

2022
HAMILTON TOWNSHIP
TRACK AND FIELD
HANDBOOK



I. OBJECTIVES

- A. To develop and sustain good leadership qualities.
- B. To develop the ability to lead as well as follow.
- C. To be an outstanding representative of Hamilton Township High School in both verbal and non-spoken actions.
- D. To create and accomplish short and long term goals.
- E. To gain strength, speed, and stamina for your specific event / energy system throughout the season.

II. ELIGIBILITY/PARTICIPATION

** see Hamilton Local School District Athlete Code of Conduct*

III. UNIFORMS

- A. Your uniform is your responsibility! Keep it clean! Do not loan any part to anyone else.
- B. Uniforms must be worn to and from all events unless otherwise approved by the coach.
- C. Only team-issued gear will be allowed over uniforms at any time. High School Athletes wear Approved Warm-Up, MS wear Spirit Gear.
- D. Only Solid Black shorts or tights are to be worn as bottoms. We do not provide these items as they are basically like underwear and sharing with a person another year is “gross”.
- E. Uniforms must be cleaned and turned in by the BANQUET or after the STATE TRACK MEET if you qualify.
- F. Any lost, misplaced, stolen, or damaged items are the sole responsibility of each team member. You will be held financially responsible to replace each item. **YOU WILL HAVE A SCHOOL FEE IF NOT TURNED IN.**

IV. PRACTICES

- A. Regular practices are necessary. This is not the time to socialize or waste valuable time.
- B. **BE PROMPT and ready to complete workouts!!!**
- C. Coaches will determine practice schedules. Any changes will be made known to team members as soon as coaches are aware of them.
- D. All practice sessions are mandatory unless stated otherwise by the coach. These include **working high school or middle school track meets.**
- E. You must obtain a written doctor’s excuse to be medically excused from practice/performance. A written doctor’s permission slip is required to once again commence practice/performance. This is handled through the Athletic Trainer.
- F. Practice sessions are closed on the field to **parents, friends, and all others** unless otherwise stated by the coach. Parents may choose to watch practice from the stadium bleachers if they wish.
- G. Proper attire is required, i.e. sweats, shorts, t-shirts, socks, and tennis shoes, track spikes.

V. ATTENDANCE

A. TRACK TAKES PRIORITY OVER ALL OTHER NON-FAMILY COMMITMENT

Work with your employer and club teams to ensure you can attend our practice from 2:30 until 4:15. If you are in a conflict between Track meets and a Club Game for another sport, Track Meets take precedence unless prior approval is given from Coach. By OHSAA rules you may not practice or participate with another T&F Club in season.

B. Runners are excused from games and practices with an excused absence from school or other reasons determined by the coach.

C. In case of injury, attendance is still mandatory unless a doctor's note is provided to dismiss from practice. Our school district provides physical therapy for our athletes, so have your doctor write a script for PT and save the PT copay and time missed from school for those appointments

D. Consequences for being Late to Practice (unexcused):

Tutoring is excused. After School and Extended day is NOT.

Coaches must be notified by the team member or their parent(s), if they are going to be late to or absent from a track meet (1 week notice). **A note must be provided stating the reason.**

1st Late Practice: You will carry and fill the water buckets for practice and return them after practice.

2nd Late Practice: You will carry shots and discs to the throw area and back to the storage unit after practice.

3rd Late Practice: You will pick up garbage within the stadium after practice. Coach will provide garbage bags and gloves.

4th Late Practice: Team captain meeting to determine disciplinary actions.

E. Athletes will only get ONE unexcused practice without communication. ALL missed practices will require a 24 hour prior notice from the athlete. If less than 24 hours, a PARENT communication is required. On the SECOND unexcused, the athlete will be removed from the program.

VI. Track Meets

A. Runners are to maintain dignity and will conduct themselves in an honorable manner at all times as a representative of the Hamilton Local School District.

B. It is your responsibility to warm-up and cool down at the appropriate time. Use the provided warm up schedule to determine when to warm up and cool down.

C. After each event you run in or field event attempt you will go to your coach at their designated coaches box or area for advice to improve your future performance.

D. **You will stay at the team camp at all times unless warming up for an event or participating in the event.** This is not the time to socialize with runners from other schools or your friends.

E. You will not leave the stadium during a meet unless the athletic director or principal signs the official school release form. (Distance runners may run on school property outside of stadium gates on an approved route from the distance coach.)

VII. MEET DAY PROCEDURES

- A. **Home Meet:** Transportation to ALL home games/functions is the responsibility of each member and their parents. Arrival times are as follows unless stated otherwise by the coach. Teams will meet at the designated team camp
Home Meets: Arrive 1-hour prior to the start of the meet.
- B. **Away Meets:**
 - 1. All team members will travel to and from all away games via school transportation, bus or van. Any exceptions to this must be requested 24 hours in advance, and approved by the coach **AND** Athletic Director via a Travel Release Form.
 - 2. You are to arrive at a designated meeting place 15 minutes before transportation is scheduled to leave. This will be announced at practice.

VIII. MISCELLANEOUS

- A. All runners will participate in fundraising activities and be responsible for their own money collections and turn-ins, if applicable.
- B. **Attendance at the banquet is mandatory unless previously excused by the coach.**
- C. All runners must keep general information up to date with the coach and school administration regarding change of address, phone number, custody, etc.
- D. Profanity is not allowed.
- E. Any use of drugs, alcohol, or tobacco, as well as ANY incidents involving any law enforcement, not including automotive moving violations, will be an automatic denial of participation from the HT Track and Field Team for a time determined by the athletic director via the Athletic Handbook.
- F. Detention, ISS, and OSS are unacceptable behavior, and will be disciplined respectively.
- G. ***Be advised that the coach may bench/remove a member at any time for breaking any of the handbook rules, being insubordinate (having a bad attitude), or harming a member of the team or coaching staff.***
- H. If a coach feels that a member is not performing to the best of their ability at practice or competition, the coach may bench and replace said member with a different member. This may or may not be a permanent replacement.

IX. QUITTING THE TEAM

- A. If you choose to quit the Track & Field Team at any time, the following must be filed with the coach:
 - 1. A letter explaining why you are quitting
 - 2. Meeting with the Coach and Athletic Director
- B. Anyone who leaves or is removed from the team during the season must return all parts of the school owned uniform to the coach, cleaned, within 2 days.
- C. Athletes that quit a sport in season are not allowed to participate in activities such as weightlifting for other school sports, or off season practices for other school sports unless cleared to do so by the athletic director

XI. SOCIAL MEDIA & DIGITAL COMMUNICATION

- A. Social Media (Facebook, Twitter, Instagram, Tik Tok, SnapChat etc.) will be used only to promote positive aspects of the track & field teams, athletes, coaches, administration, opponents, officials, in general any human. Negative communication from athletes and/or parents may result in removal from the program or other consequences.
- B. Questions to coaching staff should be sent to the coaches email provided on the website. Do not send direct messages on Twitter or any other social media platform.
- C. When a student-athlete needs to directly contact a coach via text message we will require that you also add your parent to the text as a group chat. This will eliminate a break in communication between coaches, parents and athletes.

XI. DISCIPLINE

Disciplinary action will be administered on an as-needed basis at the coach's discretion. Any problems arising and noticed by the coach will warrant a verbal warning first, unless it is a flagrant violation of the said contracts and agreements.

XII. PARENT GUIDELINES

1. If you or your child has any concerns pertaining to Track & Field throughout the year, please contact the coach immediately for a private conference. We ask that you do not attempt to resolve a problem before, during, or immediately after a scheduled practice or game, as proper attention cannot be given to the situation at that time. It is important that we reach a solution as quickly as possible, as well as one that is fair to all involved.
2. The school contract, as well as the Track & Field handbook, will be upheld to the fullest.
3. For those members that need rides, we hope that we will have your complete cooperation with helping to get them to practices and games on time, and making sure we are notified if for some reason that is not possible. We also need your promptness in picking them up after practices and games. Coaches do not give rides to any members on the team.
4. Due to the nature of the sport times may vary substantially for the buses/vans returning to school after a meet. Your understanding with this is greatly appreciated.
5. All Calendars can be added to your Android or iOS device via htrangertrack.com
6. We ask for your support throughout the year. Attending as many meets as possible, wearing green and gold. Any ideas you may have to help us are always welcome, too!