

Galesburg-Augusta Track and Field
Team Handbook 2014

DISTRICT-WIDE EXPECTATIONS:

Please refer to the district-wide athletic handbook for policies regarding:

- Eligibility
- Pay to participate fees
- Athletic Physicals

GENERAL EXPECTATIONS:

- Treat your teammates, coaches, parents, opponents and meet officials with the utmost respect.
- You are a representative of your school, your community, our team and your family. Handle yourself in a way that reflects well on all of these--at all times.
- Foul language will not be tolerated.
- Every member of our team is a valuable asset to our track and field family. Cheer each other on, offer encouragement and treat each other the way you would want to be treated.
- When at a meet, you should either be preparing for your event, competing, cooling down after your event or watching a teammate's events. Put your homework and your phone away, and save your naps for the ride home.
- PDA is not to be seen at meets, practices or on the bus.
- Be coachable!
- When running on the road, run on the left-hand side, as far off the road as possible, in a single-file fashion.
- Using social media to harass, bully, intimidate, or badmouth a teammate, coach or opponent will not be tolerated. Whether in-person or online, our district's anti-bullying policy will be strictly enforced, resulting in consequences as severe as dismissal from the team.
- Hazing of any kind is not to be performed or tolerated.
- At our six KVA meets, all athletes are required to stay at the meet until the last G-A athlete is done competing and our team has debriefed. At all other meets, this is encouraged but not mandatory.
- Help clean up after every practice and meet.

PRACTICE ROUTINE/TIMELINE

Until snow has melted, practices will be held at G-AHS. Afterward, practices will be held at the track. On days with inclement weather, practice may be moved to the high school. If a meet is cancelled due to weather, practice will still be held that day. Unless otherwise stated, weekday practices begin at 3:30pm. The typical routine includes:

- Announcements
- Warm-up jog
- Prehab exercises
- Dynamic warm-up
- Workout (varies by day and by event)
- Cool-down (stretch and/or jog)
- Core workout

Practices with a start time of 3:30 will always be done by 5:30. However, athletes may be dismissed earlier, depending on the day and the events they practiced that day.

VARSITY LETTER

Varsity letters are offered to any high school athlete who meets the following requirements (1-3):

1. At least ONE of the following (a-c)
 - A. Score a total of ten points
 - B. Set at least eight personal season records (after establishing a baseline in one meet)
 - C. Score in the top eight at either the KVA or Regional meets
2. Attend/participate at both the KVA and Regional meets
3. Finish the season in good standing with all coaches and administrators

MEET LINEUPS:

The number and selection of events in which each athlete competes will be determined at the coaching staff's discretion. This will be done on a per-meet basis and will reflect a variety of factors, including--but not limited to the following (in no particular order):

- Team need
- Opponent strengths/weaknesses
- Previous personal records
- Recent meet performances
- Practice performance/attendance
- Practice or meet effort
- Attitude
- Seniority
- Health/injuries
- Significance of meet
- Athlete input

TRANSPORTATION

- **PRACTICES:**
 - Students needing a ride from the High School to practices at the track may board any of the three after-school buses at the High School and get off at the primary (track).
 - Occasional practices may be held at alternate locations--particularly for distance runners. All athletes are responsible for arranging their own rides to and from these practices.
- **MEETS**
 - Bussing will be provided to all weekday meets.
 - Athletes are required to ride the team bus from G-AHS to the meet.
 - At any of these meets, athletes may choose to ride home from the meet with either a parent/guardian or a member of the district's approved driver's list. All athletes must be signed out with Coach at the meet.
 - Return bussing will be only be provided after our meets on April 15, 25, 1 and May 1, 9, 16, 20. Busses will make one drop-off at the HS and one at the primary/track.

GOALS:

- Each athlete will be given a pre-season goals sheet and asked to complete it. Once complete, it needs to be turned in and discussed with at least one event coach. This must be completed before you may compete in a meet.
- Before receiving any awards, letters, etc, each athlete must complete a post-season goals interview with his or her event coach. More info will be given toward the end of the season.

CAPTAINS:

- All male and female athletes will vote on team captains prior to the first meet.
- Captains must be a returning, high school member of the track and field team.
- Coaches will determine the number of captains based upon the number of athletes on the team and the results of voting, aiming for approximately one captain per 8-10 athletes.

FUNDRAISERS/COMMUNITY SERVICE:

All athletes are expected to participate in this year's letter-writing campaign, shirt orders and community service project (May 8 and/or May 1). Funds raised will go toward purchasing items for the team (uniforms, equipment, food, awards). Cross country athletes may put their fundraising efforts toward the cost of this summer's camp.

SHOES:

- A new, quality pair of running shoes is essential for track and field season.
- Spikes are optional, but encouraged for varsity-level athletes (see the attached flyer).
- Funding is available for the assistance of purchasing running shoes. See Coach Hocker for more information.

UNIFORMS/APPAREL:

- School-issued uniforms must be worn during all competitions
- All undergarments must meet MHSAA requirements regarding color, style, logos, etc. This includes:
 - Solid color undergarments
 - Only one visible logo per undergarment
 - No jewelry (except a watch)
 - Relay teams must wear the same color undergarments (G-A will wear black)
- The team store will be available online for all runners, parents and community members from March 10-23. Go to runningrams.org and click on the "Order" button on the home page. See Coach Hocker if ordering online is not an option.

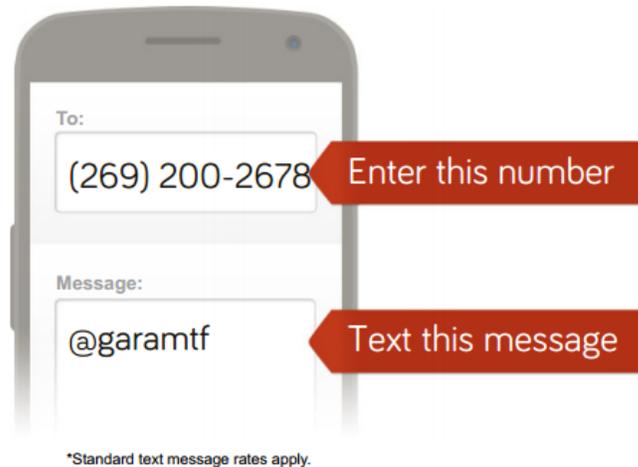
FOOD:

Parents and family members are asked and encouraged to donate food or beverages to our team on meet days. There is a sign up sheet located on runningrams.org, under the "TF" or Parent Quick Links.

UPDATES:

- Any changes to practice/meet schedules will be announced at school and posted online.
- Updates, news, stats, photos, schedule changes and more can be found on our website: www.runningrams.org
 - Click on "News" for reports from practices, meet summaries, & schedule changes
- You are also encouraged to join our facebook group: www.facebook.com/groups/GAHSTRACK/
- You are also encouraged to follow Coach Hocker's XC/TF twitter account: [@coachhocker](https://twitter.com/coachhocker)
- Finally, you can get sign up to receive updates via text or email by following the instructions below:

To receive messages via text, text **@garamtf** to **(269) 200-2678**. You can opt-out of messages at anytime by replying, 'unsubscribe @garamtf'.



Or to receive messages via email, send an email to **garamtf@mail.remind101.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



THE IMPORTANCE OF SHOES!

Wearing the right shoes can make a huge difference in track and field. However, while most people think that getting spikes is the most important step to success, wearing proper training shoes is of much greater value. Below are my recommendations:

- Invest in a high-quality pair of running shoes: not cross-trainers, skater shoes or basketball shoes. These will be worn during practice, when legs take the most pounding. The right shoes will help prevent injury.
- I recommend going to Gazelle Sports in downtown Kalamazoo. The experts at Gazelle will make a recommendation based on what events your athlete is doing, as well as his/her body type, gait, foot type and more. They also offer a 10% discount for all G-A athletes. If you already know what you are looking for, try runningwarehouse.com for a slightly better deal, plus some cool size-comparison tools. Spend as much as you can on a good pair of training shoes--the money is worth it for performance and injury prevention. Many athletes can even wear these shoes for meets.
- Do not try to run in last year's shoes (or even your training shoes from another season). It is recommended that you replace your shoes every six months or 400 miles (whichever comes first). Do NOT try to run in last year's shoes (or your shoes from XC season).
- As a second priority, buy a pair of spikes for competition, especially if you hope to compete at a high level. Spending a lot of money on spikes is not worth it from a performance standpoint. The difference between a \$20 pair of spikes and a \$100 pair of spikes is mostly in appearance. Firsttothefinish.com has great deals on spikes.



ADDITIONAL EQUIPMENT:

- After getting a pair of shoes, running ends up being a fairly inexpensive sport. However, there is one more piece of equipment that every **distance** runner MUST have: a watch. It is expected at G-A that distance athletes will bring their watch to practice every day. Recently, a change was even made to allow athletes to run in meets with their watches.
- The quality of the watch is not important, as long as it keeps time. Any cheap wal-mart watch would work just fine (\$10?).
- The ability to keep split/lap times would be very helpful, but it is not a necessity. Most runners will appreciate these features and it would be worth the extra money to get a watch with these capabilities. These might run \$20-40.
- If you'd like to spend a significant amount of money, the next step up would be a GPS watch. These track distances too, which can be helpful for noting mile markers while out on a long run. They are also helpful for running on your own when a course/distance has not been marked out for you in advance. However, these are typically \$100-200.

2014 G-A Track and Field Season Calendar

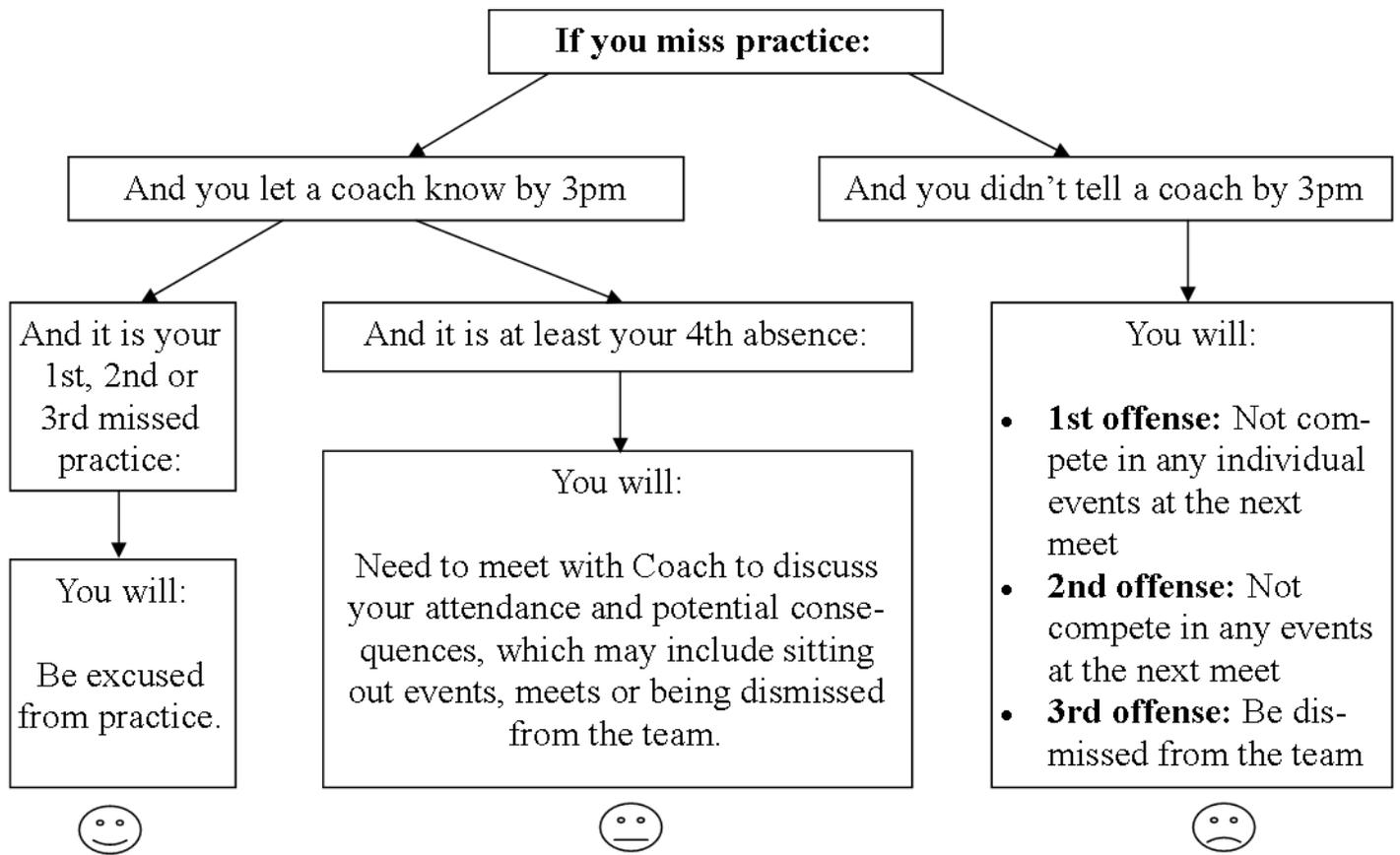
All times subject to change. Visit www.runningrams.org/calendar for up-to-date schedules.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/10 Mtg/Practice 3:30pm High School	3/11 Practice 3:30pm High School	3/12 Practice 3:30pm High School	3/13 Practice 3:30pm- <u>HS</u> <u>5pm-Primary</u> <u>(jumpers only)</u>	3/14 Practice 3:30pm High School	3/15 run on your own
3/17 Practice 3:30pm Track/HS?	3/18 Practice 3:30pm Track/HS? <u>(throwers @ primary)</u> PARENT MTG 6:30	3/19 Practice 3:30pm Track/HS?	3/20 Practice 3:30pm Track/HS?	3/21 Practice <u>3:30pm-Track/HS?</u> <u>6pm-Primary</u> <u>(jumpers only)</u>	3/22 run on your own
3/24 Practice 3:30pm Track/HS?	3/25 Quad Meet 4:15pm @Comstock	3/26 Practice 3:30pm Track/HS?	3/27 Practice <u>3:30pm-Track/HS?</u> <u>5pm-Primary</u> <u>(jumpers only)</u>	3/28 Practice/Team Activity 3:30pm Track/HS?	3/29 run on your own
3/31 Practice 3:30pm Track/HS?	4/1 Practice 3:30pm Track/HS? <u>(throwers @ primary)</u>	4/2 Practice 3:30pm Track	4/3 Practice <u>3:30pm-Track</u> <u>Team Dinner</u> <u>TBD 7pm</u>	4/4 Spr Break Practice* 9:00am Track	4/5 run on your own
4/7 Spr Break Practice* 9:00am Track	4/8 Spr Break Practice* 9:00am Track	4/9 Spr Break Practice* 9:00am Track	4/10 Spr Break Practice* 9:00am Track	4/11 run on your own	4/12 run on your own
4/14 Practice 3:30pm Track	4/15 KVA Meet 4:30 @Constantine	4/16 Practice 3:30pm Track	4/17 Practice 3:30pm Track	4/18 Practice 3:30pm Track	4/19 run on your own
4/21 Practice 3:30pm Track	4/22 KVA Meet 4:30pm @Hackett	4/23 Practice 3:30pm Track	4/24 Practice 3:30pm Track	4/25 Invite** 4:00pm @Bangor	4/26 run on your own
4/28 Practice 3:30pm Track	4/29 Practice 3:30pm Track	4/30 Practice 3:30pm Track	5/1 KVA Meet 4:30pm @Maple Valley	5/2 Practice 3:30pm Track	5/3 Community Service "make-up" day (if can't make 5/10)
5/5 Practice 3:30pm Track	5/6 KVA Meet 4:30pm @Parchment	5/7 Practice & Team activity 3:30 @Ft. Custer	5/8 Practice 3:30pm Track	5/9 Invite** TBD @Gobles	5/10 Community Service 9:00am @Middle School
5/12 Practice 3:30pm Track	5/13 KVA JAMBOREE 3:00pm @Schoolcraft	5/14 Practice 3:30pm Track	5/15 Practice 3:30pm Track	5/16 REGIONALS** TBD @Constantine	5/17 run on your own
5/19 Practice 3:30pm Track	5/20 KVA CHAMP** 1:00pm @Olivet	5/21 Practice 3:30pm Track	5/22 Practice 3:30pm Track	5/23 Practice 3:30pm Track	5/24 Team State*** TBA @Kent City
5/26 Practice 3:30pm Track	5/27 Practice 3:30pm Track	5/28 Practice 3:30pm Track	5/29 Practice 3:30pm Track	5/30 stretch on your own	5/31 STATE MEET*** TBA @Comstock Park

*Athletes are excused from 1 SB practice for every day of conditioning week attended

**Limited entries

***Must qualify



<p><u>Generally Acceptable Reasons to Miss Practice:</u></p> <ul style="list-style-type: none"> You are seriously ill You are in the hospital Family emergency You are on fire You are being held hostage by terrorists School-related absence Work (& arrangements made with Coach) You have been abducted by aliens 	<p><u>Generally Unacceptable Reasons to Miss Practice:</u></p> <ul style="list-style-type: none"> You don't feel like practicing You are in detention You have too much homework Prom Dress Shopping Haircut/Manicure/Pedicure Uncle's birthday party Non life-threatening injury Forgot your shoes
---	---

15 ways to contact a coach by 3pm:

<p><u>Coach Hocker</u> Cell: 598-5951 dhocker@gacsnet.org Twitter: @coachhocker School: 484-2020 x 2540 In Person: @G-AMS 8:00-3:11 Facebook: David Hocker At School: Tell Mrs. Mellinger</p>	<p><u>Coach Toth</u> Cell: (412) 600-4342 Lindsay.p.toth@wmich.edu</p>	<p><u>Coach Hutt</u> Cell: 569-0686 (no texts) tomleehutt@charter.net</p>
	<p><u>Coach Schab</u> Cell: 806-4560 molly.schab@gmail.com</p>	<p><u>Coach Matties</u> Cell: 216-1141 sam.matties@yahoo.com</p>

G-A Track and Field
Team Handbook Agreement Form

CONTACT INFORMATION:

Student Name: _____ Home ph: _____ Cell: _____ Texts ok? Y N
Address: _____ City: _____ Zip: _____

Email Address: _____

- Add me to the email list I have joined the GATF facebook group I have followed @coachhocker on twitter
 I have signed up to receive text updates I have visited runningrams.org

Parent 1 Name: _____ Home ph: _____ Cell: _____ Texts ok? Y N
Address: _____ City: _____ Zip: _____

Email Address: _____

- Add me to the email list I have joined the GATF facebook group I have followed @coachhocker on twitter
 I have signed up to receive text updates I have visited runningrams.org

Parent 2 Name: _____ Home ph: _____ Cell: _____ Texts ok? Y N
Address: _____ City: _____ Zip: _____

Email Address: _____

- Add me to the email list I have joined the GATF facebook group I have followed @coachhocker on twitter
 I have signed up to receive text updates I have visited runningrams.org

We would love to publicize and recognize all of your student's hard work and commitment to the track and field team! BUT, we need your permission to do so. Please complete the following

PERMISSION GRANTED:

PERMISSION DENIED:

His/her name/photo on the TF facebook group

His/her name/photo on runningrams.org

His/her name/photo on the G-ACS website

His/her name/photo on the G-ACS facebook page

Other notes/instructions/requests: _____

I give Coach David Hocker and Galesburg-Augusta Community Schools permission to publish my student's name/face in the ways marked above. I have read the handbook and understand the expectations of all G-A Track & Field athletes and their parents.

Student Name: _____ Signature: _____ Date: _____

Parent/Guardian Name: _____ Signature: _____ Date: _____

(at least one)

Parent/Guardian Name: _____ Signature: _____ Date: _____

*****PARENTS*****

You are required to attend our parent meeting on Tuesday, March 18 at 6:30pm in the HS Cafeteria. Those who do not attend will need to make alternate arrangements with Coach Hocker to satisfy this requirement.