

## 2017 Hilliard Darby Girls Track Parents Handbook

### Coaching Staff:

Head Coach – Don Seymour 614-439-7033 (Mid Distance-Relays)

Assistant Coach – Jordan Rispress (Hurdles-Sprints)

Assistant Coach – Shanee’ Jackson (Sprints-Jumps)

Assistant Coach – Joe Jackson (Distance)

Assistant Coach – Henry Brown (Throws)

**Do not hesitate to contact any of the coaches should you have any questions or concerns. Coach Matt Fox can be reached by phone (614-439-7033) or by email (don\_seymour@hboe.org). Be sure to check our track website at: <http://darbypanthers.hilliardschools.org/sports/girls-track-and-field> for important information on upcoming events, resources and team and individual performances.**

Parents:

Make sure your EMERGENCY CONTACT INFORMATION and INSURANCE INFORMATION is updated on Home Access! Just a reminder, all athletes must be covered by medical insurance. Insurance can be purchased through the school if needed. Contact the Athletic Department for details.

**#PHYSICAL MUST BE UP-TO-DATE and ON-FILE to BE ABLE TO COME TO PRACTICE. NO EXCEPTIONS**

You also need to electronically “sign-off” on the Risk Acknowledgement, Travel Permit and Athletic Handbook Acknowledgement, now located on Home Access.

### **Home Access Link:**

<https://homeaccess.hboe.org/HomeAccess/>

After you sign in, follow the update instructions at the top of the page and open the “Medical and Misc. Information” tab to update insurance information and forms sign-off.

### **Spring sports participation fee**

\$100 per sport for high school, \$80 for middle school. Fee can be paid online at [www.mypaymentsplus.com](http://www.mypaymentsplus.com) on or around March 1st. Or you can pay in person in the Athletic Office at Darby or the Main Office at Heritage. **DO NOT** give participation fees to coaches.

### **Team Goals**

As coaches, our goals are for every Hilliard Darby High School Track athlete to:

1. 3.5 GPA – Team Average (All individuals over 3.0)
2. Represent yourself, family, team and school with pride.
3. Help others around you get better
4. Reach your full potential as an athlete

**Team Priorities:** As teachers, coaches and parents, we will use the following priorities when making participation decisions during the season.

1. Spiritual/Family
2. School
3. Track and Field
4. Other Activities

**2017 Darby Girls  
Track & Field Schedule**

<b>Saturday</b>	<b>March 25<sup>th</sup></b>	<b>10:00am</b>	<b>@ Watkins Memorial Icebreaker Invite (Varsity)</b>
<b>Tuesday</b>	<b>Mar. 28th</b>	<b>4:30pm</b>	<b>@ Kilbourne w/ Upper Arlington (Mix)</b>
<b>Saturday</b>	<b>Apr. 1<sup>st</sup></b>	<b>10:00am</b>	<b>@ Wildcat Premier (Davidson) (Varsity)</b>
<b>Tuesday</b>	<b>Apr. 4th</b>	<b>5:00pm</b>	<b>@ Westerville North Relays (JV)</b>
<b>Wed</b>	<b>Apr. 5th</b>	<b>4:30pm</b>	<b>@ Gahanna-Lincoln (Mix)</b>
<b>Friday</b>	<b>Apr. 7th</b>	<b>4:30pm</b>	<b>Hilliard Darby Panther Invite (Varsity)</b>
<b>Tuesday</b>	<b>Apr. 11th</b>	<b>5:00pm</b>	<b>Tri Meet at O. Liberty w/ Dublin Scioto (Mix)</b>
<b>Friday</b>	<b>Apr. 14th</b>	<b>4:30pm</b>	<b>@ Elk Relays (Centerville HS) (Varsity)</b>
<i>Tuesday</i>	<i>Apr. 18</i>	<i>4:30pm</i>	<i>John Hammond JV Relays (@ Home) (JV)</i>
<b>Friday</b>	<b>Apr. 21st</b>	<b>4:00pm</b>	<b>@ Fulton Relays (Lancaster HS) (Varsity)</b>
<b>Tuesday</b>	<b>Apr. 25<sup>th</sup></b>	<b>4:00pm</b>	<b>@ Gene Cole Invite 9 and 10 (9/10)</b>
<b>Friday</b>	<b>Apr. 28th</b>	<b>4:30pm</b>	<b>Olentangy Braves Invitational (Varsity)</b>
<b>Tuesday</b>	<b>May 2nd</b>	<b>5:00 pm</b>	<b>Hilliard Tri-Meet@ HOME (Mix)</b>
<b>Thursday</b>	<b>May 4th</b>	<b>4:30pm</b>	<b>@ Westerville South 9 and 10 relays (9/10)</b>
<b>Friday</b>	<b>May 5th</b>	<b>5:00pm</b>	<b>@ Bradley Invitational (Mix)</b>
<b>Monday</b>	<b>May 8th</b>	<b>4:30pm</b>	<b>JV Panther Invite (JV)</b>

**Post Season:**

<b>Thr/Sat</b>	<b>May 12/14</b>	<b>10:00am</b>	<b>OCC Div. Championships @ Hilliard Davidson</b>
<b>Tues-Sat</b>	<b>May 16-May20</b>	<b>3:30 PM</b>	<b>Central District Championships @ Darby HS</b>
<b>Friday</b>	<b>May 27</b>	<b>4:30 PM</b>	<b>Regional Championships @ Pick North</b>

**OTHER KEY DATES –**

**\*\*\*Mulch Sale – March 11<sup>th</sup>**

**\*\*\*Picture Day – March 14<sup>th</sup>**

**\*\*\*Senior Night – May 2nd**

## **Darby HS Track and Field Philosophy**

- **To foster an environment where the student-athlete can reach his/her highest potential.**
- **To promote a positive family environment within the team.**
- **To help the student-athlete balance all aspects of life, including academics, family, sports, work, relationships, faith, and moral philosophy.**
- **Sportsmanship, ethics, and integrity - Winning is important, but secondary to an athlete's well-being and sportsmanship.**
- **To follow and enforce the rules and guidelines established by the administration and outline in the Athletic handbook and guidelines set forth by the OHSAA.**
- **To have coaches and athletes that are students of the sport of Track and Field**
- **Every training activity is planned to achieve a desired result. If the result is not achieved, the activity should be changed.**
- **Most people can achieve much more than they believe.**
- **To Establish the life skills that make fore successful individuals after high school.**

### *Coaching Philosophy*

The ideas and concepts behind Track and Field are similar to that of any sport. The purpose of sport is to develop aspects of the athlete's personality that are necessary for success as a member of society. These aspects include leadership, commitment to a greater goal, work ethic, self-discipline, initiative, consistency, socialization, cooperation, respect, perseverance, and confidence. I am a firm believer that track is a metaphor for life...you get out of it, what you put into it.

If a sport's mere purpose was to learn to jump higher, throw farther, or run faster, I do not believe it would be worth the millions of dollars spent at the high school level every year for its support. Sports are for the total development and improvement of the student, not for entertainment, recognition, or even, necessarily, winning.

Student-athletes should be lead to improve in these areas using positive means whenever possible both from the coaching staff and from their fellow athletes, and as their skill set and stake in the team grows they should be asked for their opinion regarding their specific training. There is no one-size-fits-all approach to coaching athletes. Event to event the skill set necessary is clearly different. Communication is the key to success, and true communication is only possible when the athlete wants to succeed and understands the above areas which define success.

As athletes gain maturity and progress toward proficiency in the above areas, wins whether they are personal or absolute will happen. It is quite possible for an athlete with limited physical ability to succeed at sport and still finish second in a race. Success is measured in improvement and the development of the gifts that you are blessed with. Everyone in my opinion can earn All-Conference, but state championships are based to some extent on an inherent talent. The once potential All-State athlete will not necessarily produce success or even a winning team. Wins come from the team who has survived the trials of miles with the 50+ athletes on a

team who have all developed to their potential. Those who show that they understand our values by scratching, fighting, and clawing out every point while still managing to respect the work of their opponents will be the success of our team. These athletes will be the success stories who come back to me years later as well-balanced citizens who are the leaders of their generation. This country needs these leaders and sport is one avenue to develop them.

## **Attendance Policies and Procedures**

### **Attendance**

It is expected that all the participants will attend all practices, meets, team functions or any activities deemed mandatory by the head coach. The practice schedule is designed to help the athlete improve as well as stay injury-free. Therefore, missing practice could hinder the athlete's progress and increase the risk of injury. Missing any practices will lower an athlete's level of preparation for competition. **Therefore missing practice for any reason may result in not competing in a meet.**

Examples of excused absences are: death in family, doctor/dentist, illness from school, religious holidays, academic requirements or any other extenuating circumstance the coaches deem appropriate. Examples of unexcused absences are: lack of transportation, homework, Saturday school, oversleeping, other sports, detentions, non-academic school activities, and jobs.

- Whenever possible doctor appointments, family outings, or other activities should be planned for times that do not conflict with your track commitment
- Starting March 6, 2017 – OHSAA Mandatory Practice Begins: practice begins with a team meeting at 3:10 PM followed by practice till 5:30
- Athletes will be dressed and ready to start by 3:10 PM
- Any absence jeopardizes an athlete's position or standing on the team.
- In order to compete, an athlete must participate in practice prior to a scheduled meet, this includes spring break

### **Consequences:**

- One unexcused absence will result in the athlete not participating in one meet.
- Two unexcused will result in the athlete not participating in two meets.
- Three or more unexcused will result in the athlete being excused from the team.
- One unexcused tardy will be warning
- Two or more unexcused tardies will result in the athlete meeting with the coaches to discuss the reasons for the tardies and ways to solve the problem.

### **Excused absence procedure**

- Communication with head coach is always essential.
- Athlete will contact the coach and explain reason for absence.
- The coaches can be contacted in person, by phone, or by email.
- Coach should be contacted as far in advance of the absence as possible.
- Please provide written notes for doctor, dentist, or tutor appointments.

## **Meet Attendance**

Athletes are expected to travel to and from meets on the team bus. The HCSD Athletic Handbook will govern exceptions to this policy. If there is a known conflict with travel on a team bus, notify the coaches with a note signed by a parent/guardian at least one week in advance. At a minimum, athletes should plan on remaining with the team until the completion of the meet before departing via separate transportation. Injuries that require immediate medical treatment and family emergencies are notable exceptions.

## **General Athlete Expectations**

1. When traveling to meets, athletes will be silent and use the time to review strategies, consult with their coach, rest, etc. When returning from meets, athletes will keep noise to a minimum.
2. At the meet, athletes will stick together, sit together, and cheer on teammates.
3. Do not disrupt other athlete's concentration when preparing for competition.
4. Compete with class and sportsmanship. Be a graceful loser and a gracious winner.
5. Team attire for the school days before meets will be determined by the team captains and coaching staff.
6. Members of the Hilliard Darby Track and Field team will communicate with coaches and other team members when conflicts arise. Coaches are available after practice as well during the day.
7. Your uniform is for team activities only. All athletes will wear team issued warm-ups and/or team t-shirts at meets.
8. All runners are expected to give their best effort in the classroom – 3.5 GPA or higher is the goal.
9. Runners are expected to represent Hilliard Darby in a positive way during the school day. Therefore, all athletes are expected to adhere to the school's student code of conduct of conduct policies. Be leaders in our school.  
Consequences:
  - The first violation will result in a meeting with coaches to discuss the problem.
  - Two or more violations will result in the athlete not participating in one meet and loss of position on team (captains and/or varsity).
  - More than four violations will result in the athlete being excused from the team
10. Runners will wear shirts at all times during practice and meets.
11. All runners will adhere to designated pre-meet night curfew. Violation of this rule will result in a warning after the first offense and one meet suspension for two or more violations.
12. Athletes will adhere to the prescribed training program. Always consult with coaches before doing additional or alternative training activities.
13. Only a coach may remove an athlete from an event.

### **General Parent/Guardian Expectations**

1. Review “Guidelines for Parent/Coach Communication” High School Athletic Handbook.
2. Ensure that the student-athlete have their priorities straight.
3. Support student/athlete goals and provide a structure to assist in accomplishing their goals.
4. Prepare meet day food for athlete (so they can bring with them to meets) – ex. water or Powerade, healthy snacks – crackers, apples, bananas, carrots, sandwiches, etc...
5. Before and after events, talk briefly with your child and then allow them to be with their teammates.
6. At meets, parents are encouraged to cheer for their child as well as all other Hilliard Darby athletes.
7. The team camp area should be kept for runners and coaches only as much as possible

### **Varsity Letter Criteria:**

Earning a varsity “HD” indicates that an athlete has represented Hilliard Darby High School exceptionally at the highest level of interscholastic athletics. In order to earn a varsity letter in track, an athlete must: Be in good standing as a team member according to the team expectations and satisfy at least one of the following criteria:

1. Earn a minimum of 10 points in varsity-level competition. In relay events, the points earned by a team are divided equally amongst the members of the team, which could be two or three people in a team field event, three in the 3x300 IH, or four in a track relay.
2. Make the finals at the OCC or District track and Field Meet.
3. Perform at least as well as the mark(s) given for your event(s) in the **VARSIITY LEVEL PERFORMANCE TABLE**.
4. Have the top performance on the team in a standard event at the end of the season. The standard events are those contested in any of the championship meets and do not include the events that are not contested in OCC’s and beyond (i.e. District, Regional, State). This criterion only applies if there are at least five documented performances from our team in that event over the course of the season if it is an individual event and at least three documented performances from our team in that event over the course of the season if it is a relay event.
5. Senior loyal to the program
6. Coaches discretion

### **"Numbers" and "Patch" for JV/Open Runners**

- Academically eligible and in good standing at school
- Follow all team rules

- Coaches discretion

<b>HILLIARD DARBY HIGH SCHOOL TRACK &amp; FIELD - 2014</b>			
<b>VARSITY LEVEL PERFORMANCES TABLE</b>			
<b>BOYS PERFORMANCE</b>		<b>EVENT</b>	
11.4	HT	100	
11.7	FAT		
17.2	HT	110 HH	100 HH
17.4	FAT		
24.5	HT	200	
24.8	FAT		
42.9	HT	300H	
43.1	FAT		
53.3	HT	400	
53.5	FAT		
2:09.0	HT	800	
2:09.5	FAT		
4:52.0	HT	1600	
4:52.5	FAT		
10:34.0	HT	3200	
10:34.5	FAT		
	19'00"	Long Jump	
	5'8"	High Jump	
	11'0"	Pole Vault	
	42'0"	Shot Put	
	125'0"	Discus	

## **Nutrition Basics**

Nutrition for any athlete is very important. What you eat before and after you exercise can make the difference in how well you practice and compete. In general, a balanced diet is recommended as opposed to carbo-loading or other special diets.

### **Guidelines**

- In general, about 60% of your diet should consist of carbohydrates. Try to avoid simple carbohydrates in favor of complex carbohydrates found in whole-grain foods, legumes, fruits, and vegetables.
- Try to consume food containing both protein and carbohydrates within 15-30 minutes after a workout. This will speed up the recovery process.

### **Examples of Healthy Food Choices:**

- Fruit (2-4 servings daily)- apple, orange, banana, berries, peach, plums, grapes, cherries, pineapple.
- Vegetables (3-5 servings daily)- peas, green beans, celery, broccoli, lettuce, carrots, mushrooms, any green veggies.
- Meat (2-5 servings daily)-lean beef, chicken, fish, nuts, peanut butter, turkey, beans.
- Milk (3-5 servings daily)-2%(or lower) milk, cheese, yogurt, cottage cheese.
- Breads (6-11 servings daily)-whole grain bread and pasta, brown rice, granola, oatmeal, wheat/rye crackers, whole grain cereal.

## **Water**

The most critical nutritional concern for athletes is proper hydration. Water is the fluid to support physical activity because it quickly leaves the digestive track to enter the tissues and cool the body. Be sure to drink water before, during and after exercise. Children may not notice the need for liquid or the signs of overheating. This is especially important on hot and humid days when sweat does not evaporate effectively and cooling is not efficient. Don't depend on thirst. By the time you feel thirsty, your body has started to dehydrate.

## **Injuries**

- A team goal is to do everything possible to allow everyone to complete the season injury-free. Communication with coaches and trainers is the key to achieving this goal.
- It is inevitable that you will experience some soreness and discomfort during the season.
- You should be concerned that you might be injured if:
  - The pain is particularly strong.
  - The pain gets worse from one day to the next.
  - The pain lasts for more than one or two days.
  - The pain is present even when you're not running.
  - The pain is concentrated in a very small area.
- Talk to a coach as soon as possible if you think you might be injured.
- Always follow instructions given to you by trainers or coaches.
- You can always ice for 15'-20' after any workout.
- Uniform Issue & Maintenance

## **UNIFORMS:**

All Hilliard Darby High School athletes will be issued a track uniform consisting of a speed top. Nike Shorts can be purchased through the Athletic Department. (same as ones used at Heritage) Cost is \$22 per pair, checks made out to Darby Athletics. Sweat Tops/ and Pants will also be available to purchase through T & L Graphics, This is a one time purchase for all 4 years of Track and Field. Athletes will sign for the uniform items at the beginning of the season and return those same items at the completion. It is their responsibility to maintain the uniforms during the season. Care must be taken when washing uniforms to prevent damage to the fabrics or cause the lettering to fall off the singlet.

### **Care and Washing Instructions for Athletic Apparel**

**DO NOT USE FABRIC SOFTENERS.** Fabric softeners deteriorate garments with spandex and can cause the stenciled lettering to fail.

**ALL ATHLETIC GARMENTS SHOULD BE LAUNDERED IMMEDIATELY AFTER USE.** Do not allow perspiration soaked garments to lie in a pile or rest on top of each other for any period of time. Garments that cannot be laundered immediately after use should be hung individually on wooden or plastic hangers.

**DO NOT SOAK NYLON OR LYCRA GARMENTS.**

**DO NOT DRY CLEAN OR IRON GARMENTS.** Dry cleaning and ironing can discolor athletic uniforms fabrics and damage imprinting.

**REMOVE GARMENTS FROM MACHINE IMMEDIATELY AFTER WASHING**

Thank you again for the opportunity to coach your athlete(s),

Looking forward to a GREAT season,

Coach Seymour and Track Staff

*Coach Seymour*