

# 2009

# Tech Track and Field

## Family Handbook

Welcome to this year's track and field season!! We are very excited to work with you and your child. In order for all involved to know what to expect, we have created this handbook for track and field families. In these pages, you will find information on what is expected of your son/daughter during practice, meets, and elsewhere, how you can support him/her and the coaching staff throughout this season. Thanks for your support!

### ***What does my child need to do in order to participate in her track and field season?***

First of all, please make sure that he/she has a current athletic physical on file with the school. If he/she does not, schedule one ASAP. Next, you and your child need to fill out the activity form (found in the Activities Office) and pay the fee. At this point, all should be ready.

### ***What should my child have for practicing each day?***

In order to participate in our practices, please make sure your child has the following items: shorts, t-shirts, sweat pants, sweatshirts, water-proof pants/jacket, mittens, hat, GOOD running shoes, a water bottle, a swimsuit for pool practices, a towel, and event specific competition shoes/spikes.

### ***What kind of shoes should my child have for the season?***

Your child will be participating in one of three areas: distance, sprints, or throws. If he/she is a thrower, a comfortable tennis shoe with a very smooth flat bottom is appropriate. For all runners (distance and sprinters), we suggest you go to a local athletic store, like the Endurance Shop, and have an employee evaluate your child's bare feet. They will look for the form of the foot and suggest a shoe based on that information and the events in which he/she plans to participate. A general rule of thumb for high school runners is to look for a shoe with tons of support - not just the best *looking* shoe! We have seen many seasons cut short due to bad training shoes.

### ***When do you practice? When should I plan to pick my child up?***

We usually practice at 3:30 each day and are finished with practice by 5:30. (In the early season, there MAY be indoor practices at later times - check the schedule for more information) As coaches, we will communicate with our event athletes to let them know if we are going to be earlier or later than planned.

### ***What does my child need for meet days?***

On meet days, athletes need to be prepared for ANY kind of weather - after all, we do live in Minnesota! For each meet, they need their uniform, black tights to wear under competitive shorts, warm/water-proof clothing to wear over their uniform, a hat, mittens, sunscreen, healthy snacks and water.

### ***What about meets? Who competes, where are they, when should we go to watch our daughter???***

When we have a meet, we give each athlete a line-up no later than the day prior to the meet. In many meets this year, we will have unlimited entries, meaning we'll make sure everyone who is in good standing competes. However, in some meets, we will be limited to 2-4 athletes. In this case, we will still try to find a spot for as many athletes as possible. However, athletes need to realize that they must earn that spot through their performances and dedication. **COACHES DECIDE WHO DOES AND DOES NOT COMPETE** - please do not question our judgment. We will do our best to ensure that each athlete has an opportunity to compete, assuming he/she is putting in the effort during practices.

If you are interested in watching the team, we will give location information, approximate times of events, and directions to anyone who wants them. We LOVE our fans! Tech usually has the biggest fan group in the stands - let's keep it that way!

### ***What if my child is upset about something that happened during practice or at a meet?***

If athletes are upset, please encourage them to speak with a coach. This teaches children responsibility and initiative. If speaking with the coach does not clear up the issue, we are glad to meet with you and your child.

### ***How can I be supportive of my child, the team and the coaching staff?***

1. Be a fan of everyone at meets! Get to know the names of athletes and who does what event. Cheer them on!
2. Respect the coaches' decisions - we truly have their best interests at heart.
3. Respect fans, coaches and athletes from other teams.
4. If you have an issue with the program the **COACH** needs to be the first to know. Our program relies on its positive reputation. Please be committed to that!
5. Encourage your child to care about the team - be a good sport and set a positive example for them.

### ***What are the academic expectations of my child?***

Athletes must be in good standing in all of their current classes. If they are failing a class, they will **NOT** be allowed to compete until the issue is taken care of! On top of this expectation, athletes must follow MSHSL and Tech rules for academic eligibility.

***What should happen if my child needs to miss a practice?***

If this is the case, we need to know **NO LATER THAN** the day before. Please send a note with him/her or an e-mail letting us know why they are missing and your contact information so we can verify if needed. **A missed practice can result in missing the next meet.** We will decide this on a case-by-case basis. **PLEASE NOTE:** We base our training on the assumption that our athletes are **ONLY** participating in track during this season. Any further training in another sport will most likely result in overuse injuries and a break from competition, which affects the entire team.

***What other expectations are placed on my child during this season?***

- All athletes **MUST** be in school during the **second half** of their day in order to practice and/or compete. (11:30 a.m.) If an athlete needs to leave during the second half of his/her day, it needs to be approved by coaches and/or the Activities Director. Any violations of this will result in missed competition and/or practices.
- If students are able to drive, we expect that they are doing so safely.
- We expect all athletes to stay at every meet until it's completion, and clean up camp prior to leaving! (Usually, this means until after the 4x400 relay)

***How can I contact the coaches?***

If you need to contact the coach, please use one of the following:

**John Telega (Boys' Coach):**

john.telega@isd742.org

Daytime Phone: 251-1322 ext. 1933      Evening/Emergency Phone: 492-7282

**Lisa Hines & Jodee Blair (Girls' Coaches):**

Lisa.hines@isd742.org      jodee.blair@isd742.org

Coach Hines Daytime Phone: 252-2231 ext. 3156

Coach Blair's Daytime Phone: 252-2231 ext. 3271

***Important Web-Sites:***

<a href="http://isd742.org/techrunners">http://isd742.org/techrunners</a>	This site is our own track and field site. You will find a lot of valuable information including announcements, meet info, etc.
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<a href="http://www.isd742.org/~tech">http://www.isd742.org/~tech</a>	This is Tech's web-site. Please click on "Notify Me" for any changes in meets.
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<a href="http://www.clcmn.com">http://www.clcmn.com</a>	This is the Central Lakes Conference web-sit. Use it to find directions to meet sites, results, and players of the week.
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<a href="http://www.naceberryjam.com">http://www.naceberryjam.com</a>	This is the Minnesota State Track Coaches' Association's Honor Roll web-site. If your child hits the standards set, their name will appear on the site for their event.
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Please fill out the information below, sign and turn this into Coach Telega (BOYS) or Coach Hines and Blair (GIRLS) during the first week of practice. Your child will not be eligible to compete until this form is turned in!!

Athlete: \_\_\_\_\_ Grade: \_\_\_\_\_ Age: \_\_\_\_\_

Your Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

I have read the parent handbook and understand the expectations for my child and myself during this track and field season.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_