

# ***Lady Islander Track & Field Athlete/Parent Handbook***

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## **Mission Statement**

The mission for Grand Island Senior High School athletic programs is to develop self-confidence, self-esteem, a strong work ethic, and a sense of sportsmanship and fairness in each student-athlete. This will be accomplished by:

- A qualified, innovative, student-centered coaching staff who support all school programs.
- Using facilities and equipment that enables students to reach their maximum potential.
- Creating opportunities for student athletes to compete at the level best suited to meet the student-athlete's needs.
- Providing guidance in academic, athletic, and personal goal setting.
- Encouraging each student-athlete to participate in a wide variety of student activities.

## **Philosophy & Goals**

The girls track program exists to provide female students at Grand Island Senior High with the opportunity to participate in an athletic extracurricular activity in which they can:

- Learn and develop basic athletic abilities of speed, strength, power, and agility.
- Learn and develop skills related to track & field events.
- Learn to set goals.
- Develop attitudes and behaviors associated with sportsmanship, team unity, responsibility, and a strong work ethic.
- Develop personal qualities of self-confidence, self-awareness, and self-discipline.

This is accomplished by:

- Hiring a qualified, innovative and student-centered coaching staff who can provide athletes with skill instruction, workouts and performance feedback suitable to the athlete's emotional and physical needs.
- Developing and maintaining an organized program structure.
- Developing rules and expectations for athletes' behavior.
- Providing a system of recognition for individual and team accomplishments.
- Maintaining accurate individual and team records.
- Providing activities and promoting attitudes and behaviors which encourage team unity.
- Providing instruction in event rules.
- Providing and maintaining quality equipment and facilities.
- Providing three levels of competition (freshman, jr. varsity, varsity) to best meet the emotional and physical needs of athletes.
- Promoting attitudes and behaviors associated with sportsmanship and fairness.
- Providing guidance in academic, athletic and personal goal setting.
- Encouraging athletes to participate in a wide variety of school activities and multi-sports.
- Promoting participation in off-season programs—weight training, summer Performance Improvement Program, Winter Conditioning Program.
- Promoting participation in track & field at the elementary and middle school level.
- Promoting participation in athletics as a life-long endeavor.

## Important Phone Numbers

GISH Athletic/Activities Office	385-5950
Joe Kutlas - Activities Director	385-5950
Jeff Stern - Head Girls Track Coach	385-5950 (school) 384-6806 (home)
Montie Fyfe - Head Boys Track Coach	385-5950 (school) 384-1128 (home)

## Emergency Plan

Athletes will be given immediate attention for all injuries. The coach first in contact with the injured athlete will provide basic first aid and comfort the athlete. A second coach will seek out the trainer to assist in assessing the extent of the injury. Once the trainer has assessed the extent of the injury, he will do one or more of the following:

- provide immediate treatment
- refer the athlete for therapy
- refer the athlete to his/her physician
- summon emergency medical personnel

In the event that emergency medical personnel are required, the athlete's parent/guardian will be contacted as soon as possible. It is recommended that all athletes have an emergency medical waiver on file in the event that we are unable to contact a parent/guardian.

## Track Coaching Staff

Boys Head Coach	Montie Fyfe
Girls Head Coach	Jeff Stern
Sprints	Jeff Stern, Kelley Ward
Hurdles	Dale Burch
Middle Distance, Distance	Kip Ramsey
Long Jump & Triple Jump	Montie Fyfe, Sarah McKendrick, Dave Jorgensen (volunteer)
High Jump	Ed Kinne
Pole Vault	Geoff Cyboron
Throws	Craig Burchess, Jeff Tomlin, Scott Miller
Trainer	Todd Goshorn

## **Practice**

1. Practice begins promptly at 3:50. Please report to Art Room and check in with Coach Stern. Team meetings are held 1-2 times weekly. It is important that you attend scheduled team meetings to be sure of getting important announcements and information.
2. Daily Practice Schedule.
  - 3:35-3:50 Training Room (if necessary)
  - 3:50-4:00 Check-In & Team Meeting
  - 4:00-4:20 Event Specific Warm-Up or Plyometrics
  - 4:20-5:30 Event Practice
  - 5:30-5:45 Cool-Down
  - 5:45-6:15 Weight Training (for athletes not enrolled in a weight training class)
3. Athletes are expected to participate in all parts of a practice unless excused by the athletic trainer or a doctor.

## **Attendance Policies**

1. Athletes are expected to check-in with Coach Stern each day as they arrive for practice.
2. Athletes are expected to attend all scheduled meetings & practices. Absence due to illness will be excused with a note from a parent or guardian. If you anticipate missing practice or track meets for reasons other than illness (school or church sponsored functions, family obligations, etc), please let Coach Stern know as much in advance as possible. Please be advised absence from practice may result in disqualification from participation in track meets.
3. Unexcused absence will not be tolerated and may result in dismissal from the team.

## **NSAA Uniform Rules**

1. Each competitor's uniform shall consist of shoes that can be securely fastened to the foot, shorts worn with the waistband above the hips, and a jersey that is tucked in or hangs below the waistband of the shorts.
2. Any visible shirt worn under the jersey must be unadorned and of a single color. Visible apparel worn under the shorts must be unadorned and of a single color. Visible items worn under both the jersey and the shorts do not have to be the same color. In relay events, visible apparel worn by more than one team member must be the same color, but not necessarily the same length.

## **NSAA Uniform Rules, cont'd**

3. Contestants shall not wear jewelry with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform. It will be our team policy that athletes also comply with this rule during practice sessions to minimize the risk of injury. If you have any questions or concerns about this rule, please see Coach Stern.

## **Competition & Practice Equipment**

1. Athletes may check out the following equipment for use during competition. Please be advised that you are responsible for lost or damaged equipment.
  - Competition shorts (thrower's or runner's)
  - Competition singlet
  - Nylon warm-up jacket
  - Nylon warm-up pants
2. Athletes may check out a lock for use on a school athletic locker. Locks are to be checked in at the end of the season.
3. Athletes are expected to have the following equipment.
  - Practice clothing. Clothing worn for practice should be in proper repair and designed for the events you participate in. All GISH dress and grooming policies will be strictly enforced.
  - Training shoes.
  - Competition shoes. It is strongly recommended that sprinters, hurdlers, jumpers, and middle distance runners wear spikes for competition. Replacement spikes will be provided by the school.
  - Cold weather gear (headbands, gloves, tights). Please purchase purple tights and white long sleeve shirts if they are to be worn under your uniform.

## **Uniform Care**

1. Your track uniform and warm-ups are to be worn for competition only. Please do not wear your warm-ups for practice.
2. Please help care for team uniforms:
  - Never put a wet or perspiration-soaked uniform in a gym bag. Always allow the garment to dry out by hanging or laying flat.
  - Do not allow your nylon warm-up pants to drag on the ground.
  - It is strongly suggested that you remove your spikes before trying to put on your warm-up pants.

## Uniform Care, cont'd

3. Washing Instructions.
  - Uniform Top. Machine wash with like colors. Use mild detergent. Do not use fabric softeners or bleach. Remove from washer immediately—do not allow to lay on itself when wet. Line dry or use 'air only' setting on dryer.
  - Spandex Shorts. Machine wash with like colors. Use mild detergent. Do not use fabric softeners or bleach. Remove from washer immediately—do not allow to lay on itself when wet. *Line dry only.*
  - Thrower's Shorts. Machine wash with like colors. Use mild detergent. Do not use fabric softeners or bleach. Remove from washer immediately—do not allow to lay on itself when wet. Line dry or use 'air only' setting on dryer.
  - Nylon Warm-Ups. Machine wash warm with like colors. Use mild detergent. Do not use fabric softeners or bleach. Remove from washer immediately—do not allow to lay on itself when wet. *Line dry only.*

## Track Meet Policies

1. All athletes are expected to travel to and from track meets with the team on school-provided transportation. If you anticipate the need to go home with a parent/guardian, please fill out a release form and have it signed by Mr. Kutlas. Signed release forms should be turned in to Coach Stern prior to departure. Athletes are reminded that they must be checked out by their parent/guardian at the meet site. Athletes will not be released to anyone other than their parent/guardian without prior approval from Mr. Kutlas.
2. Do not leave the meet site unless given permission by a coach.
3. Athletes are expected to know and abide by the rules and regulations governing their event(s), uniform, and equipment.
4. Athletes are expected to conduct themselves in a manner consistent with all NFHS, NSAA, and GISH regulations.
5. Athletes are responsible for bringing their own food and snacks on bus trips.
6. Athletes are expected to keep buses, vans, and campsites free of litter.
7. Electronic devices capable of playing music through headphones are acceptable for bus trips but are not allowed outside the bus.
8. Electronic devices are not permitted in competition areas.

## Guidelines for Participation in Track Meets

1. Athletes are reminded that attendance at team meetings, attendance at practice, and effort in all aspects of practice, including weight lifting, are often factors in disqualification from participation in weekly track meets.
2. No athlete may participate in more than nine track meets involving four or more teams. This does not include the District Meet or the State Meet.
3. Freshman athletes will compete as a team in all freshman invitational meets, and, may be invited to participate in jr. varsity and/or varsity meets at the head coach's discretion. Freshman athletes who qualify may also participate in the Central Nebraska Championships, the Heartland Conference Meet, and the District Track Meet.
4. Athletes in grades 10-12 will compete in Jr. Varsity or Varsity meets at the head coach's discretion. Athletes who qualify may also participate in the Central Nebraska Championships, the Heartland Conference Meet, and the District Track Meet.
5. Please keep in mind that there are many factors that influence entries in track meets. The head coach, under advisement of his assistant coaches, will determine entries for all meets.

## Awards

1. **Personal Record Certificate.** A Personal Record Certificate will be awarded each time an athlete achieves a personal record in an event.
2. **Meet Record Certificate.** A Meet Record Certificate will be awarded an athlete who ties or breaks a meet record.
3. **School Record Certificate.** A School Record Certificate will be awarded an athlete who ties or breaks a school record. In addition, the athlete will have her name added to the record board in the Commons area.

## Awards, cont'd

4. **Letter Awards.** All athletes who have met the following requirements for lettering receive the school's official monogram and letter certificate.
  - The athlete has participated in at least six track meets.
  - The athlete has attended at least 95% of team meetings and scheduled practices, and has no unexcused absences. If absent, the athlete has provided a signed note explaining the absence. Excessive absence, even if excused, will disqualify athletes from lettering.
  - The athlete has worked at home track meets for which she was scheduled.
  - The athlete has demonstrated a commitment to self-improvement in the off-season by participating in at least *two* of the following:
    - the Islander Power program
    - a fall sport or an off-season weight lifting program
    - a winter sport or an off-season weight lifting program
    - the Winter Conditioning program
    - one-on-one work with her event coach in the off-season
  - The athlete has achieved a 90% efficiency rating for in-season weight training.
  - The athlete has abided by all team rules and policies.
  - The athlete has demonstrated behaviors associated with sportsmanship, team unity, responsibility, and a strong work ethic.

## GISH Activity Chemical Procedure

The Grand Island Senior High School administration, coaches, and sponsors hold the students involved in activities to a higher standard, as they represent not only themselves, but their school and community, as well. GISH expects all athletes and activity participants to be drug and alcohol free, and to understand that it is a privilege, not a right, to be involved in high school activities. The following applies to all GISH activity participants.

### A. Philosophy and Purpose

A lifestyle free from the influence of drugs and alcohol is a responsible and healthy choice. Decisions related to this issue are extremely important and do have a direct correlation with student success. Students, parents, and the school all share responsibilities in the development of these important student choices. Grand Island Senior High will continue to endorse and support a lifestyle for students that is free from the influence of alcohol and drugs. However, when students choose to use drugs, tobacco, or alcohol, their levels of performance are diminished. Therefore, rules, consequences, and a program of education and support, encouraging a chemical-free lifestyle, is offered.

## **GISH Activity Chemical Procedure, cont'd**

### **B. Specific Rule**

The student shall not be involved with alcohol, tobacco, or illegal drugs. During the school year, or in the summer whenever a student is representing GISH at an activity, a student shall not, regardless of quantity, use, consume, or have in their possession, alcohol, tobacco, or controlled substances (with exceptions as outlined by State Statute 53-168.06 and 53-180.02). Students shall not buy, sell, or give away any beverage containing alcohol, tobacco product, controlled substances, or look-alikes.

1. It is not a violation for a student to be in possession of and to use a controlled substance specifically prescribed for the student by his or her doctor.
2. Consequences shall be accumulative grades 7-12 regardless of attendance center.
3. Methods for verification of rule violation:
  - a. Ticketed by the police for tobacco/alcohol/drug-related offense
  - b. Admission by the student involved
  - c. Violation witnessed by school personnel
  - d. Other overwhelming evidence that the rule violation took place

### **C. Procedure Prior to Suspension**

In the event that a student is to be suspended from an activity, pursuant to the established rule, the following action shall be initiated:

1. The student shall be notified of the action.
2. Parents of the student shall also be notified.
3. During the meeting, school officials will summarize details related to the incident and then advise the student and parent of the action that will be taken. The student shall have an opportunity to present information related to the incident. The student and parent shall also be afforded full opportunity to make any statements or request explanations related to the incident.
4. The building principal shall issue a decision related to suspension. The decision is final and binding on all parties unless appealed to the Superintendent of Schools.

### **D. Consequences for Violations of the Rule**

After confirmation of the violation, in addition to established state statutes and local school policies, the student shall be suspended from all school activities for a specified number of calendar days starting from the date of confirmation. Those students involved in a school sponsored activity will be required to attend and participate in all practice sessions during the time of suspension. They may also be required to attend their scheduled activity.

## **GISH Activity Chemical Procedure, cont'd**

1. Consequences for violations are as follows:
  - a. First Violation. - Fourteen (14) days suspension from school activities. In addition, the student will be required to attend and complete an educational program endorsed by the school. The school may require the student to participate in a professional evaluation.
  - b. Second Violation. - Twenty-eight (28) days suspension from school activities. In addition, the student will be required to show evidence that he or she has sought and received counseling from a professional individual (i.e. school alcohol drug counselor, medical doctor, professional alcohol drug counselor, psychiatrist, psychologist, etc.). The school may require the student to participate in a professional evaluation.
  - c. Third Violation or Subsequent Violation. - Suspension from school activities for one year. In addition, the student will be required to complete a professional evaluation and program for chemical dependency. Verification of completion of the chemical dependency treatment program must be provided in writing by the director or counselor of the dependency center prior to reinstatement of the student.
  
2. Consequences for tobacco violations are as follows:
  - a. First Violation - Seven-day (7) suspension from school activities. In addition, the student will be required to complete the GISH In-House Educational Tobacco Packet.
  - b. Second Violation - Fourteen-day (14) suspension from school activities.
  - c. Third Violation - Twenty-eight-day (28) suspension from school activities.
  - d. Fourth Violation - Suspension from school activities for one year.

### **E. Student "Self-Report" Option**

If the student "self-reports" to the coach, supervisor, or principal within three (3) school days of the rule violation, the suspension will be reduced to seven (7) days for the first violation and fourteen (14) days for the second violation.

### **F. Appeal Process**

After a ruling of ineligibility resulting in suspension from activities has been made, a student and a student's parents may formally appeal the decision, in writing, to the Superintendent of Schools, provided an appeal is received five (5) days from the first day such ineligibility shall take effect.

## **Parent/Coach Communication**

### **Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communications from the coach of your child's program.

### **Communication You Should Expect From Your Child's Coach**

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements—fees, special equipment, off-season conditioning, etc.
5. Procedure should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

### **Communication Coaches Expect From Parents**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at Grand Island Senior High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

### **Appropriate Concerns To Discuss With Coaches**

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgement decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

## **Parent/Coach Communication, cont'd**

### **Issues Not Appropriate To Discuss With Coaches**

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

### **Communication Procedure**

1. Call to set up an appointment. The Grand Island Senior High School telephone number is 385-5950.
2. If the coach cannot be reached, call the athletic director, Mr. Joe Kutlas. He will set up the appointment for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

### **What Can the Parent Do If the Meeting With the Coach Did Not Provide a Satisfactory Resolution?**

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting, the appropriate next step can be determined.

### **In Conclusion**

Since research indicates a student involved in extracurricular activities has a greater chance for success during adulthood, these programs have been established. Participation in extracurricular activities helps to build many of the character traits required to be successful in life after high school.

We hope the information provided within this pamphlet makes both your child's and your experience with the Grand Island Senior High School Athletic Program less stressful and more enjoyable.