



GEHS Trailblazer Track & Field



Trailblazer Pride

“A Trailblazer is a relentless, enthusiastic and proven servant leader dedicated to the family of Blazers. A Trailblazer is one who establishes a selfless path beneficial to the team first yet understands the connection between self-improvement and team-improvement.” --Joe Corbin, '17

“Blazers work, sacrifice, and humble themselves until they achieve their potential. As a Blazer, you join your teammates in accomplishing success on and off the field of play. Blazers always strive to create a new legacy while continuing the tradition of winning. Forever.” --Natalie Morerod, '10

“Being a Blazer is all about being a *team*. We are a group that competes and fights together. Our sweat, blood, and tears mix and make us the team we are.”--Nate Thiesfeld, '05

“To be a Trailblazer is to have your hands in the dirt. It’s to work hard at every last thing you do. It’s to remember that the Blazers who came before you have given it all for the school and for the team. To be a Trailblazer is to be tougher, both mentally and physically, than your opponent. To be a Trailblazer is to be a champion.” -Jaylon Radel, '14

“Being a Blazer is all about working together to achieve a common goal. You are only as strong as your weakest link. One person can’t achieve much alone, but with a team behind them championships are won. Trailblazers push through the pain, and work hard each and every day, challenging themselves and others. A Blazer strives for perfection.”--Cali George, '08

“A Trailblazer has the potential to accomplish amazing acts. However, in order to do so, a Trailblazer must look past his or her own ambitions and aspirations and instead realize their role in the bigger picture. When a Trailblazer does this, they will find success, growth, and friendship like they have never known.” --Mitch Loring, '09

“Even if victory isn’t claimed, a Trailblazer will still hold his head high because he knows that he gave his all, and that’s the only thing someone can give as a Trailblazer.” --Luke Laird, '07

“To be a Trailblazer means more than just putting on the uniform and going through the motions. We have always been known for our hustle. Gardner doesn't get the credit we deserve; we are either too small (to the other Johnson Co. schools) or too big (to the Frontier League schools). When it comes down to it, though, when the pressure is on and when everyone has counted us out, the Blue and White will pull through.”--Aaron Ballew, '04

“A Trailblazer knows that success is not determined by how you finish but by what you put into it. A Trailblazer maintains a strong work ethic, discipline, and holds the absolute highest expectations for him/herself and from the team. Anything else is unacceptable.” --Danielle McNaney, '01



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TEAM Philosophy

We give every student the opportunity to compete on the Gardner Edgerton High School Track & Field team, regardless of his/her natural ability. Our athletes will get the opportunity to participate and compete. Unlike many other sports, no one is cut from the **TEAM** and no one sits on the bench. The only requirement of our athletes is that they attend every practice with the desire to work hard and improve.

Our philosophy is to strengthen the positive mental and physical attributes of each athlete and to work towards achieving moral excellence through athletic competition. On the track and on the field, we expect our athletes to perform at the highest level of athletic ability, representing the great tradition of GEHS. We will work hard in practices and in meet situations in order to achieve **TEAM** goals. The term “WE” should be articulated in the locker room and on the track and field. If WE adopt this philosophy, the **TEAM**, as well as individuals, will be assured a successful season.

TEAM Mission

Our mission in the Gardner Edgerton High School Boys and Girls Track & Field Program is to peak for the following meets: League, Regional, and State. The strength of the individual is the team and the strength of the team is the individual. We will strive to keep our priorities in order. Our athletes will leave us as better people than when they entered. All coaches will be role models. Coaches will coach with enthusiasm and they will continue to ask for more out of the athlete. The coaches will always be honest with the athletes and let them know exactly where they stand and how to meet our expectations. We will develop and learn the habits of dedication and sacrifice for the common good of the **TEAM**. We will always compete and never give up!



Our goal is your success!

TEAM Goals

1. Compete like a Trailblazer (Never quit!)
2. Develop a TEAM atmosphere among the individuals
3. Provide athletic opportunities for every athlete
4. Represent the school with dignity and honor
5. Peak for the League, Regional, and State Championships
6. Win the TEAM State Championship (Top 3 teams receive a trophy)

Individual Goals

1. Increase skill level, technique, conditioning, and mental toughness
2. Win your event
3. Finish in the Top 3 or 4 (Top 4 in Regionals go to State) in order to medal
4. Finish in the Top 6, 7, or 8 to score points for the TEAM
5. Get a Personal Record (PR) in your event
6. Qualify for STATE and **MEDAL** at STATE.
7. Leave the GEHS Track & Field Program as a better person than when you entered it



Our Expectations of You

1. Never leave a meet early. Finishing your event(s) does not mean it is time to leave. You do not leave a gym during a basketball game when you have finished playing in the game. Plus, you may be called upon to compete in an additional individual event or relay due to a teammate's injury or illness. Besides, we might WIN THE MEET and receive a TEAM trophy. Compete. Support. Be a good teammate.
2. Leave excuses elsewhere. Excuses have no place in this program.
3. Be on time to practice every day. Tardiness is not accepted. If you are arriving late due to receive academic help that is 100% acceptable. Just have a signed pass from that teacher that is time stamped.
4. Give 100% effort at every practice and every meet. **Always compete.**
5. Never take yourself out of an event during a meet. Only a coach can do that.
6. At a meet, you are expected to leave the stands and cheer on our athletes. Often times, meets are won or lost by **TEAMS** during these final events. You must be on the infield, at a corner of the track, supporting your teammates with positive enthusiasm. Additionally, we have phenomenal throwers who account for a large portion of our team's success. Watch them. Support them.
7. Behave with the utmost honor and integrity. *ALWAYS* do the right thing.
8. Practice good sportsmanship at all times. Win with pride and lose with grace. Respect great efforts by other teams and individuals.
9. Focus only on what you can control. Do not worry about your competitors or the weather or the shot put ring or the starting blocks. Focus on your performance.
10. Do not fear failure. Embrace the challenge failure provides. Remember, improvement occurs through learning from failing at a task. Most champions are made champions from setbacks.
11. Have fun! Track & Field is not a job; it is a choice. Choose to work hard and have fun while keeping the other expectations fresh in your mind.
 - **NOTE: You represent GEHS Track & Field both on and off the competing surface. If you choose to engage in any inappropriate or illegal behavior, such as drinking alcohol, vaping, doing drugs, bullying, disrespecting GEHS staff members or making inappropriate posts on social media, you are subject to suspension from events, practice, meets, and permanent removal from this team.**



Letter Requirements

1. Score 10 points or more in Varsity competition for the season. Most meets give 10 points for 1st, 8 for 2nd, 6 for 3rd, 4 for 4th, 2 for 5th, and 1 for 6th. Relay points are divided equally between teammates.
2. Qualify for the State meet.
3. Provide significant contribution to the team as a senior. This means that some seniors unable to meet the above requirements could still letter.
4. Finally, you must finish the season in good standing with your teammates and coaches.

Nutrition/Health

1. Avoid soda pop and diet soda and energy drinks during the season. These drinks are *TERRIBLE* for your body. Water, juice, and milk are great. If you go through a tough practice, Gatorade is fine *AFTER* practice as it can replenish minerals lost during the workout. Drinking plenty of water prior to competition is best, especially when temperatures heat up. Drink water when you wake up and several times throughout the school day including lunch. Stay hydrated—don't run on empty!
2. Stay completely away from fast food or at least greatly reduce how often you eat it! Eat a balanced diet, high in complex carbohydrates and low in fat. Pasta is great to eat the night before a meet. Avoid fried foods and junk foods like candy and chips and other foods high in sugar and fat. Fruits and vegetables are great. Additionally, meat, fish, and cheese offer a great source of protein for your body.
3. Get plenty of sleep during the season. Sleep is the time when the body repairs itself. This time is especially vital since your body will be changing over the course of the season as you become stronger and faster.



4. Never use illegal drugs, alcohol, or tobacco while at GEHS. If you choose to participate in any of these activities you risk criminal prosecution, suspension from the team, and possible expulsion from GEHS. Using drugs, smoking, or drinking as an athlete at GEHS is absolutely stupid, and we have ZERO tolerance for that on this team. The fastest way to lose the respect of your coaches and teammates is to take part in any of those activities. Be smart and make the right choices.
5. Any injury or sickness should be reported immediately to your event coach.
6. Donnie Jamison, GEHS Athletic Trainer, is your first stop for diagnosis and treatment when an injury is sustained. See him first please.

Absences

From the Student Handbook (2017-2018) page 24:

ABSENCES AND PARTICIPATION: The following guidelines are to be used when determining if students are eligible to participate in or attend an extra-curricular activity whether for competition or performance. The intent of this policy is three-fold: *to encourage attendance *to protect the student who is injured or ill from participating when it would not be medically wise *to deny participation when a student is inexcusably absent from school **STUDENTS ARE TO BE IN CLASS EVERY CLASS PERIOD IN ORDER TO PARTICIPATE IN AN ACTIVITY. STUDENTS MUST BE IN A FULL DAY OF ATTENDANCE IN ORDER TO PARTICIPATE THAT DAY.** Any student receiving an unexcused absence on the day of an activity is not eligible to participate or practice in any activities until they successfully attend classes the next scheduled day. Any student having an unexcused absence, staying home or going home on the day of an activity due to illness will not be allowed to participate or practice that day. An exception will be made if the student brings verification from a doctor that they are physically able to participate. Any excused absence on the day of an activity must have administrative approval prior to the absence. Students attending doctor, dental or other previously scheduled appointments are eligible to participate in activities on the same day with an appointment card from the doctor's office. A student absent due to illness on Friday may participate in a week-end activity if, in the opinion of the parents, they would have been in school had it been held the next day.

Injuries and Sickness

Any injury or potential injury should be reported immediately to your event coach. This includes any sickness. Pain is a part of athletics. Coaches will use their experience and the available resources to determine the level of injury, pain, or sickness. If the coaching staff or trainers witness anything out of the ordinary from the routine minor injuries, pain, or sickness normally seen in track and field programs, they will recommend the athlete seek professional medical advice. The first step in seeking medical advice regarding an injury is ALWAYS to see our certified trainer, **Donnie Jamison**, unless it is an

emergency. "Suffering heroes" can hurt themselves and the team. **DO NOT TAKE YOURSELF OUT OF AN EVENT.** Talk to a coach before the event and after discussing



the situation with the head coach, he will make the decision that is in the best interest of the individual and the team.

Playing Time

The ABC'S of who competes in Varsity track meets for the Trailblazers!

When determining who competes on the Varsity during the season the Gardner Edgerton High School Track & Field coaching staff will look at the following criteria to help make their decisions:

- Athletes need to have excellent ATTENDANCE at school and at practice in order to compete in meets and athletes with more athletic ABILITY (best times and distances on the team) will have priority when determining who competes in many of our meets.
- Athletes are expected to be on their best BEHAVIOR at school, at practices, at track meets, and in the community in order to compete in meets.
- Coaches are also looking for some CONSISTENCY from athletes as they determine who competes in meets.
- Athletes who show more DEDICATION to track and field will be rewarded with more opportunities to compete.
- Athletes who give their best EFFORT at practices and meets will also be rewarded with more opportunities to compete.

An open door policy will be enforced. **An open door** means any athlete has the freedom to respectfully discuss their role on the team or team issues at any time with the head coach. The coaches will reciprocate the respect and not intimidate or manipulate any athlete choosing to exercise this freedom.

Practice Procedures

To be effective as a track and field athlete, you must be properly conditioned. To make practice times as efficient as possible, the following procedures will be employed:

1. Team workout begins promptly at 3:20 pm. **If you arrive at 3:21, then you are late.** Be early, not late. If you are not ready when practice begins, additional conditioning may result when you do arrive or immediately following practice that day. Practice ends when the athlete ends his/her workout and finishes properly cooling down. **Always check out with your event coach before leaving practice.** This is approximately between 5:00 and 6:00 most days. Be the first to arrive and the last to leave.
2. Regular practices are held after school each day. **Attendance will be taken.** Workouts are never cancelled because of weather, but they may occasionally be



modified. The only practices an athlete should miss are the days he/she is absent from school due to illness. If an athlete becomes sick during school, but does not go home, he/she should come to practice or check with the coach before going home. Workouts missed for any other reason must be made up before the next competition. Athletes scheduled for detention cannot practice until after the detention is served. Failure to complete a workout is a violation of practice procedures.

3. It is important that workouts are work. Simply completing the workout is not good enough. You owe it to yourself and to your **TEAM**mates to give 100% every practice.
4. You must complete the workout given by the coach. Running a different course or cutting out part of the workout is a violation of practice procedure, unless approved by a coach. Reducing the workout on your own may result in consequences to be determined by the head coach (McGee and/or Ward).
5. Athletes are responsible for the equipment, implements, and areas of their events. This includes daily set-up, storage, and cleaning. Report any damage to your coach immediately. Know your sweat/uniform numbers and keep them safe.
6. Always use proper track etiquette. Warm-up, recovery, and cool down are to be run in the outer lanes or in the grass if so advised by a coach.
7. We practice on days when there is no school (in-service, end of quarter, etc). It is your responsibility to find a ride to practice. We also practice on Spring Break.

Competition Procedures

The performance of the athlete in competition is the ultimate test of the effectiveness of our program. To optimize the performance of athletes in competition, these procedures will be followed.

1. **Athletes are required to ride with the team to all competitions, including those on Saturdays.** An athlete, may, however, ride home from the competition with their parent(s) provided that prior approval has been granted and the coach has been informed. We expect all athletes to remain at the meets from start to finish.
2. Athletes must be on time to ride with the team. The bus will not wait; our schedule requires promptness for proper warm-up prior to the event.
3. Conduct during the trip and at the competition should reflect an attitude of seriousness and preparedness. No horseplay! No footballs, Frisbees, baseballs, etc. We are there to



GEHS Trailblazer Track & Field



compete hard and to win and, most importantly, to represent Gardner Edgerton High School in the finest manner possible.

4. It is the responsibility of the athlete to know the meet schedule prior to competition. It is also their responsibility to complete a warm-up before event time. A proper warm-up will elevate body temperature, thereby warming muscles, which makes them more efficient and lessens the chance of injury. You should at least warm-up to the point of sweating, but breathing should be near normal when your event begins. Timing is very important to a proper warm-up. Pay attention to the race schedule and provide plenty of time for unforeseen circumstances.
5. The no false start rule will be enforced. If you false start, you will be disqualified from that event.
6. It is the responsibility of the athlete to cool down after competition. Cooling down helps speed recovery from making a race effort and it will diminish soreness the next day. Be willing to help teammates stretch and warm-up.
7. Track is a team sport with an individual component. Therefore, athletes are expected to contribute to the good of the team in any event at any time. Support your teammates; however, do not distract them as they prepare to compete. This includes friends and boyfriends/girlfriends who may arrive at meets to support you.
8. Your attitude and action should in no way bring embarrassment or disgrace to our program. Inappropriate language can mean a disqualification. Unsportsmanlike conduct can also result in a disqualification.
9. Always give 100% effort in competition. Anything less is not acceptable.

4 Things to Remember During Track & Field Meets

1. Avoid bringing large sums of money to meets. It will get stolen. Bring your own food/water to meets so there is no use for money. You assume your own risk with electronic devices. If meet t-shirts will be available for purchase we will try to let you know in advance.
2. Never use profanity. Doing so may result in your disqualification from an event or your removal from the entire meet. Always behave like a gentleman or a lady. Represent your team and school well.



3. Do not lose focus on the task at hand—competing for Gardner Edgerton High School. While having fun is important, do not get distracted with boyfriends and girlfriends and socializing with friends during meets. As for team camp—there is no team camp. Support.
4. **Do not leave the meet early. Stay and support your teammates. Travel on the bus both to and from the meet.**

Track & Field Expenses

Items provided: team sweat pants/hooded top; meet uniform. These will be provided no later than prior to our team photo or the first competition meet, whichever comes first. Plan to bring and wear your own gear during early season.

1. You will need to supply your own sweats (top/bottom) for the first few weeks of the season until they are checked out to all team members. Be ready for ALL weather as we will go outside when it is rainy, cold, and nasty. Gloves and a hat are also advisable until late April. If you wish to keep a locker, we advise you to purchase a lock and keep your locker locked throughout the season, including during practices.
2. If you are interested in tights please purchase a solid black in top or bottom. This is because our uniforms must be the same color. Avoid clothing which will be worn under our team uniform that has any writing or logos on it. If this is unavoidable, try to remove any writing or logos.
3. Be sure to wear a good pair of running shoes to practice, NOT high-top basketball shoes. Good running shoes can be purchased at reasonable prices at *Gary Gribbles* or *The Running Store* or wherever you prefer to shop. Ask a coach if you aren't sure if your shoes will work for practice/meets.
4. You will also need a pair of spike shoes and individual spikes—especially if you are a Varsity team member. The type of shoe and spike size will vary from sprinter to distance runner to javelin thrower, for example. See your individual coach for further advice on this. As a general rule, it is a good idea to have your spikes purchased before our first varsity competition.
5. Any other costs will be towards an athlete's food and water he/she brings to a track meet. It is not acceptable to purchase concession stand food at a track meet. Please supply your own food and do not worry about bringing (or losing) any money.



GEHS Trailblazer Track & Field



GRADE ELIGIBILITY POLICY

The Trailblazer Track & Field Competition Eligibility Policy

NO "F" POLICY: Semester grades only

1. If you have an F in multiple classes, at any checkpoint, you will be ineligible to practice or compete in addition to the possibility of permanent removal from the roster. If you have multiple F grades then you simply have not earned the right to compete for GEHS Track and Field. Be a student first.
2. If you have an F in one class you will be allowed to practice but not play (compete at a meet) until that grade is passing.
 - However, if you have not raised your F grade to a passing grade of D- or higher or have shown significant improvement by the next grade check you will be permanently removed from the team.

Bottom line: if you want compete as a Blazer, then pass your classes.
(approved by GEHS administration)



GEHS Trailblazer Track & Field



ORDER OF EVENTS

~ This is the order of events at most of our meets ~
Most meets begin at 3:30pm or 3:45pm

Memorize these!

4 x 800 relay

100/110 hurdles

100

1600

4 x 100 relay

400

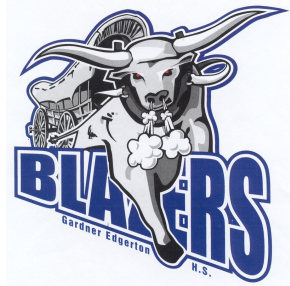
300 hurdles

800

200

3200

4 x 400 relay





Coaching Duties & Contact Info.

| <u>Name</u> | <u>Events</u> | <u>Contact</u> |
|----------------------------------|---|--|
| ● Larry Ward | Girls' Head Coach Distance | <u>S</u> : 856-2645 <u>H</u> : (913) 522-4656 |
| ● Brian McGee | Boys' Head Coach Sprints & Relays | <u>S</u> : 856-2608 <u>C</u> : (913) 749-6660 |
| ● Ryan Cornelsen | Hurdles | <u>S</u> : 856-2735 |
| ● Mike Gunderson | Javelin | <u>S</u> : 856-2663 <u>C</u> : (913) 553-7862 |
| ● Joe Leiker | Jumps | <u>S</u> : (913) 856-2742 |
| ● Loren McNeer | Discus | <u>S</u> : 856-3766 |
| ● Thane Nonamaker | Pole Vault | <u>S</u> : 856-2637 <u>C</u> : (913) 302-2140 |
| ● Curtis Pahls | Jumps | <u>S</u> : 856-2743 |
| ● John Yockey 856-2678 | Shot Put | <u>S</u> : |



Trailblazer Track & Field 2019 Schedule of Events

- Monday, February 25 Season Begins 3:15pm
- Tuesday, March 5 Parent Meeting in GEHS commons 6:00pm
- March 9-17 Spring Break (practice varies per event - see your coach)
- ~~Thursday, March 21~~ ~~Freshmen-only meet @ BV West~~ ~~3:45pm~~
- Thursday, March 28 JV QUAD @ Blue Valley High School 3:30pm
- **Saturday, March 30** **Varsity: SM South Relays @ SM SOUTH** **9:00am**
- Thursday, April 4 JV QUAD @ Olathe Northwest 3:30pm
- **Friday, April 5** **Varsity: Olathe Invitational @ ODAC** **3:30pm**
- Thursday, April 11 JV QUAD @ Blue Valley Southwest 3:30pm
- **Friday, April 12** **Varsity: Mid-Season Classic @ SM SOUTH** **4:00pm**
- **Tuesday, April 16** **Varsity: Jaguar Invitational @ MILL VALLEY** **3:30pm**
- **Fri-Sat., April 19-20** **Varsity: Kansas Relays @ Lawrence** **8:00am**
- Thursday, April 25 JV QUAD @ Olathe South 3:30pm
- **Friday, April 26** **Varsity: Trailblazer Invitational @ GEHS** **3:30pm**
- Thursday, May 2 JV QUAD @ GEHS 3:30pm
- **Friday, May 3** **Varsity: SM North Relays @ SM North** **3:00pm**
- Tuesday, May 7 JV Sunflower Championships @ ODAC 3:30pm
- Thursday, May 9 JV Recognition + uniform turn in (Lecture Hall) 6:30pm
- **Friday, May 10** **Varsity: Sunflower League Championships @ SMS**
- **Friday, May 17** **Regional @ TBD** **TBA**
- Saturday, May 18 GEHS GRADUATION 10:00am
- Wednesday, May 22 Varsity Recognition (GEHS commons) 6:00pm
- **Fri-Sat., May 24-25** **STATE @ Wichita (1 night) - Depart for Wichita Fri AM**



GEHS GIRLS TRACK & FIELD

RECORDS

| | | | |
|----------------------------|--|--------------|-------------|
| 4 X 800 | Isabella Mullins, Brittney Parks, Clarissa Johnson, Natalie Morerod | 9:44.83 | 2010 |
| 100 Hurdles | Danielle McNaney | 14.5 | 2001 |
| 100 | <i>Kendra Wait</i> | 12.15 | 2018 |
| 1600 | Cali George | 5:00.1 | 2006 |
| 4 X 100 | <i>Roshea Daniels, Kylie Moorehouse, Zoe Daniels, Kendra Wait</i> | 48.59 | 2018 |
| 400 | Suzy Stevenson | 57.1 | 1978 |
| 300 Hurdles | Natalie Morerod | 44.07 | 2010 |
| 800 | Cali George | 2:16.41 | 2006 |
| 200 | Kelly Hancock | 25.37 | 1989 |
| 3200 | Cali George | 11:14.65 | 2008 |
| 4 X 400 | Jalisa Brice, Clarissa Johnson, Brittney Parks, Natalie Morerod | 3:57.6 | 2010 |
| 1600 Medley (2-2-4-8) | Haley Allen, Jamie Starling, Clarissa Johnson, Cali George | 4:18.57 | 2008 |
| 4000 Medley (12-4-8-16) | Kirstin Schaefer, Julia Scott, Lindsay Ward, Cali George | 13:05.51 | 2007 |
| SHOT Put | Cassidy Androff | 42' 1 ½" | 2017 |
| DISCUS | Kristen Clark | 133' 5" | 2001 |
| JAVELIN | Danielle Plank | 161' 1" | 2013 |
| HIGH Jump | Danielle McNaney | 5' 7" | 2001 |
| LONG Jump | Danielle McNaney | 17' 10.25" | 2001 |
| TRIPLE Jump | Jalisa Brice | 40' 3.5" | 2011 |

