

**COLLINS HILL
HIGH SCHOOL**

**TRACK AND FIELD
HANDBOOK**

2012



INTRODUCTION

Welcome Eagle Parents! This handbook is intended to make our Track & Field parents' lives a little easier. We have made every attempt to include useful information and provide you with a reference guide when questions arise.

Most of this information has been or will be supplied to your athlete by the coaches on an as needed basis. This book will serve as an additional means of information so parents are aware of the things that have been discussed with their athletes.

We are proud of our coaches as well as our athletes and look forward to another great Track and Field season in 2012!

PARENTS' COMMUNICATION

To better communicate with our parents, the Eagles will be utilizing e-mails as needed. Should you need to communicate with the coaches, we have included their e-mail addresses in the handbook. The coaches check e-mail regularly and will respond to questions or concerns as quickly as possible as their teaching and coaching schedule permits.

VOLUNTEERS

A successful Track & Field season is possible only with the support of our parent volunteers. We will be asking for your help at both home and away meets throughout the season. We will ask that all families be involved by helping with our home meets (working the concession stand, hospitality suite, admission gate or on the field).

EAGLE ICEBREAKER Saturday, March 3, 2012

Volunteers will also be needed for our other Home meets (3/14, and 4/11) and our end of season banquet (5/15) to decorate, assist with check in, and bring desserts.

We understand that many of our athletes compete in more than one sport per year and that many of our parents have already given of their time this year but each sport needs its parents to stay actively involved so that the majority of the workload does not fall on just a few. With everyone's continued participation and help the time needed for each family can be kept at a minimum. The more people we have volunteer, the less time is required of each and it's more fun for everyone!

ELIGIBILITY

Academics

The Georgia High School Athletic Association rules stipulate that a student must be enrolled in at least 5 courses per semester and have passed 5 classes since the beginning of the previous semester, as well as being on track to graduate, in order to be eligible to participate in any sports or extra-curricular activities sponsored by the high school.

Residency requirement

Each athlete must live within the recognized school district.

Physicals

Each athlete must have a valid physical completed within the last year. These forms will be kept on file with the school. Dates will be announced as to when physicians will be on hand at the school to do physicals for athletes. Otherwise, the form can be taken to your family doctor and your physician can perform the physical and sign the form to be returned to the coaching staff. **WITHOUT THESE PHYSICALS ON FILE, YOUR ATHLETE CANNOT PARTICIPATE!**

Insurance

Health insurance coverage is necessary to participate.

Athlete's Contract

Your athlete must have a signed contract on file with the coaching staff (distributed to all new athletes at the beginning of each season).

CONDUCT

Remember, athletes represent Collins Hill High School. All school rules will apply at all times. Respect for fellow team members, coaches, officials, opponents, school facilities and equipment will be demanded. Sportsmanlike conduct is required at all times! Team Eagle makes a commitment to you, so you need to make the same commitment to the team.

MEET ATTENDANCE

Attached you will find a current Collins Hill Track and Field Meet Schedule. At the beginning of each week during the season the coaches will give hand outs to all athletes who will be competing in the upcoming meet. This will include detailed information including the event location, directions to the meet, and meet schedule with event times. Because of the length of time that is required for track meets not all athletes competing that day are required to ride buses. This is determined by the coaches and they will make your athlete aware if they need to ride the bus or can arrive at a later time (depending on the event). This is usually at least 90 minutes prior to the start of his or her event.

TRANSPORTATION

The coaching staff is responsible for arranging transportation on all team trips. Parents and athletes must pay careful attention to the directives on the meet memos. Sometimes we will provide buses and other times, we will need drivers. Regardless, athletes are expected to comply with the instructions provided for each individual trip. Riding the bus may be mandatory or optional depending on the meet. **Per state policy, athletes are not allowed to transport themselves to meets under any circumstances and must communicate with the coaching staff if they cannot secure adequate transportation when we are using parent caravans.** In most situations, athletes may ride home from the meet with parents but are required to travel to the meet with the team by means of the designated mode of transport.

OVERNIGHT TRAVEL

Typically, we will have 1-2 overnight trips per season. For these trips, the coaching staff will arrange all transportation, meals, and hotels for the team members in advance and will notify all team members in a timely manner. However, the coaching staff will not reserve hotel rooms for parents but will share information as available for recommended hotels. All athletes

participating on an overnight trip are expected to travel with the team and stay in the designated hotel. Requests for exceptions must be made a minimum of 48 hours in advance via note or e-mail. Depending on the circumstances, requests may be granted or the athlete may no longer be included on the trip.

TRACK BANQUET

Our end of the year Track & Field banquet will be held on Tuesday, May 15, 2012, in the Commons Area at 6:30 p.m. Plaques, letters, and special awards will be presented at this event. Everyone is invited to attend this event and help us celebrate our winning season!! Athletes' dinner will be provided as part of their fee. Other guests will pay for their meal. Reservations will be required. As the event gets closer, we will be asking for volunteers to help as well as asking people to send in desserts. More information will be distributed at a later date.

The following is a list of sixteen events sanctioned in GHSA Track & Field:

Sprints	100 Meter Dash	200 Meter Dash	400 Meter Dash
Hurdles	100 Meter Hurdles	300 Meter Hurdles	
Relays	400 Meter Relay	1600 Meter Relay	
Distance	800 Meter Run	1600 Meter Run	3200 Meter Run
Jumps	High Jump	Long Jump	Triple Jump
Throws	Discus	Shot Put	
Pole Vault			

LETTERING AND STATE REQUIREMENTS

Letters will be awarded based on the following criteria:

1. Adherence to contract standards
2. 90% attendance at practice
3. 70% participation at meets
4. Achievement of Event performance Mark
5. Coaches' discretion

REQUIREMENTS FOR TRY-OUT:

- Pass 5 of 6 classes from the Fall semester and be on track to graduate
- Live within recognized school district
- Valid physical on file with insurance information (since last April!)
- 90% attendance, good attitude, hard work!
- Meet performance requirements in try-out events