

# Lake Forest High School: 2010 Track & Field

## Policies, Procedures, General Information And Coaches Expectations

### Coaches

Head Coach	Denis Sheeran...Sprints/Relays
Assistant Coach	Dan Holton...Pole Vault
Assistant Coach	Lester Long...Long and Triple Jump
Assistant Coach	Brian Runft...Long Distance
Assistant Coach	John Brumund-Smith...Hurdles/High Jump
Assistant Coach	Joe Occhipinti...Throws

### The Season

The First Day of the Season Tuesday, February 16.

- The first indoor race will be Feb. 27<sup>th</sup> and the first outdoor meet on April 6<sup>th</sup>.

### The Sport

The following is a quick outline of what Track and Field is all about:

- Competitions in Track and Field are referred to as “meets”.
- Within a meet there are individual “events”.

**All athletes will compete in at least 2 events.**

**All Throwers will throw both discus and shot put**

**If you do not meet minimum standards, you will not compete, but you must continue to attend meets as a helper.**

**Athletes must meet at least one event standard by the second outdoor meet or they will be cut from the team.**

### Eligibility

- According to school athlete eligibility policy
- Abide by the Lake Forest High School **Student Athletic Code**

### Practice

- Practice is every day, rain or shine, Monday through Friday, beginning at 3:30 . You are expected to be at practice, ready to start warm-ups by 3:30.
- We meet in the field house or on the track every day unless otherwise noted by the coach.
- During workouts, appropriate attire must be worn. Street clothes (jeans, cargo pants, boots, etc.) are not acceptable attire.
- Do not bring electronic equipment (iPods, cell phones, hand-held games, etc.) to practices.

**You may only leave practice when the Head Coach has excused you.**

## Races

- Attendance at practice is required to participate in meets. If you miss a practice prior to a meet, you will not compete in that meet.
- At the normal meets we compete everyone in Varsity and F/S events as well.
- Participation in the weekly Conference meets is mandatory.
- Invitational meets are selected at the start of the season to provide a wide range of competition opportunities to different levels on the team.
- The coaching staff, prior to each race and in consultation with the athletes, makes selection of the events you will be competing in.

## Uniforms

- You **must** wear a uniform to all meets.
- Jerseys **must** be tucked into shorts and the shorts may not be rolled.
- Any clothing worn under the uniform jersey and shorts that is visible must be a solid color.
- Athletes may not wear any visible jewelry except medical medals. **NO WATCHES!**
- Uniform jerseys, shorts and sweats must **not** be worn to practice.
- The uniform must be cleaned and returned to the school at the end of the season.
- As part of the official team uniform, the school will also issue warm-up suits. These sweats must be returned to the school at the end of the season. If the sweats are damaged or lost, it is the responsibility of the athlete to cover the replacement cost of the sweats. **A \$75 deposit will be collected at the beginning of the season and returned when all equipment and uniform material has been returned by the athlete.**
- **No street clothes are to be worn to meets.** The only clothing that may be worn to meets is:▪ Standard uniform jersey and top,▪ Team sweats,▪ Team accessories.

## Attendance / Rules \*4 absences and you're gone!\*

There are only a few rules for this team. However, breaking any of these rules can and will result in dismissal from the team.

- Practice starts at 3:30. If you are late, there is no excuse.
- Three or more tardies to practice during the season will result in an unexcused absence.
- If you have an excused absence prior to a meet, the coaching staff will, on a case-by-case basis, determine your participation in the meet following the absence.
- The only legitimate excuse from practice is absence from school.
- **Once at a meet or invitational, no one is allowed to leave until the end of the meet. Everyone must stay until the last of our athletes have completed competition. For conference meets, no one is to leave until the meet completes.**
- You must display good sportsmanship throughout the year – in practice as well as meets. Unsportsmanlike-like conduct such as berating your opponent's team members, school or mascot, complaining about official's calls, obscene gestures or cheers, etc. will result in disqualification from the event and suspension from the team.

## Minimum Performance Standards

Event	Freshmen	Sophomores	Juniors	Seniors
100M	14 sec	13 sec	12.5 sec	12 sec
200M	28 sec	26 sec	24.5 sec	24 sec
400M	1:20	1:08	62 sec	58 sec
800M	2:40	2:30	2:20	2:17
110M Hurd	None	None	20 sec	18 sec
300M Hurd	None	None	50 sec	47 sec
1600M	7:00	6:30	6:00	5:45
3200M	14:30	13:30	12:30	12:00
High Jump	None	None	5'4	5'6
Long Jump	12'	14'	16'	17'
Triple Jump	None	None	31'	34'
Pole Vault	None	None	9'	10'
Shot Put	24'	26'	30'	34'
Discus	60'	75'	90'	100'

# LAKE FOREST HIGH SCHOOL 2009 Track & Field

STUDENT NAME: \_\_\_\_\_

I have read, understood and agree to abide by the standards set forth in the attached document.

\_\_\_\_\_  
Student's Signature Date

I have read, understood and agree to support my athlete in meeting the standards set forth in the attached document.

\_\_\_\_\_  
Parent's Signature Date

**Please sign and return to the head coach prior to March 2<sup>nd</sup>.**