Updated: 2/17/26

2026 Grizzell Track & Field Handbook

Welcome to the Grizzell Track & Field team! We are thrilled to have you and your athlete join us this season. Although athletes may compete individually, our program is grounded in the belief that Track & Field is a **team sport first**, where effort, sportsmanship, and encouragement of teammates matter just as much as performance. This handbook outlines how our team operates and includes important information to help everyone have a successful season. Our purpose is to build a healthy, positive team culture where athletes support one another and grow together.

Our Coaching Staff:

- Michael Waun - Head Boys Coach
- Samantha Kendle - Head Girls Coach
- Justin Cunningham - Assistant Boys Coach / Sprinting
- Megan Keys - Assistant Girls Coach / Distance
- Maddie Legerski - GMS Athletic Trainer

1. Practice Schedule

Regular Practice Time: 3:20–5:00 PM

Week/Date	Monday	Tuesday	Wednesday	Thursday	Friday
Feb. 23-27	Last names A-K*	Last names L-Z*	Last names A-K*	Last names L-Z*	All Athletes
March 2-6	All Athletes	All Athletes	Flex Day	All Athletes	All Athletes
March 9-13	Full Week of Practice with All Athletes				

*Rotations with field events

Attendance Expectations:

- Athletes should attend a minimum of **4 practices per week**

    - Up-to-date physical required before athlete is able to practice
- Athletes should attend practice in its entirety, unless discussed with a coach ahead of time
    - Excessive time absent will result in forfeiture of participating in multiple events in meets
    - Attendance will not count if an athlete leaves earlier than 4:30pm on days that practice is scheduled until 5pm
- Athletes should email **both Coach Waun and Coach Kendle** for any absences (waun_michael@dublinschools.net & kendle_samantha@dublinschools.net)
- Per OHSAA rules, athletes must complete **10 practices** before competing in meets

2. Eligibility & Attendance Policies

- Missing **2+ days/practices** in a week = not eligible for relay events in the next meet (meet days count in this total)
- Missing **2+ meets throughout the season** = ineligible for future invitationals (excluding the State T&F Meet)
- **Exceptions:** Illness & school-sponsored events
    - These excused absences **do not** count against meet or invitational eligibility

3. Training Expectations

- **Running happens every day** (varied focus each day). **Throwers** must warm up with the team before working on their events
- Bring/wear **good running shoes**
    - Columbus Running Company offers a give-back to the school if you mention you have a Grizzell athlete, plus a 20% discount
    - Spikes are not required, but are extremely helpful, especially in rainy/wet weather
- **Self-care:**
    - Foam rolling/stretching at home is encouraged
    - Report persistent soreness or pain to coaches
        - Next step after coach check-in → school athletic trainer

- **Daily habits:**
  - Hydrate throughout the school day
  - Eat performance-supportive foods, especially on meet days
  - Bring snacks/water to school
    - A water bottle is required to participate in practice/meets (if forgotten, athlete could be sent home and it would count as an absence)
  - Bring layers & extra clothes (especially socks), as well as a garbage bag for athlete's backpack, in case of rain

4. Communication

- All updates from coaches are communicated through:
  - Final Forms
  - sportsYou
  - End-of-day school announcements
- **SportsYou Access Code: 36GL-N3JH**
- Both parents/guardians AND athletes need to download sportsYou, and have a Final Forms account

sportsYou

5. Equipment, Fees & Spirit Wear

- **Pay-to-Participate Fee:**
  - Pay online via PaySchool Central or submit cash/check to Dublin City Schools - $30
  - Fees must be paid before an athlete can participate in meets
- **Uniforms:**
  - Some XC uniforms are still unreturned from the fall season
  - Athletes will not receive a track uniform until the XC uniform is returned or paid for
  - Uniforms must be returned by the end of the year or families will be charged
- **Spirit Wear:**
  - Store is open for a limited time - order by Mar 12, 2026

Spirit Wear

6. Meet Procedures

Home Meets

- Athletes go home after school and **return by 4:00 PM**
- If arrival will be after **4:15 PM**, notify coaches

Away Meets

- Athletes go home and return by **4:15 PM** or stay after school in the cafeteria

Leaving Meets

For both home & away meets, athletes may leave **ONLY**:

1. **After the 4x100m**, or
2. **After the end of the meet** (Unless otherwise arranged individually with a coach)

It is NOT required to do the sign-out form for **home meets**; athletes must inform a coach that they're leaving at the designated time (either after the 4x100m or at the end of the meet)

Sign-Out Requirements (Away Meets + Invitationals Only)

- If an athlete is not riding the bus home from an invitational or away meet, **a parent/guardian must sign them out via this Google Form →**
  - If another adult (grandparent, family friend, etc.) is taking an athlete home, that must be communicated to both coaches prior to the meet
- After form is filled out, athlete must confirm that it was completed, and inform a coach they're leaving at the designated time (either after the 4x100m or at the end of the meet)

SCAN ME

Sign Out Form

- Failure to sign out & inform a coach the athlete is leaving = ineligible for the **next meet**
    - This does **not** count as a missed meet for invitational eligibility (see page 2)
- If athlete leaves the meet early (before the 4x100m or prior to the end) it will count as an absence

7. Volunteering

- For home meets, parent/guardian help is needed for:
    - **Timing & Scoring**
    - **Field events**
- A sign-up form will be sent closer to our home meet dates

8. Additional Information

- **Team Picture Day:** March 25
- **Team Captains**
    - We have four team captains total: one 8th-grade girl, one 8th-grade boy, one 7th-grade girl, and one 7th-grade boy. Captains are selected through a combination of team voting and input from the coaching staff.
        - These captains will help with daily practice activities, assist throughout meet days, the end of year celebration, and support their teammates both on and off the track
- **Team Bonding Night:** Mar 27, 2026 5:00 PM
    - Dodgeball & Pizza
    - Spirit Hair Bows craft - $5 to Coach Kendle by Mar 18, 2026
        - Fill out this Google Form →
- **Dublin City Schools Co-Curricular Activity Code (attached)**
- **Order of Meet Events (attached)**
- **Meet Schedule (attached)**
- **End of Year Celebration:** May 12, 2026 4:00 PM

Spirit Bows Google Form

Dublin City Schools Co-Curricular Activity Code

Citizenship

Students shall conduct themselves in a manner that reflects good citizenship. Any behavior that results in dishonor to the participant, her or his team/organization, or her or his school will not be tolerated. Acts of unacceptable conduct, both on and off school premises, include but are not limited to theft, vandalism, manifest disrespect, violation of the law, or any violations of the Student Code of Conduct.

The principal or her/his designee reserves the right to review the severity of the citizenship offense and determine the appropriate level of disciplinary action to be taken.

Consequences:

First Offense

1. Violation of this policy will result in a 20% loss of the privilege of co-curricular participation (including contests, competitions, and performances). Practice is still required for participants.
2. All awards will be withheld until all conditions and requirements are fulfilled.
3. Loss of leadership position in co-curricular activities for one calendar year from the date of the decision rendered by the committee regarding the violation.

Second Offense

1. The 2nd violation of this policy will result in a 50%* loss of the privilege of co-curricular participation (including contests, competitions, and performances). Practice is still required for participants.
2. All awards will be withheld until all conditions and requirements are fulfilled.
3. Permanent loss of any leadership position in co-curricular activities from the date of the decision rendered by the committee regarding the violation.

Third Offense

1. Permanent loss of the privilege to participate in co-curricular activities

*For previously listed year-long clubs/organizations this will be interpreted as 20% = one quarter and 50% = one semester

What to Expect at a Middle School Track Meet

If you're new to middle school track, here's a quick overview of how the meet usually runs and what you can expect throughout the event.

Field Events (usually start first or run alongside running events)

These take place in different areas around the track.

- Long Jump
- High Jump
- Shot Put
- Discus

Field events may run in "flights" (small groups) and may alternate boys and girls.

Running Events (on the track, in order)

Once the meet officially starts, running events move in this general order. Girls usually run first, then boys, but this can vary by meet.

1. 4x800m Relay
2. 100m(girls)/110m(boys) Hurdles
3. 100m Dash
4. 1600m Run (1 mile)
5. 4x100m Relay

Athletes are able to leave at this point if they are done with their events, are signed out (away meets only) & inform a coach they're leaving

6. 400m Dash
7. 200m Hurdles
8. 800m Run
9. 200m Dash
10. 4x400m Relay

Athletes are able to leave at the end of the meet if they are signed out (away meets only) & inform a coach they're leaving

Meet Timing

- Meets typically last 1.5-3 hours, depending on the number of schools participating and participating team size.
- At invitationals, there are typically awards given out either throughout the meet or at the end.

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GRIZZELL MIDDLE SCHOOL CELTICS				
Track and Field Schedule - 2026				
Day	**Date**	**Opponent**	**Location**	**Time**
Tuesday	7-Apr	Worthington Cardinals	Away (Worthingway MS)	5:00 PM
Tuesday	14-Apr	Olentangy Liberty	Home	5:00 PM
Tuesday	21-Apr	Dublin Sells	Away	5:00 PM
Saturday	25-Apr	Joe Lenge Invitational	Dublin Scioto HS*	9:00 AM
Tuesday	28-Apr	Olentangy Hyatts	Home	5:00 PM
Friday	1-May	Dublin T&F Classic	Away (Eversole Run MS)	5:00 PM
Wednesday	6-May	Hilliard Weaver & UA Jones (tri)	Away (Hilliard Weaver MS)	5:00 PM
Thursday	7-May	Bellefontaine Invitational	Away*	5:00 PM
Saturday	9-May	Worthington Invitational	Thomas Worthington HS*	9:00 AM
Saturday	16-May	OHSAA State Track Meet**	Hilliard Darby HS	TBD
*** Digitally timed & Ohio state meet qualifying event**				
****Top 24 times in each event qualify for this event**				