ATHENS JUNIOR HIGH
TRACK AND FIELD

TEAM STANDARDS and HELPFUL INFORMATION

- Athletes are required to complete Final Forms prior to the first practice.
  - [https://athens-oh.finalforms.com/](https://athens-oh.finalforms.com/)
  - [Click here to access the user guide](#)
- Practices are mandatory. Please schedule doctor appointments and other activities, so they do not interfere with track practice. Bring water to every practice. Hydrate throughout the school day to prepare for practice!
  - Athletes must complete a minimum of 10 practices with the coaching staff prior to the first meet.
  - If a team member must miss practice, Coach Hall must be emailed in advance (ahall@athenscsd.org). Coach Hall will determine whether or not a missed practice is excused or unexcused. Unexcused absences will result in athletes not participating in meets and possibly removal from the team.
  - Mandatory practices will begin March 5th and will be held at Athens HS (3:00-4:30). A bus will transport students from the MS to the HS. Thursday practices will be conditioning practices and will be held at the MS. Students will meet in the cafeteria after school. Parents will pick athletes up at 4:00 in front of the MS.
  - Non-mandatory practices for the purpose of conditioning will be held February 20, 21, 23, 27, 28, and March 2. The team will change after school for the non-mandatory practices, walk to the bike path, and practice/condition on the bike path near the W. State Street baseball fields. Parents will meet their athletes at the W. State St. shelter house located on the loop at the end of the ballfields at 4:30.
  - Non-mandatory spring break practices will be held March 12, 13 and 14 at the HS (9:00-10:30). Sign up for these practices on the track bulletin board in the cafeteria.
  - Students must dress appropriately for practice. Practice will only be cancelled if there is a thunder/lightning storm. We will practice in the rain, snow, and heat. Be prepared!
  - When the team meets in the cafeteria prior to conditioning or to wait for the bus to the HS, athletes will sit at a table and complete school work or read. This is not a time to horse around! Team captains will be responsible for taking
attendance during this time. You should report to the cafeteria dressed for practice.

- Coach Hall will be the coach responsible for parent communications. Her email address is ahall@athenscsd.org. Please join “Remind” as this will be used to communicate with athletes and parents. Sign up at https://www.remind.com/join/ams2018t or enter into your phone 81010 and text this message @ams2018t. Bus arrival times, cancellations, important reminders, etc. will all be communicated using “Remind.” Coach Hall will receive messages from parents who use “Remind” to ask questions or share ideas.

- **Discipline** is at the discretion of the coaches. The best personal rule to follow is to always perform your best and be coachable at practices and meets and to behave in a way that does not embarrass yourself, your coaches, your team, your school or your community. All rules in the student handbook are applicable during all track and field activities. Depending on the severity of the offense, the athlete may be suspended from practice(s) and/or meet(s), or may be removed from the team. Proper respect and behavior is expected toward coaches, officials, teammates, and to all other athletes at all times. Good **sportsmanship** is a requirement at practices, meets and at school. Be present; Be positive; Be kind; Be prepared; and Be thorough!

- **School comes first!** All student-athletes must meet eligibility requirements. Your third quarter grade point average must be at least 1.67, and you may not have 2 F’s. If you earn D’s and F’s in class, then it is recommended that you focus on your studies rather than add more responsibility to your schedule.

- **Injuries** will be taken very seriously by the coaching staff. If a team member complains of an injury, then he or she will need a doctor’s note to return to practice and competition. If an athlete must wear a brace or wrap or have modified work-outs, then the coaching staff must receive documentation from the athlete’s doctor. If a student is at school, then he or she must attend practice. If a student misses school, then he or she may not attend practice or a meet on that day. If an athlete misses school the day after a meet, then he or she will not participate in the next meet. The coaches understand that you will probably be tired the morning after a meet, but you must be dedicated to your studies to be a true student-athlete. It is important to the coaching staff that we do not take chances with the health and condition of the athletes’ growing bodies. **Hydrate** throughout your school day.

- **Uniforms** will be distributed to team members who are then responsible for the proper care of the uniforms. Any team member who fails to return his or her uniform or damages the uniform, will be charged a fee. School records will be held until this obligation has been met. All visible **under shirts and pants** must be plain black.

- **Meet Information:**
  - If an athlete is not warming up, on deck for your event, or participating in an event then he or she should be at the team camp. Coaches should never have to try to find a team member.
Poor sportsmanship and other inappropriate behaviors will result in disciplinary action. Athletes are representing our families, school, district and community. Represent well.

At the end of each home and away meet, the entire team will clean the camp area—leaving it better than it was found. The team will meet at camp after the last event and walk to the bus together.

All athletes must ride the bus to away meets, but may ride home with a parent, and only a parent. The parent must sign-out his or her child at the team camp where a clip board will be available for this. All athletes must remain at the home meets until the meet is concluded.

Cell phones may only be used at the team camp and on the bus.

Hydrate throughout your school day! Bring water to every meet. Bring a healthy snack or packed meal for the bus ride home.

It is the athlete’s responsibility to listen to the announcer’s calls and not miss his or her event(s).

All athletes must thoroughly complete the assigned cool-down after his or her last event.

Participation in meets and events will be posted on the cafeteria bulletin board. Not every athlete will travel to every meet. Athletes will be assigned 1-3 events per meet, so check the bulletin board thoroughly.

Strive to accomplish a personal best time, distance or height.

Meet results are posted on baumspage.com.

Determining which event is right for a new track and field athlete is a process. Some athletes who have already run cross country in the fall will know that distance (800 and 1600M Runs) are right for them. Distance runners will generally run off campus. If a team member believes that he or she is a jumper then he or she must try the high jump. High jumpers will learn to also long jump as will some sprinters. Throwers will work with the throwing coach and will probably learn the shot put first. It is a bit easier and more strength is involved. Discus is very difficult and is a technique event. Watching youtube videos on both will give you an idea of what you will be learning. Throwers will need strength and speed training, so there will be some running as part of the conditioning. Sprinters will work on different distances at different percentages. They must learn to use starting blocks and proper running technique. Hill runs are critical for sprinters to make them quicker. Our pole vault coach will work with MS students once or twice a week (to be determined) after our regular MS practice. Hurdlers will be chosen based on how well he or she follows instructions and on coach-ability. Hurdling is highly technical and learning hurdles is a progression.

The list on the back of this page has been created by 8th graders who were successful members of the AMS track team during their 7th grade year. Read their suggestions, using the AMS Core Values, to have a successful AMS Track and Field Experience!
Be Prepared

- Pack your bag for practices and meets the night before the event! (spikes, athletic shoes, uniform or practice attire, multiple pairs of socks, appropriate clothes for the weather, raincoat or umbrella, sunscreen, chapstick, money (meet concessions, t-shirts), healthy snacks, running watch.
- Know your events and what meets you are attending.
- Bring water to every practice and meet. Hydrate throughout your school day.
- Show up with a good attitude and motivation!

Be Positive

- Encourage teammates to train hard! Lift others up!
- Don’t be negative and complain about work-outs; Have fun! Track and Field is an exciting sport—enjoy your friends and make new friends! Don’t get down.
- Inspire teammates not to “give up” and to keep shooting for a PR!
- Appreciate your hard work, commitment to fitness and being a healthy, active young adult. NEVER use the phrase, “I can’t.” Stay optimistic even when you or a teammate makes a mistake or doesn’t perform well.

Be Present

- Listen to coaches instructions. Stay focused and on task.
- Be on time; Be where you are supposed to be when you are supposed to be there; Listen to the announcer for your event calls. Know your events!
- Be warmed up for your event.

Be Thorough

- Pack the night before practices and meets.
- Complete your warm-ups, workouts, and cool-downs using the techniques you have learned. Know your events prior to the meet.
- Hydrate throughout your school day.
- Work your hardest at all times—at practices and meets. Maintain motivation. Finish your workout each day--Don’t give up!
- Whatever you are doing, make sure you are doing it correctly.

Be Kind

- Encourage and motivate teammates so you and they can improve!
- Show kindness to the entire track community—your team, coaches, officials, and other school teams and coaches.
- Cheer teammates during their competition. Congratulate teammates on successes.
- Respect others, yourself, and equipment.

Please complete, sign and return the attached form at your first practice.
Student-Athlete Name: ________________________________________

Circle Grade: 7     8

Circle Preferred Events: If you are new to track, then watch *youtube* videos of each event and determine which interest you.

55 M Low Hurdles (girls only)   100 M Dash
1600 M Run                     4x100 M Relay
400 M Dash                     4x200 M Relay
110 M Low Hurdles (boys only)  4x400 M Relay
800 M Run                      200 M Dash
Discus Throw                   High Jump
Long Jump                      Pole Vault
Shot Put

I, _________________________________________ (athlete), agree to adhere to the expectations listed above to the best of my ability throughout the 2018 track season. I realize that discipline will keep us functioning as a unit throughout the season, and I recognize that self-discipline will make us stronger and faster. I will make daily personal choices that show others that I believe in our program and our coaches and my ability to perform at my best. I recognize that failure to be self-disciplined with my behavior and my work-ethic will have a negative effect on me, my performance and on my team. I agree to be a self-disciplined member of The Athens Middle School Track Team.

___________________________  __________________________
Student-Athlete Signature    Parent or Guardian Signature

**Please add the following meet schedule to your calendars:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 28</td>
<td>@ Nelsonville-York</td>
<td>April 17</td>
<td>Home Meet</td>
</tr>
<tr>
<td>April 3</td>
<td>Home Meet</td>
<td>April 20</td>
<td>@ Nelsonville-York</td>
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<tr>
<td>April 7</td>
<td>@ Logan (Relay Meet)</td>
<td>April 27</td>
<td>@ River Valley</td>
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<tr>
<td>April 11</td>
<td>@ Logan</td>
<td>May 5</td>
<td>TVC @ Nelsonville-York</td>
</tr>
<tr>
<td>April 13</td>
<td>@ OU (Eastern Meet)</td>
<td>May 12</td>
<td>State @ Lancaster</td>
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