



Parent Guide for the Lavergne High School Track and Field Team

Parents are vital to the success of any athletic program. You contribute your time, talents, and financial resources to make sure that our teams have 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, parents are encouraged to volunteer to be score keepers, time recorders, etc. when needed. As coaches, we believe in building solid relationships whether it's between a coach and a player, coach and parents, or parents and children. To build solid relationships within our program, here is how parents can help us have a successful program.

Relationships for a successful program

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

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

Parent-Coach Relationship

- Allow the coach to instruct and guide the team.
- Do not question or confront the coach immediately following a competition.
- 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.

Parent-Player Relationship

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

Sportsmanship

- Parents must demonstrate good sportsmanship and serve as role models.
- Specific obligations.
- Please, refrain from vulgar or inappropriate language.
- Outsiders must never intrude upon the field during a competition.

Responsibilities of the athlete.

- Track and field is both a team and individual sport. Put the team goals, welfare, and success before your own.
- Attend all practice sessions. (No practice, No Meet)
- Be receptive to coaching.
- Be responsible for all uniforms and equipment.
- Represent the school well and follow the team rules.



- Report all injuries to the coach and trainer.

Participation on a team

- It is a privilege, not a right.
- Athletes must accept all responsibilities to stay on a team.
- NOBODY WILL BE ACCORDED EQUAL OR GUARANTEED PARTICIPATION but will be given equal opportunity to perform and compete.

Practice sessions and games.

- Practice is open to spectators but must remain in the stands.
- The track is the athlete's classroom and should be free of distractions.
- Positive support is encouraged at meets.
- Tardiness and absence are unacceptable. Please communicate with coaches if you are going to be late or miss practice or a meet.

Basic Schedule for Daily Practice

3:45 p.m. – Athletes Getting Dressed

4:00 p.m.- TEAM MEETING in Weight Room or Track

WARMUP: Both running and stretching
(Dynamic Warm-up and Speed Dynamics)

4:05 – 4:15 p.m.

EVENT SPECIFIC TRAINING:

Both technique and conditioning

4:15 – 5:30 p.m.

WEIGHT ROOM or STRENGTH:

5:30 – 6:00PM

INDIVIDUAL INSTRUCTION AND MEETINGS AS NEEDED!

SOME BASIC THEMES FOR THE SEASON

- Early season emphasis will be on strength and conditioning with an emphasis on form and 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 supervised instruction from coaches and all phases of the daily practice 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.

SAFETY ON AND OFF THE TRACK

Any track injury is undesirable, 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 oversee running the workouts on the track. Listen carefully to the instructions they give and follow them to avoid injury.
2. As a 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. Safe workouts are the goal of these rules.
8. Avoid collision and injury at all costs. 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.

RESPONSIBILITIES OF ATHLETES!

- Respect others and respect yourself!
- Practice Winning everyday
- Obey all training rules.
- Do workouts as BEST you can. (Must complete all workouts, we are watching)
- Supply practice shoes, meet shoes, sweat suits, water bottle *, gloves*, and warm headwear*.
- Keep practice and meet uniforms clean and mended.
- Attend all meetings and study hall. They are a part of your practice.



- REPORT INJURIES TO COACHES AND THE TRAINER!!!
- Get plenty of rest the night prior to meets.
- Eat a well-balanced, nutritious diet.
- Supply transportation to and from meets unless otherwise instructed.
- Remind teachers when you will miss their class and make up all missed work. (Try to make it up ahead of time.)
- Maintain cleanliness to avoid illness! Wash your clothes weekly if not more often. than that.
- Respect your coaches' decisions. Discuss your goals in track and life with them.
- Maintain a positive, coachable attitude.

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 ensuring that they are in top physical condition, dressed appropriately for the weather and are maintaining a proper diet. **ANY INJURY THAT IS NOT REPORTED TO THE TRAINER CANNOT BE CONSIDERED AS EXCUSED.**

RULES AND REGULATIONS

- Athletes should not do anything that would embarrass or disgrace the team, themselves, their parents, or Lavergne High School.
- Academic performance will be evaluated regularly: Academics first -athletics second.
- 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.
- 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 can result in suspension and removal from the team.
- The use of profanity is unsportsmanlike and must not be used.
- No horseplay-it leads to needless injuries.
- Refrain from putting down your teammates. Encourage them and help them.
- Refrain from putting down other sports. They represent our school too.
- Do not question meet officials; let your coaches do the questioning. (Bring concerns to our attention)
- Act like a young adult (model positive athletics) always: set an example.
- 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 6:00 P.M. or 5:30 p.m. when necessary.
- Athletes are expected to be picked up from practice no later than 6:15 p.m.
- You are expected to wait for your ride outside of the building after practice (parking lot closes to the football practice field).



Practice

Practice will be from 4:00 p.m. – 6:00 PM, Some Mondays Tuesday, Some Wednesdays, Thursdays and Some Fridays. 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. **If you miss practice un-excused, you will not participate in the meet.**

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 unless they have talked to a coach. If something comes up and you need to leave a meet early you need to notify the coach in charge. Failure to notify the coaches in advance will result in limited or no participation in the next meet. Habitual offenders may receive further consequences.
- Headphone 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.



In-Season Award/Incentive System LHS Track and Field

Weekly Top Performers

Every week during the season, our coaching staff will analyze each performance from the girls' and boys' teams to determine who the top performers are. Top performers will be individuals who PR, placed, or finished in the top 3 of the entire meets in their event. The coaches will decide who the top performers are for that week. Each winner will be gifted a "Top Performer" T Shirt. The colors will change every meeting. Top performers will be announced at the following practice after the meet.

Golden Spikes Winners

To create a winning culture, we will develop the "golden spike" award. This award is given to the athlete who exhibits leadership, grit, determination, and maximum effort in PRACTICE! This should be the highest honor for an in-season award.

Weekly "MEET" MVP

Each week, the boy and girl who places the most or scores the greatest number of points by scoring will be the "MEET MVP!". This is the highest achieving award during the season. A Trophy will be awarded to the meet MVP each week. MVPs will be announced at the practice after the meet.

PR List

Every week a post of personal best times or measurements will be posted on our twitter page and athletes will be tagged in the post.

Twitter Posts

Ideas for twitter posts include:

- Feature Athlete of the Week
- MVP and Top Performers
- First Place Showcase (With the BLING CHAIN)

Recruiting Plan

To begin the recruiting process, **players** should follow these simple steps:

1. Register with the NCCAA to become eligible for recruitment. For more information [\(CLICK HERE\)](#).
2. Create a TwitterX account and email coach Johnson you're @handle. Include name, school, PRs, EVENTS, and accomplishments.
3. Make sure you have taken the ACT/SAT with passing scores. Try and get the highest score possible.
4. Begin going to Tennessee Colleges track websites and fill out their recruiting questionnaire.
5. Begin FASFA application and Process. Seek guidance from counselor or career coach.

To aide in the recruiting process, **coach/recruiting** coach can follow these simple steps:



- Create a list of seniors that are recruitable and interested in running track in college.
- Compile a list of college coaches grouping them from Small, Mid, Mid Major, and D-1.
- Create profiles for seniors and webpage for senior recruits that includes their twitter handles.
- Create a webpage with links to college questionnaires so that athletes can easily access.
- Twitter image with QR code for recruits to post on TwitterX.