

SMITHVILLE

TRACK & FIELD



T&F MANUAL
Smithville High School
Spring 2023

CONTENT



This T&F Manual is designed as a supplement to the “Smithville Athletics and Activities Handbook” which all student-athletes are required to read and commit to. As for this T&F Manual, all policies are subject to coaches’ interpretation and discretion.

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01 INTRODUCTION



Volunteers
Coach Wilson
Coach Reed
Coach Deen

2023 STAFF

Coach Luke
Head Coach

Coach Duncan
horizontal jumps

Coach Matthews
sprints | hurdles

Coach Corcoran
sprints | hurdles

Coach Smith
vertical jumps

Coach McCluskey
throws

Coach Herbers
distance

EMAIL

lukej@smithville.k12.mo.us

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corcoraj@smithville.k12.mo.us

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mccluska@smithville.k12.mo.us

herbersj@smithville.12k.mo.us

Athletes & Parents are encouraged to register their phones to receive T&F messages through *BAND.US*

- Invite link: <https://band.us/n/aaa38dT3v8Y3B>
- or scan QR Code

BAND.US will be our coaches primary method of digital communication.



PRACTICE ATTIRE

Athletes are expected to wear clothing appropriate for running (e.g. shorts, shirts, running shoes, athletic socks, etc).

- T-shirts should cover the body.
(no half shirts or shirts with slits under the arm)
- Girls should NOT wear spandex shorts for training.
(may be worn under shorts)
- School board policy prohibits boys from running shirtless and girls wearing sports bras w/o a shirt.
- School uniforms should NOT be worn at practice.

WEATHER

We will practice outside unless lightning is present. Under such circumstances, practice will be moved indoors. Please dress appropriately for cold weather wearing long sleeve shirts, jackets, etc *(the cold is hard on muscles)*.

MEET DAYS

Dress in your uniform BEFORE loading the bus. Only wear "Smithville" gear to competition as we represent our school on and off the track.

02 APPEARANCE

SCHOOL ISSUED UNIFORMS

Athletes are responsible for checked out materials. Athletes will be charged full replacement cost for any lost or altered articles at the end of the season.

RACING UNDERGARMENTS

Any visible garment worn under the uniform top or worn under the uniform bottom extending below the knees should be one, solid color *(top & bottom color do not need to be the same color)*.

RELAYS UNDERGARMENTS

All uniforms must match. If undergarments are worn, we encourage all team members to wear the same solid matching color.

“To give anything less than your best
is to sacrifice the gift.”

Steve Prefontaine

03

BEHAVIOR

In addition to behavior guidelines outlined in the “Smithville Activities & Athletics” handbook, all track and field athletes will strive to be known for their...

PUNCTUALITY

Be on time! Practice starts daily at **3:00pm** at the track (unless otherwise announced). You are responsible for leaving class to dress & prepare for away track meets.

COMMUNICATION

If you are going to be late or absent from a practice or meet, you will let a coach know asap.

UPLIFTING WORDS

We will not use profanity or any other derogatory speech. Rather, athletes and coaches will be “uplifting” in their speech encouraging teammates and fellow competitors. (*a.k.a. cheering for one another!*)

This behavior applies to social media posts as well. Comments that are disparaging to school, team, competition or coaches may be grounds for dismissal.

NOTE

Earbuds/headphones for listening to music are not allowed at practice.

RESPECTFULNESS

Athletes will show respect for...

- school property (*e.g. block house, shed, track area, etc*)
- authority (*e.g. coaches, teachers, officials, parents, police, etc*)
- U.S.A. (*standing & facing flag during National Anthem*)
- one another (*by acting like ladies & gentlemen*)
- bystanders (*people are watching and listening*)
- yourself (*by being a person of integrity*)

ALERTNESS

In practice, you will remain alert to...

- your coach’s voice
- who else is on the track with you
- who is throwing the javelin, shot, or disc
- your body (*hydrated? injured?*)

In meets, you will remain alert to...

- meet announcements
- when to check-in for your event
- keeping your equipment (and self) safe

T&F considers vaping a drug offense. Athletes in possession of vapes will serve the same consequences as a drug possession as outlined in the Smithville Student Handbook.

T&F DISCIPLINE POLICY

FIRST OFFENSE

- verbal warning
- meeting with head coach
- applicable consequences

SECOND OFFENSE

- verbal warning
- meeting with head coach & parent
- applicable consequences

THIRD OFFENSE

- return uniform
- dismissal from the team

DEFINED PRINCIPLE

***Carry yourself with integrity
as a responsible young adult.***

in·teg·ri·ty [in'tegrədē]: noun

- the quality of being honest and having strong moral principles; moral uprightness
- the state of being whole and undivided

re·spon·si·ble [rə'spānsəb(ə)]: adjective

- having an obligation to do something, or having control over or care for someone, as part of one’s job or role

04 COMPETING

“Hard work makes cowards of us all, if you quit in practice you will quit in the middle of competition. Winning is a habit, unfortunately, so is losing.”
Vince Lombardi

Track and Field is a dual-personality sport. It provides an opportunity for you to excel and compete as an individual as well as part of a team. As part of the Smithville High School Track and Field team, we expect our athletes to maintain:

- **POSITIVE MENTAL ATTITUDE.** T&F is as much about attitude as it is about talent. You cannot succeed at this sport unless you want to. This is true for practice as well as the meets.
- **CONSISTENT EFFORT.** You get from this sport what you put into it. It is important to learn how to bring your best to practice and meets. If you do not work hard in practice, do not expect to succeed in the meets. Not only does this train the body for competition, but also it prepares the mind.
- **CONTINUED IMPROVEMENT.** If you apply a positive attitude and effort, you will improve. That, ultimately, is what you will use to measure your success in this sport and in life. If you stick with the program and give it time and effort, you will improve.

EVENT ENTRY

The coaching staff will make the final decision on what events an athlete will participate.

SCRATCHING

Under no circumstances is an athlete allowed to scratch from an event without permission from their position coach.

05 DUAL-SPORTING

Athletes who desire to participate in two school-sponsored sports during the same season must have both head coaches sign-off on this privilege. Upon approval, the athlete will choose a primary sport and a secondary sport. From that point, a training schedule will be compiled along with which meets an athlete will be available to compete in. A dual-sport athlete may earn a varsity spot...the tape & watch don't lie.

06 ELIGIBILITY

In addition to eligibility standards outlined in the “Smithville Activities/Athletics Handbook,” all track and field athletes must participate in 14 school conditioning practices on 14 different days prior to the date of the first interscholastic contest. [MSHSAA Rule 3.9.1]

An athlete whose winter sport overlaps with the beginning of the track season will have a 7 day grace period until they are required to begin practicing with the track team. [MSHSAA Rule 3.9.1] Winter sport participation will count toward the 14 required T&F practices during the overlap.

07 EMPLOYMENT

CAN I HAVE A JOB DURING TRACK SEASON?

A student-athlete should not obligate themselves to a job that conflicts with practices or meets. Practices or meets missed (in part or in full) due to job conflicts are unexcused absences.

LETTERING CRITERIA

For an athlete to earn a varsity letter, they must complete the season and do one of the following...

1. medal in a varsity level meet
2. score a team point in the varsity conference or district track meet

Additionally, track managers who complete the season and meet the requirements asked of them throughout the course of the season will be granted a managerial/non-athletic letter.

AWARDS/RECOGNITION BANQUET

Athletes who complete the season will be presented with either a Senior Varsity Award or Junior Varsity Participation Certificate.

08 LETTERING | BANQUET

09 PHYSICAL HEALTH

HYDRATION

As a rule of thumb, you should drink half your body weight in ounces plus 15-20 ounces per day (150lb athlete should drink 75 oz of water + 15-20 oz = 90-95 oz).

REST

Teenage athletes should get 8-9 hours of sleep at night for proper recovery.

ENERGY DRINKS

Energy drinks contain caffeine and stimulants which can be hazardous to health. There are no positive effects of energy drinks that outweigh the potential harm they can do.

NUTRITION

Do not limit your calorie intake during season (a.k.a. dieting). Fuel from food helps the body to rebuild and recover after strenuous exercise. Athletes who focus on carbohydrates (versus protein) have been shown to recover faster from training.

REGULAR

All athletes must ride the school bus to all away track meets in order to be eligible for competition. **Exception:** If a school related conflict arises with a scheduled bus time, your coach should be notified ASAP. An athlete's parent may be permitted to drive the athlete to competition and maintain eligibility with a written form signed off by school administration at least 24 hours in advance.

SIGNING OUT

No one may leave a meet early without permission from a head coach. A sign-out sheet will be made available for parents to take their athletes home after a meet. If an athlete desires to ride home with another athlete's parent(s), a written request with parental signature must be approved by school administration at least 24 hours in advance.

BUS RULES

1. In the event that boys & girls are required to ride the same bus, boys will sit in the rear of the bus and the girls in front.
2. Athlete are to remain in their seats (not standing, not laying in the aisle, or sitting on the floor).
3. Athletes desiring to listen to music must use earphones.

CHAMPIONSHIP EVENTS

Qualification only meets (e.g. KU Relays, MSHSAA Championship) may utilize coaches' or rental vehicles instead of a school bus. When transportation other than a bus is used, parents must sign a "waiver of liability" that will be submitted to school administration.

10 TRANSPORTATION



SMITHVILLE TRACK & FIELD 2023 CALENDAR



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MARCH	26	27 Practice @ 3	28 Practice @ 3 Parent Meeting @ 6	1 Practice @ 3	2 Practice @ 3	3 Practice @ 3	4	
	5	6 Practice @ 3	7 Practice @ 3	8 Practice @ 3	9 Practice @ 3	10 Practice @ 3	11	
	12	13 Practice @ 3	14 Practice @ 3	15 Practice @ 3	16 Practice @ 3	17 LIBERTY NORTH TIME TRIAL	18	
	19	20 UCM INDOOR MULE RELAYS	SPRING BREAK					25
			21 Practice @ 9	22 Practice @ 9	23 Practice @ 9	24 Practice @ 9		
	26	27 Practice @ 3	28 Platte County JV Meet	29 Practice @ 3	30 Practice @ 3	31 Smithville Invitational	1	
	APRIL	2	3 Practice @ 3	4 Practice @ 3	5 Smithville JV Meet	6 Kearney Invitational	7 Practice @ 3	8
9		10 Kearney Throwers Meet	11 Ray South JV Relays	12 Practice @ 3	13 Winnetonka Invitational	14 KU Relays Practice @ 3	15 KU Relays	
16		17 Practice @ 3	18 Warrior Relays	19 Practice @ 3	20 Practice @ 3	21 Practice @ 3	22 Liberty North Invitational	
23		24 Practice @ 3	25 Practice @ 3	26 Liberty North JV	27 Practice @ 3	28 Platte County Invitational	29	
30		1 Practice @ 3	2 Practice @ 3	3 Conference V/JV Raytown South	4 Practice @ 3	5 Practice @ 3	6	
MAY	7	8 Practice @ 3	9 Practice @ 3 BANQUET @ 6	10 Practice @ 3	11 Practice @ 3	12 Practice @ 3	13 DISTRICTS	
	14	15 Practice @ 3	16 Practice @ 3	17 Practice @ 3	18 Practice @ 3	19 Practice @ 3	20 SECTIONALS	
	21	22 Practice @ 3	23 Practice @ 3	24 Practice @ 3	25 TRAVEL DAY Practice @ State	26 STATE T&F MEET Jefferson City, MO	27 STATE T&F MEET Jefferson City, MO	