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# TRACK & FIELD - TEAM HANDBOOK 2023



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## Track & Field Overview

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### Coaching Staff

We are always excited about this upcoming season and we can't wait to get your training started. We believe communication between athletes and coaches are keys to a successful season; so, don't hesitate to talk to any one of us. It might be necessary to set up a time to meet before or after practice; just let us know. If you would like to talk to us for any reasons, we are more than

willing to talk with you and will do what we can to help. If your parents would like to talk to either of the Head Coaches, we would be happy to meet with them at a pre-arranged time. Here's how you can reach all coaches:

<b>Name</b>	<b>Email/Phone</b>	<b>Title</b>	<b>Events</b>
Michael Smith	mike@ms-sales.com	Girls Head Coach	Distances
Brad Anderson	andersonb2@issaquah.wednet.edu	Boys Head Coach	Throws, Conditioning
Kenneth Burns, II	kaebee24@gmail.com	Assistant Coach	Mid-Distance & Jumps
Carolyn Burns	burns_family@hotmail.com	Assistant Coach	Sprints & Jumps
Nate Jarvis	natejarvis50@gmail.com	Assistant Coach	Throws
Rob Enghusen	EnghusenJ2@issaquah.wednet.edu	Assistant Coach	Throws
Jason Keniston	jasonkeniston@yahoo.com	Assistant Coach	Sprints & High Jump

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## Philosophy

The Liberty Track & Field coaching Staff will:

- Teach the value of good sportsmanship, cooperation, team spirit, and provide an atmosphere of friendship, acceptance and support.
- Develop an appreciation of hard work, perseverance and self-sacrifice to achieve worthwhile goals.
- Teach that a willingness to strive persistently toward self-improvement is more important to achieving success than getting by on talent alone.
- Provide an excellent physical conditioning program and stress the importance of regular exercise in maintaining health.
- Be available to parents on an appointment basis.

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## Code of Conduct

The Liberty Track & Field coaching Staff will:

- Challenge you to do your best and set goals for yourself.
- Come to every practice prepared.
- Have a positive, upbeat attitude.

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## Season Begins

The season will begin **February 27th**. All athletes need to attend the 1<sup>st</sup> practice, registered or not, 3:15 p.m. in the Home stands (Bleachers). Registered athletes will practice on Monday so come prepared with proper gear!

To be eligible to participate in Track & Field, you will need to fill out the required forms located on Final Forms. See [Appendix B - Order of Running & Field Events](#) for 2023 order of running events at dual meets.

# Equipment

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## Uniforms

Warm-up tops and uniforms will be issued to you the day before you are eligible to participate in your first meet. You will be required to sign for your warm-up and uniform before it will be issued to you. It is your responsibility to keep up with your uniform for the entire season. Please remove all lane number stickers and wash/dry all pieces with the inside out. Lost or damaged warm-ups and uniforms will need to be replaced by the athlete/parent. Senior diplomas will be held until their uniform/warm-ups have been returned or replaced.

We will not be supplying bottom half warm ups this year. We would like for all of our athletes to purchase black sweatpants/long pants to wear for warm ups so we can all look like a team together.

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## Training Shoes

Fortunately, not a lot of equipment is required for Track & Field. The most important piece of equipment needed is a good pair of training shoes. Your training shoes should be relatively light weight and comfortable. We recommend that you purchase your shoes at a store that specializes in running shoes. Spikes or other special shoes for throwing and jumping may be recommended. You may ask your event coach for guidance.

# Rules and Expectation for Athletes

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## Rules

The main purpose for attending Liberty is to provide a quality education to all students; hence, our track program will be ran along these same lines. For this reason, all rules and regulations of the school must be followed as well as the WIAA guidelines for high school athletes. The following are a few rules that are important to follow in our program:

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### School Rules

1. If you are absent any part of the school day, (per school rules) you will not be eligible to practice or compete on that day unless prior arrangements are made with the Athletic Director.
2. Per your Liberty Student handbook, anyone caught in possession with or under the influence of drugs, alcohol or tobacco products is subject to all penalties and suspensions as detailed in the handbook.
3. You must meet the academic requirements for participation in Track & Field as spelled out by the Liberty Student handbook.
4. Any suspension from school will result in an automatic suspension from the Track & Field team.

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### Practice Rules

1. All athletes are expected to attend all scheduled practices; exceptions must be cleared BEFORE PRACTICE with a Head Coach.
2. Unexcused absences will result in limiting an athlete's ability to compete in the next meet/invite.
3. A pattern of unexcused absences can lead to a dismissal from the team.
4. Athletes attending less than 75% of the practices during the season may be prohibited from attending all meets including the KingCo Championship meet. Other disciplinary actions may be enforced in lieu of missing any meets. Unforeseen circumstances causing the absences will be taken into account before a decision is made.
5. All injuries must be reported to your primary event coach and your Head Coach as soon as possible.

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## Meet Rules

1. You are expected to ride the bus to all away Meets. If this is a problem, we will work something out ahead of time. The bus will leave as scheduled; if you miss the bus, you may not be able to compete.
2. Your parent or guardian must sign you out with the appropriate Head Coach to take you home from all away meets.
3. You are responsible for your own and school issued equipment. If you forget something, it is up to you to replace it. We will work with you; but, it is not our intentions to hand out gear more than once.
4. Only school issued uniforms (or those prior approved by the coaches) are allowed during meets.
5. You can only pull out of an event with your event coach's approval.
6. Anyone ejected from a meet is automatically suspended from the next competition. If the next competition is an Invitational, you will miss the entire Invitational. If ejected a second time from a meet, you will be suspended for the rest of the season.

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## Varsity Letter

To be eligible for a varsity letter, you must complete the entire season and participate in the KingCo Championship. Also, any athlete who has been a part of the Liberty Track & Field team over four seasons will automatically earn a letter even if they have not competed in the League Championships. **IMPORTANT NOTE:** The coaches have the final decision on all lettering issues. We reserve the right to letter an athlete who would have, in the opinion of the coaching staff, competed in the League Championship Meet, but due to unforeseen circumstances, such as a season ending injury, was not able to compete.

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## Relays

The selection for relay teams is a subjective process. It is not always the case that the four fastest athletes will be on a given relay. Many factors are taken into account when selecting a relay team. Consistency, attendance, and a team attitude are just as important as speed when selecting our relay teams. Relay teams are subject to change at any point in the season. Relay coaches will communicate any changes on a regular basis to all athletes involved. If a student/athlete is placed on a relay for a designated meet, the relay member must be present at the practice the day before said meet. If a relay member is not present, he/she may be removed from the relay team for that designated meet. Relay coaches strive to practice fairness in relation to substituting, while also attempting to present the most competitive team possible.

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## Expectations

We expect you to continually put forth your best effort to benefit yourself and your team. Your hard work, dedication and attitude will determine your success. Bring a positive attitude. Attitudes are contagious!

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## Code of Conduct

1. You are expected support the coaches and the officials in order to encourage a positive and enjoyable experience for all.

2. You are expected encourage good sportsmanship by demonstrating positive support for all teammates, coaches, officials and opponents at every meet and practice.
3. You are expected abstain from any activity that will dishonor yourself, your school or your team.

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## Practice Expectations

Since track meets are not canceled for rain, track practice will never be canceled because of rain.

1. You are expected to come to every practice. You will only be excused if you have an excused absence for the entire school day. We would like to have everyone at practices, but respect that other commitments may not make it possible.
2. Practice attire should be weather appropriate. Please come prepared every day for any possible weather condition. All attire worn is subject to the coach's discretion on whether it is appropriate or not. School issued uniforms or sweats are not for practice use.
3. You are expected to be dressed and on time for practice every day. On Monday, Tuesday, Thursday and Friday, practice will begin at 3:20 p.m. on the Track. On Wednesday (Late Release Day) practice will begin at 4:10 p.m. If you desire additional warm-up or stretching time, you will need to arrive to practice earlier. Tardiness will be handled on an individual basis.
4. You are expected to participate in the entire workout each day unless it has been modified for you by your coach. Injured athletes are required to attend practice as well and will be given a special workout (if appropriate).

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## Meet Expectations

1. You are expected to come to every competition. You will only be excused if you have an excused absence for the entire school day.
2. *You are expected to stay for the entire meet.* If circumstances prevent you from staying for the entire meet, see **Meet Rules** for how to handle this. We would like to have everyone stay at the meet to support their teammates, but respect that other commitments may not make it possible.
3. You are expected to participate in multiple events. It is your responsibility to check the event schedule the day before and of the meet and know what events you're competing in.
4. Wear team issued uniform on the day of a meet.
5. Participate in warm-ups and event specific cool down routine.

# Expectation for Parents

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## Parent Expectations

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### Code of Conduct

The Liberty Track & Field parents will:

- Encourage good sportsmanship by demonstrating good sportsmanship towards all athletes, coaches, and officials at practices and meets.
- Place the emotional and physical well-being of your athlete above any personal desire to win.
- Support coaches and officials working with your athlete in order to provide an enjoyable and fun experience.

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### Conflict Resolution

If you have concerns you wish to address about your athlete, please approach the issue in the following order of precedence:

- Have your athlete speak with their Head Coach about the issue. If not resolved, then,
- Set-up a meeting to talk with your athlete's Head Coach. If not resolved, then,
- Set-up a meeting to talk with the Athletic Director and your athlete's Head Coach. If not resolved, then lastly,
- Set-up a meeting with the Principal and the Athletic Director.

We will do everything in our power to make your athlete's experience in the Track & Field program a successful one.



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## Appendix A – Rules/Expectations Acknowledgment Signatures

Please return this page to one of the coaches:

I \_\_\_\_\_ (printed student name) have read the “Track & Field Team Handbook” and know what is expected of me. I understand that the equipment check out to me is my responsibility and that I may be charged the team price for any equipment broken or loss through negligence.

Signed: \_\_\_\_\_ Email: \_\_\_\_\_  
(Student/Athlete)

Signed: \_\_\_\_\_ Email: \_\_\_\_\_  
(Parent/Guardian #1)

Signed: \_\_\_\_\_ Email: \_\_\_\_\_  
(Parent/Guardian #2)

## Appendix B – Order of Running & Field Events

### Running Events

<b>Event</b>	<b>Gender</b>
800 Meters Relay (4x200m)	Girls
110/100 Meters Hurdles (39"/33")	Boys followed by Girls
100 Meters Dash	Boys followed by Girls
1600 Meters Run	Boys followed by Girls
400 Meters Relay (4x100m)	Boys followed by Girls
400 Meters Dash	Boys followed by Girls
300 Meters Intermediate Hurdles (36")	Boys
300 Meters Low Hurdles (30")	Girls
800 Meters Run	Boys followed by Girls
200 Meters Dash	Boys followed by Girls
3200 Meters Run	Combined Boys and Girls
1600 Meters Relay (4x400m)	Boys followed by Girls

### Field Events

<b>Event</b>	<b>Gender</b>
Shot Put	Boys followed by Girls
Discus	Girls followed by Boys
High Jump	Boys followed by Girls
Pole Vault	Girls followed by Boys
Long Jump	Boys & Girls combined
Triple Jump	Boys & Girls combined (follows long jump)
Javelin	Boys & Girls combined