



## Girls Track & Field Athlete/Parent Information

### COACHES COMMITMENT TO ATHLETES

1. To value athletes as an individual and treat them with respect.
2. To do our best to help athletes to improve and meet goals by providing them with encouragement, feedback, and attentive and informed coaching.
3. To help everyone to have fun.

### TEAM EXPECTATIONS

- **BE A TEAM.** Track and Field is a physically and mentally demanding sport. In order for us to be successful, from the first day of practice on, you need to be an individual on this team who:

**COACHES AND OTHER ATHLETES CAN TRUST.  
WILL BE COMMITTED TO EXCELLENCE.  
CARES FOR ALL MEMBERS OF THE TEAM.**

At meets, we want everyone cheering for each City High athlete who is competing, up until the final event. If you are not competing in, warming up for, or cooling down from an event, you should be cheering on teammates. In many cases you can cheer while warming up or cooling down.

- **TRAIN HARD-RACE HARD.** We expect you to give your best effort at all times, expect the best from yourself, and have the willingness to learn and get better. Enjoy the experience and opportunity. Our program is designed to prepare athletes for competition with a mixture of stretching, running, lifting, resting, and discussing mental toughness. We won't evaluate you on "success", but on the effort you put forth towards improvement. You will only get the results you want by putting in the hard work. You will need to be disciplined and dedicated, and there will be sacrifices that will need to be made.
- **BE RESPECTFUL.** Respect the sport of Track & Field, your coaches, and your teammates. Conduct yourself with honesty and integrity at all times. Teammates, coaches, meet officials, and girls from opposing teams all deserve your respect; you, in turn, should expect the same respect from your teammates and coaches. As a member of an athletic team you are in the spotlight more than a member of the regular student body, and everyone is watching you. Disrespectful and negative behavior (back talk, gossip, cliques) from anyone is unacceptable and will not be tolerated. You will be held accountable for your behavior and choices made at practice and at meets.
- **FOLLOW HIGH STANDARDS IN CLASS.** Work diligently on your schoolwork. Your performance at practices and meets is as important as your performance in the classroom. If you are failing classes you may possibly have to miss meets. Monitor your grades and keep up with your school work.
- **TAKE CARE OF YOURSELF.** Drugs, tobacco, and alcohol will harm you and your performance, and not to mention, make you ineligible to compete. Eat a balanced and nutritious diet full of minerals, vitamins, carbs, and protein, get proper sleep, and drink plenty of water. Research has shown that you can prevent injury by sleeping properly.
- **BE PREPARED.** Come to practices and meets ready to go and properly fueled with food and water. In addition have your gear ready to go and bring a positive learning attitude.
- **HAVE FUN!** An important aspect of making a team successful is to make it enjoyable for each other. Bring your positive attitude and it will rub off on others. Show random acts of kindness just because. Think of things we can do as a team to make our hard work more fun and exciting, and allow each team member to contribute to our fun team environment.

### TOM WARD PHOTO

**Action Photos** for the past several sport seasons can be found at <http://twardphoto.com> Tom Ward has generously agreed to donate 50% of the purchase price of City High athletic photos back to the Little Hawks Club.

## COACHING STAFF

We want a large number of participants and your coaches are committed to helping everyone on the team to improve to reach her goals. So, if you are injured, frustrated, wanting to try a new event, let the coaching staff know! We want to hear from you rather than from others.

**Coach Graf:** Head Coach- Jumps (319) 621-2860, [graf.joe@iowacityschools.org](mailto:graf.joe@iowacityschools.org)

**Coach Mittman:** Head Coach- Mid-Distance (319) 325-9027, [t.mittman@mchsi.com](mailto:t.mittman@mchsi.com)

**Coach Cooper:** Asst. Coach- Sprints, Relays (319) 930-0051, [coopernwc@gmail.com](mailto:coopernwc@gmail.com)

**Coach Trefz:** Asst. Coach- Distance (319) 594-0393, [thostrefz@yahoo.com](mailto:thostrefz@yahoo.com)

**Coach Joseph:** Asst. Coach- Hurdles (319) 561-704-5191, [lucy.joseph17@gmail.com](mailto:lucy.joseph17@gmail.com)

**Coach Freeman:** Asst. Coach- Throws (319) 631-0595, [t.k.freeman90@gmail.com](mailto:t.k.freeman90@gmail.com) , [taylorfreeman@uiccuinsurance.org](mailto:taylorfreeman@uiccuinsurance.org)

**Coach Barnard:** Asst. Coach- Sprints, Hurdles (309) 241-5207, [barnard.Lynsey@iowacityschools.org](mailto:barnard.Lynsey@iowacityschools.org)

**Coach Smith:** Volunteer Asst. Coach – Throws (563) 380-1002 [smith-8@hotmail.com](mailto:smith-8@hotmail.com)

**Coach Larson:** Volunteer Asst. Coach -Jumps, Sprints, Hurdles (319) 631-5127, [ktiplarson5@gmail.com](mailto:ktiplarson5@gmail.com)

**Coach Ahlers:** Volunteer Asst. Coach - Mid Distance/Distance (406) 312-3235, [ahlers.lynn@iowacityschools.org](mailto:ahlers.lynn@iowacityschools.org)

## PHYSICALS & PERMISSION TO PRACTICE FORMS

You are required to have a current physical on file with the athletic office before you can practice. If you are unsure you have a current physical, check in the athletic office. If you need to get a physical make an appointment as soon as possible. Also, you and your parents are required to fill out, **and both sign**, the permission to practice form and the concussion form, attached to the school Parent-Athlete Manual. We strongly encourage girls to at least get a Hemoglobin Test and prefer them to get a Ferritin Test as a regular part of their physical.

## PRACTICE TIMES

Weekdays: Monday-Friday- **4:20pm EVERYDAY** (Meeting place will be fluid to begin.)

Saturdays: We will practice each Saturday morning as our meet schedule allows. Time will be at **8:00 am**. These practices are **NOT** optional, so please plan your work schedule accordingly.

Duration: Week day practices will last until approximately 6:20pm, and Saturday practices until approximately 10:00am. Our practice time is very limited. Please **DO NOT** schedule other events until after 6:30 pm on weekdays, and after 10:30 am on Saturdays.

## ATTENDANCE

Attendance is imperative for improvement, and a must to be out for City High Track & Field. All absences from practice need to be cleared through Coach Graf or Coach Mittman in order to be considered excused. Unexcused absences are not acceptable and there will be consequences. Potential penalties could include an athlete sitting out meets and in a case of multiple absences, whether excused or unexcused, consideration will be taken by the coaching staff of whether or not you will be a part of the team. In short- **BE AT PRACTICE!**

## MISSED PRACTICES

You can't improve if you aren't here. If you know in advance you will be missing a practice or meet, you need to tell Coach Graf or Coach Mittman and your event coach multiple times at least 24 hours in advance of the missed practice (this includes Saturday practices!). This notification should be from you or your parents, not friends. We will give you a workout for practices you know in advance you will miss. **Remind us if you will be missing on a daily basis, and write it on the attendance sheets.**

Appropriate reasons to miss practice: School activities (band concert, field trip, college visit, etc...), family emergency, illness (not in school), family trips.

Unacceptable reasons to miss practice: **Homework or tests-** you can arrange to come late to practice, but you must come, **routine doctor or dentist appointments** (when possible, do not schedule these during practice times), **feeling poorly but came to school** (if need be, we will modify the workout) you still need to report to practice, **injuries** (you need to come to practice and do whatever type of workout you are able to do).

Intramural sports- DO NOT miss a practice or meet because of intramural sports, or community recreation sports.

## NUTRITION

As active young women, it is important that you eat well, and sleep well. You have no need to diet and should eat healthy meals at least three times a day, and try to get a minimum of 7 to 8 hours of sleep a night. Distance and mid-distance runners are encouraged to take an iron supplement as well. Also keep well hydrated throughout the day. You will feel better and perform better at practice and at meets

In addition, the use of drugs, tobacco, or alcohol will impair your performance and can do permanent harm to you. It is expected that you will abide by all ICCSD policies regarding drugs, tobacco, and alcohol. The substance policy at CHS is a 365 day policy. Be aware of this and make good decisions.

## EQUIPMENT

Track and Field is a sport that doesn't require much in terms of equipment. The only thing you really need to pay attention to are your shoes. Start the season with shoes that don't have too many miles on them. You should have a pair of shoes that were designed specifically for running. Old or improper shoes will cause injuries. If they are 6 months or older, they are too old. There are many places you can purchase shoes in the area but we recommend going to Fin & Feather. They are located on Highway 1. They are knowledgeable and will get you into a new pair of shoes at a reasonable price. You get a discount for being a student.

During the early part of the season you will also want to make sure you are properly dressed for the weather. In almost all cases **we will** go outside and practice, even if it is only for a little while. Hats, gloves, sweat pants, and multiple layers should be brought each day. Also, listen to the weather forecast to help your planning. Don't miss out on practice because you forgot to bring the proper clothing.

You will also receive uniform shorts and tops, as well as competition sweats issued from the school. Please keep track of these throughout the season, especially at meets! It is important that you take good care of the equipment you are given! The cost for replacement of all of these items is in excess of \$200. At the end of the year there will be specified dates for you to turn in your equipment. If you do not turn in your equipment at this time or make arrangements to do so at another time, a late fee will be charged.

Please take care of the warm ups. **DO NOT** abuse them or they will be taken away. There should be very few times when you need to wash them, but if you do, you need to follow the directions on the label: NO BLEACH, NO DRYER, and MILD SOAP. We would hate for someone to have to pay for these simply because they didn't read the directions.

## SOCCER, SOFTBALL, GOLF, AND TRACK AND FIELD (Dual sport participation is decided upon an individual basis)

The Golf and Soccer coaches and your Track and Field coaches are committed to allowing kids to participate in both soccer and Track & Field or Golf and Track & Field at the same time. Soccer practice will begin 5 weeks after the start of track practice. A schedule has been created with Coach Prunty for those who intend on doing both sports. This schedule identifies which days you are to go to track practice and which days you go to soccer practice. There are also some games or meets that you may miss to attend the other sport. If you are committed to being involved in two varsity sports at the same time, this may be a challenge for you and may influence your participation in other extra-curricular or club activities. There will be some team events you may have to miss due to being involved in two sports.

We will also work with Coach Koenig so that you can participate in Softball. When Softball begins you will be expected to focus on Track and Field first, and will be able to attend Softball practices to watch and participate in low active drills during the weeks of the District and State meets as time allows.

## CLUB SPORTS

Athletes who desire to participate in a club sport during a school sport season are to notify their respective coaches as soon as possible. Missing a City High contest because of a club sport could jeopardize an athlete from being part of the team if not communicated in advance. This policy is intended to protect the integrity of all City High teams and enhance the ethic of commitment and teamwork that participation in interscholastic athletics can provide our students. Students who are participating in a club sport during the same season as a City High sport needs to complete the non-school team participation form found in the athlete/parent manual.

## COMMUNICATION

Communication on a large team is critical. Below are several means that we will use to keep in contact with you throughout the season. The main ones will be Email, rSchool, and the team website

- **Email:** Look for emails at least once per week with updates of weekly announcements, meet results, and other information. Check your e-mail account regularly and be sure to take us off your junk mail list.
- rSchool Today
- Twitter: @CHSTrack
- Bulletin Board and Word of mouth
- Track Web Site: [www.cityhighruns.com](http://www.cityhighruns.com)
- Text messages on occasion

AWARDS- Awards will be given at the end of the year banquet (Attendance, Leadership, Most Improved, Little Hawk, Relay Queen, Most Valuable, etc....)

For all awards, you must attend 90% of all practices and meets, and show excellent effort, and improvement.

For Varsity awards, you must satisfy one of the following:

- Compete in at least one varsity event in 3/4 of varsity meets.
- Meet the Standard of Excellence (listed below) for your event(s) either individually or as part of a relay.
- Seniors who have competed all three or four years will earn a varsity letter.
- Coaches Discretion

# STANDARDS OF EXCELLENCE

<u>EVENT</u>	<u>PERFORMANCE</u>	
100	13.3 open	4x1: 51.5, Sprint Med: 1:55.0
200	27.5 open	S. Med: 1:55.0, 4x2: 1:51.0
400	62.5 open/relay	
800	2:30 open/relay	
1500	5:15	
3000	11:30	
100 H	16.5	Shuttle: 1:10.0
400 H	1:11.0	
SHOT PUT	34 ft.	
DISCUS	105 ft.	
LONG JUMP	16 ft.	
HIGH JUMP	5 ft.	

## IMPORTANT DATES

- Spring Break: March 13<sup>th</sup>- 17<sup>th</sup>. We do have two scheduled meets over this time (ISU and MVC), and we will have practice, so check your schedules and plan accordingly. We do understand some girls will be gone.
- Senior Day: March 21<sup>st</sup> (Tuesday) during the Sherwood Relays
- Senior Night Team Dinner: Wednesday May 3<sup>rd</sup> the night before MVC Divisional meet

## STADIUM CLEAN UP

As many are aware there was a change to how stadium clean-up was organized this past year. This process is expected to continue for next fall. Please be aware that since we only go one time **ALL TEAM MEMBERS NEED TO BE THERE!** Check your emails and keep an eye on social media when the time is near.

## CONCESSION STAND INFORMATION

Each Sport is assigned to work concession stands during other sports. The proceeds from these concession stands go to the overall general athletic fund at City High which pays for equipment and uniforms among other necessities. By volunteering we are helping better the overall athletic experience for all student athletes. Concession stands during home Track & Field meets will be the responsibility of the City High Girls Track & Field program and the proceeds go directly to our program. Emails will be sent out prior to when we are responsible for a concession stand. If you are not in a winter sport or activity and were a Drake and /or State participant **please** plan on helping out. Others are encouraged to help out as well.

## rSCHOOL TODAY

Please consider signing up for notifications or subscribe to certain activities through our school/conference calendar. You can do so by going to [www.mississippivalleyiowa.org](http://www.mississippivalleyiowa.org) and then clicking on the link for Iowa City High. Then look for the Notify Me or Subscribe link in the upper right hand corner of the screen. If you use this service you will be notified by phone and or email of any and all changes of activities you sign up for.

## LITTLE HAWKS CLUB

Please consider joining the Little Hawks club for \$25 a year. They are a branch of the Iowa City Booster Club and is the primary funding source for the City High and South East Junior High Athletic Departments. Over the years the LHC has donated over \$70,000 towards uniforms, given thousands of dollars each year for equipment to both City and South East which supports over 80 teams, and has supported large facilities projects benefitting athletics in general on both campuses.