing.
- b. Determine the style and philosophy of coaching and competitiveness.
- c. Teach at practice sessions.
- d. Determine who participates in what events.
- e. Establish team rules.
- f. Select captains.
- g. Establish the requirements to earn a letter.
- h. Always make safety and the athlete's welfare come first.

7. Participation on a team

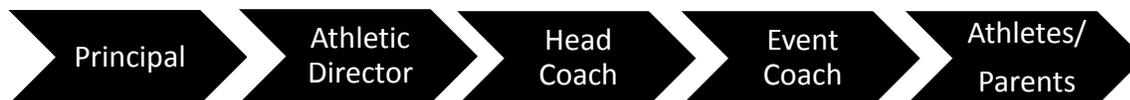
- a. It is a privilege, not a right.
- b. Athletes must accept all responsibilities in order to stay on a team.
- c. **NOBODY WILL BE ACCORDED EQUAL OR GUARANTEED PARTICIPATION.**

8. Practice sessions and games

- a. Practice is open to spectators but must remain in the stands.
- b. The track is the athlete's classroom and should be free of distractions.
- c. Positive support is encouraged at meets.
- d. Tardiness and absence is unacceptable.

9. Protocal

Athletic Chain of Command



Flow of Communication



2015 Spring Track & Field Schedule



SPRING 2015 SCHEDULE

DAY	DATE	LOCATION
Thursday	March 5 th	Garner*
Thursday	March 12 th	Southeast*
Thursday	March 19 th	Knightdale*
Tuesday	March 31st	Rolesville*
Friday	April 10 th	Apex** (Wake County Championships Pole Vault)
Saturday	April 11 th	Garner** (Wake County Championships)
Saturday	April 18 th	Apex** (Bojangles Relays)
Wednesday	April 22 nd	TBA (Conference Championships Pole Vault)
Thursday	April 23 rd	Garner (Conference Championships)
Saturday	May 2 nd	TBA** (Regional Championships)
Friday - Saturday	May 8 th - May 9 th	NC A&T State Univ. ** (State Championships)

* CONFERENCE QUAD MEET

**Must Meet Qualifying Standards

Wake County Freshman/Sophomore Meet (DATE TBA)

Tiger Relays (Date TBA)

Basic Schedule for Daily Practice

2:40PM

TEAM MEETING IN THE MAIN GYM

Athletes will be dressed and ready for practice

3:00 – 3:30PM

WARMUP: Both running and stretching

(Dynamic Warm-up and Speed Dynamics)

3:30 – 4:30PM

EVENT SPECIFIC TRAINING:

Both technique and conditioning

4:30 – 5:00PM

CORE & COOL DOWN:

5:00 – 5:30PM

INDIVIDUAL INSTRUCTION AND MEETINGS AS NEEDED!

SOME BASIC THEMES FOR THE SEASON

- ◆ Early season emphasis will be on conditioning with a lesser emphasis on technique
- ◆ Mid-season practices will focus on healthy amounts of conditioning and technique
- ◆ Late season emphasis will focus on technique and sharpening of competition skills while maximizing excellent conditioning

PRACTICE PARTICIPATION AND ATTENDANCE

Members of the team are expected to participate in all phases of the daily practice in order to receive the maximize potential for success.

Absence from practice requires a note from a parent if also absent from school.

Absence for academic reasons requires a note from the teacher with the time released.

Failure to provide the note will result in absence being listed as unexcused. Passes and parental notes are required the day of the tardy or the day after an absence.

SAFETY ON AND OFF THE TRACK

Any track injury is not good, but you should know that permanent injury, paralysis, even death, could occur on the track. These rules are for your safety -follow them.

1. The coaches are in charge of running the workouts on the track. Listen carefully to the instructions they give and follow them in order to avoid injury.
2. As a general rule, workouts that require running around a curve will use the inside lanes.
3. Hurdlers should use lanes 5, 6, 7. Low hurdlers should avoid using lanes 7 and 8.
4. Block work and relay work should not be done in the same general area. Try to use exchanges on the visitor side of the stadium, away from the start of the hurdles.
5. Be aware of others on the track and avoid running through their workouts if possible. Example, time your starts to avoid a running group that is coming into your area.
6. On the infield avoid using an area that is being used by another. Try to not cross paths.
7. If someone yells "TRACK" they are asking for the right of way -please move outside if you are running or move off the track to the inside if you are not running.
- 8 Safe workouts are the goal of these rules. Avoid collision and injury at all cost. An injured runner scores no points.
9. Stay out of the shot put and discus areas if you are not involved in these events. Always be alert when you are near these areas.
10. Inform your coach if you have an injury of any kind. If you have been sick, have recurring headaches or have had any other problems that involve your participation on our track team, please communicate them to a coach **and to the trainer** for attention and necessary treatment, or referral to a doctor.
11. The soccer team may also be preparing for a game inside the track or having practice where the shot put/discus area is. Be aware of their workout and what they are doing while practicing in any area near the soccer team.
12. If you run off of the track, know the rules of the road. Run facing traffic and always yield the right of way to anyone who wants it. It is best to avoid the roads if you can.

LONG JUMP/TRIPLE JUMP/HIGH JUMP SAFETY

1. Follow the coaches' instructions and avoid injury. The first concern of our program is safety. Think about what you are doing.
2. Look in the pit prior to jumping. Walk through it and check it out. It may be hard packed or have some object in it. Be sure of your landing area.
3. One runner at a time on the runway. Take turns and see that the pit is clear prior to your jump.
4. While running the stairs watch for objects that might cause you to slip and fall. No horseplay on the stairs. A fall here could be more serious than on the track or runway.
5. In the high jump, make sure you have all of the sections of the high jump pit in place and securely buckled together. Don't jump if you do not have all the sections of the pit in place.
6. When we use other equipment in our jumping workouts, if you see a broken item, point it out to the coach. We can have it fixed or replaced. We don't want to take any chances.
7. Inform your coach if you have an injury or any kind. If you have been sick, have recurring headaches, or have had any other problems that involve your participation on our track teams, please communicate them to a coach **and to the trainer** for attention and necessary treatment, or referral to a doctor.

SHOT AND DISCUS SAFETY

1. The coach is in charge of the area near the shot and discus rings. Listen to his or her instructions and follow them. The first concern of the program is safety.
2. Horseplay will not be tolerated. Have fun, but not at the expense of safety.
3. Do not go into the landing areas while someone is in the ring. Do not turn your back to the ring at any time.
4. Wait for your throw behind the protective screen.
5. Look prior to your throw to see that the landing area is clear.
6. Have spectators or other observers stand behind the protective screens.
7. Only one person in the throwing area at a time.
8. Be aware of what is happening on the soccer field when the soccer players are practicing.
9. Take special care when you retrieve and return the shot or discus. Remember that the shot and discus areas are dangerous places and you could be injured very seriously. Please be careful.

10. Inform your coach if you have an injury of any kind. If you have been sick, have recurring headaches, or have had any other problems that involve your participation on our track teams, please communicate them to a coach **and to the trainer** for attention and necessary treatment, or referral to a doctor.

VARSITY LETTERING POLICY

When giving awards, the coaching staff will take into consideration the athlete's attitude, sportsmanship, and any violation(s) of the school district's athletic policies or training rules. The coaches may use their own discretion in giving awards. Athletes will earn awards based on points and must complete the season in good standing. To receive a varsity letter an athlete must meet two out of three of the following:

1. Attend every practice and participate in every varsity meet.
2. Score an average of one point per varsity meet during the year. Points are awarded as to your finish in the events in which you compete. Relay points are divided between all participants that competed on the scoring relay. Points are awarded as per the scoring format for that designated meet.
3. Score any fraction of a point at the Conference, Regional or State Meet.

Coaches reserve the right to give a letter on borderline situations. Attendance and behavior will be utilized as a part of these decisions.

An athlete must finish the season in good standing to receive a letter. (Injuries will be evaluated on performance up to the point when the injury occurred.) In some circumstances only a certificate of participation may be given.

OTHER AWARDS!

1. Specific awards will be given out at the end of the year. These will be based on leadership, accomplishments, attitude and improvement during the season. These awards are very few in number, therefore the competition is high.

RESPONSIBILITIES OF ATHLETES!

1. Respect others and respect yourself!
2. The will to win comes from within.
3. Obey all training rules.
4. Do workouts as BEST you can. (Must complete all workouts)
5. Supply practice shoes, meet shoes, sweat suits, water bottle *, gloves*, and warm headwear*. (*Keep in locker at all times.)
6. Keep practice and meet uniforms clean and mended.
7. Attend all meetings and study hall . They are a part of your practice.
8. **REPORT INJURIES TO COACHES AND THE TRAINER!!!**
9. Get plenty of rest the night prior to meets.
10. Eat a well-balanced, nutritious diet.
11. Supply transportation home from school after meets.
12. Remind teachers when you will miss their class, and make up all missed work. (Try to make it up ahead of time.)
13. Maintain cleanliness to avoid illness! Wash your clothes weekly if not more often than that.
14. Respect your coaches' decisions. Discuss your goals in track and life with them. They are here to help you.
15. Maintain a positive, coachable attitude.

RULES AND REGULATIONS

1. Athletes should not do anything that would embarrass or disgrace the team, themselves, their parents or Rolesville High School.
2. Academic performance will be evaluated regularly: Academics first -athletics second.
3. No smoking, drinking, or use of illegal drugs will be tolerated!!! This is grounds for dismissal from the team for the rest of the season at the discretion of the coach.
4. Insubordination of any kind will not be tolerated! This includes but is not limited to-lying to coaches and teammates. Using social media in ways that are not positive and constructive to the team. Any action by an athlete or parent to undermine the coaches authority, team unity or school image will be dealt with accordingly and can result in suspension and removal from the team.
5. The use of profanity is unsportsmanlike and must not be used.
6. No horseplay-it leads to needless injuries.
7. Never put down your teammates. Encourage them and help them.
8. Never put down other sports. They represent our school too.
9. Do not question meet officials; let your coaches do the questioning. (Bring concerns to our attention)
10. Act like a young adult (model positive athletics) at all times: set an example, do not be a bad one!
11. You are expected to attend all workouts and practices. Team meetings and study hall are considered a part of our practices. All athletes are expected to attend practice until 5:00P.M.
12. You are expected to be picked up from practice no later than 5:30. Failure to do so on a consistent basis will/can result in dismissal from the team.
13. You are expected to wait for your ride outside of the building after practice (parking lot closes to the football practice field. No athletes will be in the main hallways once practice has started.
14. You are expected to ride the bus provided to all track meets. If you miss the bus, you may not be allowed to participate in that track meet. **NO ATHLETE WILL RIDE HOME WITH ANOTHER STUDENT WITHOUT PRIOR PARENT APPROVAL AND COMMUNICATION WITH A COACH.**

ACTIVITY BUS

1. The activity bus is available for if you are in need of transportation home after practice. You may be issued a pass for the season from a coach.
2. The activity bus leaves at 5:05PM. You will be dismissed from practice at 4:50PM.
3. No activity bus is available on Fridays. You are still expected to be at practice.

4. You are expected to exit the building using the rear doors in the locker rooms to get to the bus parking lot. No athlete is allowed in the main hallways once practice has started.

5. All team rules apply on the bus.

Practice

Practice will be from 2:40 – 5:00 PM, Monday through Friday. Saturday practices will take place at the coach's discretion. All athletes are expected to be at every practice and meets unless excused in advance by a parent in writing or by a member of the coaching staff. Missing practice for work, appointments, etc. interferes with our development as an individual and as a team and is therefore discouraged. Injured athletes should check in with a coach and proceed to the trainer for diagnosis and rehab. Players missing practices due to an injury must have a signed note from a doctor or the trainer. Injured players will not be entered into practices and competitions unless the doctor, trainer or coach is confident of a player's readiness. Players not participating in do participate in competitions.

Injuries

All injuries need to be reported to your coach regardless of the severity. We have a full time trainer who will work to get athletes rehabilitated and back to full strength as quickly as possible. Athletes can minimize injuries by insuring that they are in top physical condition, dressed appropriately for the weather and are maintaining a proper diet. In addition, plenty of rest is strongly encouraged. **In all cases, it is best to have your child/athlete see the trainer at Rolesville High School (Bradley Farrell) prior to seeing your family doctor, because our trainer can rehabilitate the injury and get an athlete back into competition sooner. Your doctor will exercise more caution and keep your child out of practices and competitions for longer periods of time.** In the event of an injury not taken place at school, and you require medical attention; please visit our team physician at OSNC.

IF YOU MUST MISS A PRACTICE!!!

Let one of the coaches know in advance if possible. Put the information in a WRITTEN NOTE! Emails work great also!

- If you are sick and at home, please call the attendance office and have them inform the coaches or email us.
- If you miss a practice on a day when you have been at school, you must bring a note signed by a parent or guardian as to the reason for your absence from practice.

****DO NOT SEND SOMEONE ELSE TO TELL US YOU WILL NOT BE AT PRACTICE.**

- All other misses will be considered as UNEXCUSED!!! Unexcused Absence: Failure to notify coaches when you are absent from a practice or any unapproved absence.

First Offense: Can mean suspension from the next meet in which you would normally compete. Second Offense: Will/can result in dismissal from the team.

- Tardy: Practices will start at 2:30PM on school days. Any athlete who arrives after that time will be considered tardy. Tardiness may be excused at the discretion of the coach. If you have a conflict that may make you later for practice, try to notify the coach ahead

of time. In the event that an athlete is late due to a meeting with a teacher, counselor, or administrator, the athlete should bring a note from that person. Unexcused tardies will be treated as follows. **First Offense: Warning. Second Offense: Probable suspension from one meet Third Offense: Possible dismissal from the team.**

Team Policies for Track and Field Meets

- All competing athletes are expected to ride the bus (when provided) to meets. Any athlete who misses the bus will not compete in that meet, and will suffer the consequences for missing a meet if necessary.
- All athletes are expected to stay for the entire meet. If something comes up and you need to leave a meet early you need to notify the coach in charge in writing. Failure to notify the coaches in advance will result in limited or no participation in the next meet. Habitual offenders may receive further consequences. We desire to create a RAMS TEAM CONCEPT! Notification does not necessarily constitute an excusal. Not being present at the conclusion of the meet is considered to not have finished the meet. This may eliminate an athlete from finishing the season in good standing.
- We will leave the competition area and bus clean. Throw garbage in the containers provided.
- Head phone music only. Please be aware of the rules concerning electronic devices in the competition area. Do not get disqualified for ignorance to rules.
- We are at meets to compete, not to goof off or suntan. You should be focused on preparing for your event(s) or supporting teammates. Try to get to various events to cheer on your team.
- Relay teams are expected to warm-up together (alternates included).
- The first runner on a relay team is responsible for picking up the baton. The anchor runner is responsible for returning it. Batons should be returned as soon as possible following the race. Do not ever throw a baton.
- We will try to take one additional sprinter and distance runner to each meet to serve as alternates for the relays. This athlete should be prepared to run and is expected to warm up with the relay team(s). If you are only in two or three events, you may also be called upon to run a relay if other members cannot perform.

Meet Equipment

You will be issued meet equipment prior to the first meet: Competition jerseys, shorts and necessary equipment will be handed out. You will keep any issued equipment or clothing until your last meet, and then return it at a time specified by the coaching staff. You are responsible for your equipment and clothing and, if lost or damaged, will be charged the replacement cost.

Wear only the school issued Track and Field uniform. We are a TEAM, not individuals. No other gear is acceptable. Athletes are expected to be in Rolesville High School gear at all times during a meet.

All clothing must meet the school dress code. Jewelry may not be worn in competition. Doing so could result in disqualification. Be aware of all uniform rules.

All four members of relay teams must match. This includes the uniform and any clothing worn under the uniform (tights, long sleeve t-shirts, etc.)

Conduct

Rams Track and Field athletes are subject to all Rolesville High School rules and policies. Athletes are not permitted to use tobacco, alcohol, non-prescription drugs or any other illegal substance during any part of the school year. Should an athlete be found guilty of such use, the first offense will result in suspension from practice and competition. The second offense will result in suspension for the remainder of the season. Athletes by nature are role models and therefore looked up to by other students. All Rams Track and Field athletes should conduct themselves in ways that honor themselves, their families, Rolesville High School and Rams Track and Field program. Detentions and suspensions will not be tolerated and will face disciplinary action including but not limited to meet suspensions and removal from the team.

Competition Conduct

The rules for high school track and field were established by the NCHSAA Track and Field committee to make the competition a fun and safe activity for all participants. The rules govern everything from the uniforms we wear on meet day to the expected behaviors of all participants during a competition. Coaches will be teaching these rules as they prepare you for competition. Any choice to break the rules can result in removal from competition to suspension from the team. Please ask questions if you are confused by any rules or aspects of the Track and Field program.

Other Activities

Athletes will be allowed to participate in other School sponsored activities as long as they do not interfere with classes. You may not participate in any track and field event outside of the Rolesville sponsored competitions during the season. Athletes participating in other school activities are expected to place the track and field team practice and competitions as their top priority for the winter and/or spring season. If you are going to miss practices your participation amount in the next meet will be, at best, limited and you will need to earn the right to participate in further competitions. Missing a meet due to a school sponsored event forces us to prepare other athletes to fill your position and you may see a reduction in the amount of events in which you perform. Missing practice and competitions for any non-school sponsored event is unacceptable and will be treated as an unexcused absence. Situations for each athlete need to be worked out with both the event coach and the head coach prior to planning of the next competition. Information on the Saturday invitational is usually

sent in and seeded by Monday night of the week prior to competition. Please give us due respect in knowing your schedules for the weekend events.

School Work

You are not in school to participate in Track and Field; you are here to prepare to become a productive member of society. Track and Field like all athletics is merely a means to an end. It will prepare you to meet some of life's trials if you are willing to pay the price. Ineligibility will not be tolerated. You have an obligation to your family, your school, your teammates, your teachers, and your coaches. You have been endowed with many talents; make the most of them. Championships are not won with athletes who are unable to meet the responsibilities of the classroom. There will be moments of deep frustration –the faculty is anxious to see you succeed. If you are having a problem in any subject, take the initiative and visit the teacher. Find out what your weaknesses are and then work to improve them. You know how you are doing in your classes and for this reason there will be no excuses for failing a course. If there are academic problems, arrangements may be made with the coaching staff to miss part of the practice to work on your weaknesses.

Spring Break

There will be practice during Spring Break and athletes are expected to attend. We will practice Wednesday, Thursday, and Friday. The times will be announced, as we get closer to the break. If you are unable to attend practice during this time you will be expected to return in top physical condition.

Forms

- Physical & Concussion Form
- Copy of the Team Handbook
- Handbook Signature Page
- Schedule

Athlete Full Name: _____

Dear Parent or Guardian and Athlete:

The Rolesville Rams Track and Field coaching staff asks that you sign and return this form indicating that you have read the handbook and that you understand the rules and procedures of our team. If you have questions or concerns regarding the team policies, please contact Coach Booth or Coach Grether.

Thank you,

The Rolesville Rams Track and Field Coaches

Michael Booth - Winter Coach & Girl's Head Coach (Middle Distance & Long Jump)

Michael Grether – Boy's Head Coach (Distance & High Jump)

Josh KinKaid – Assistant Coach (Shot Put & Discus)

Carolyn Ashdown – Assistant Coach (Sprinters & Hurdles)

We have read the Rolesville Rams Track and Field handbook. We understand the rules and procedures of the team. We also understand that failure to follow the rules and procedures of the team may result in disciplinary action.

Parent/Guardian Signature

Athlete's Signature

Date _____