



Avon Middle School North



Girls and Boys Track & Field Information

Greetings!!! On behalf of the coaching staff I would like to welcome you to Avon Middle School North Track. We are very excited for the upcoming season and believe through hard work, dedication, and preparation we can achieve excellence. Track is a great sport in which athletes compete against one person all season, themselves. The goal of track is to improve every day, no matter if an athlete runs, jumps, or throws. Please read this entire document, it has information that you will need to know to successfully complete the season.

****Also, make sure to check out the Avon Track Website to stay up-to-date with the latest information.****

Girls Track Website Link: <https://amsnorth.avon-schools.org/athletics/spring-sports/girls-track-and-field>

Boys Track Website Link: <https://amsnorth.avon-schools.org/athletics/spring-sports/boys-track-and-field>

Girls Coaching Staff:

Kristine Gustin (Head) – KSGustin@avon-schools.org

Kim LaHaye (jumps)-KMLahaye@avon-schools.org

Caitlin McDonald (shot and discus)-CDMcDonald@avon-schools.org

Boys Coaching Staff:

Cory Falk (Head) – CAFalk@avon-schools.org

Emily Quinn (hurdles) – EAQuinn@avon-schools.org

Kettie Mothersead (distance)- xcmomkettie@gmail.com

Mandatory Items: Physical and drug testing consent must be current in PRIVIT online. \$25 Athletic Fee (Good for all sports the entire 2022-2023 athletic year, paid in your first sport); \$50 program support fee

Team Shirt Fees- \$15. This is a long sleeve dri-fit to keep. Track uniform will also be provided to wear for meets but to be returned at the end of the season.

Goals We have three goals for the season:

- 1) We want to improve every day; this will occur by working hard and listening to coaches.
- 2) We will be the best-behaved team at every meet; our athletes will stay in the proper area at meets and never act inappropriately.
- 3) At the end of the season we will have no regrets, we will have worked harder than each team we competed against, so regardless of the outcome we will have had a successful season.

As a part of these goals for the season we emphasize the importance of leadership, positive attitudes, pride, and teamwork. Every day we step onto the track whether we are coaching, playing or supporting our team we are going to do everything in our power to achieve these goals.

Attitude and Philosophy

- 1) Schoolwork comes first. Players must keep up their academics throughout the season, it is much more important than track. Also, if a behavior issue in school arises it will be dealt with directly.
- 2) Be a team player. We are only as good as our weakest player; we must build from the bottom up.
- 3) Be a leader. Encourage all teammates and help them to achieve greatness.
- 4) Believe. We must believe that we will meet our goals and that good things will happen. Remember, this is a new season, what happened in the past does not matter.
- 5) Work. We must be ready to outwork our opponents; no matter where you are on the track you must be ready to outwork your competitor.

Discipline

- 1) As an athlete you are a leader in the school, other students look up to you. Your conduct, both in school and out of school must represent the team in a positive manner.
- 2) Obscene Language will not be tolerated.
- 3) All practices are mandatory if you are at school. If you don't practice you don't play. If you are at school and you must miss a practice you **must** see one of the Coaches and tell them **personally**. If you are hurt or ill practice is still mandatory, however this will be handled on a case-by-case basis. If you do not tell a coach and you miss practice it is considered an unexcused absence, which will be handled in the following way:
 - 1st unexcused practice: 1-mile make-up run
 - 2nd unexcused practice: 1 meet suspension
 - 3rd unexcused practice: Dismissal from the team
 - Missing practice will be excused if you are absent from school or have a doctor's appt with a note provided by a parent
 - Unexcused absences the day before a meet makes the athlete ineligible for the meet.
 - **Remember, no matter how good you think you are, this team can and will make it without you, discipline issues will not be ignored.**
- 4) Any student who serves an after school detention instead of practice will be counted as an unexcused absence from practice for the day. Athletes must still attend practice after they are done with their after school detention.

II) Meets

- 1) Athletes will go home after school on the nights of home meets, and will stay after school the nights of away meets; parents will need to provide meals for their children for after school on the nights of away meets.
- 2) Ideally athletes will stay for the entire meet even after their events are over, however if necessary athletes may leave after their events, parents must sign athletes out. Only parents can sign athletes out, if there is a situation in which an athlete must leave with someone else's parent they must fill out a travel release form found on the athletic website and turn it into the coach before the meet.
- 3) Not all athletes will compete in all meets, the varsity roster will be set the morning of the meet, and it is the athlete's responsibility to communicate with parents if they are participating in a meet. We will try to get all athletes in at least one meet, however no guarantees are made. Meet participation is based solely on trial times / distances and meet times / distances. The best will compete. If two athletes are tied or extremely close then issues such as discipline, grades, and other events will be considered.
- 4) Good sportsmanship will be displayed at all times; if you do not you will not participate in meets.

III) Practice

- 1) Please pick up athletes promptly after practice at the track. Habitual late pick-ups may lead to dismissal from team. If you go to the track and we are not there, we likely practiced indoors at AMSN.
- 2) Practice is mandatory, even though track is an individual sport an athlete's teammates depend on them to achieve highly. For example, if one sprinter is absent he will make it so his entire relay team cannot practice their exchanges for that day. This little absence can easily be the difference between winning and losing an entire meet.
- 3) If practice is cancelled it will be noted on the Track Website and athletes will be made aware of this as early as possible.
- 4) Bring both indoor and outdoor attire daily, including sweats/hats/gloves for practicing outdoors. We plan to practice outdoors daily. Always bring a water bottle.