

2008-09 THOMAS JEFFERSON WINTER TRACK AND FIELD

Website: <http://www.colonialtnf.com>

Coaching Staff:

Head Coach - Jeff James, Assistants - Annie Lutz, Gary Grimsley
(colonialtnf@yahoo.com)

Requirements to join to the team:

- ALL paperwork in on time – no exceptions. Info below.
- Able to attend practice EVERY day. TJ Winter track must be your extra-curricular priority. IF another team or activity is your priority than you can not join the team.
- Able to attend ALL league meets on the following dates: Dec 4th (4pm-10pm), Dec 12th (6:30am-1pm), Jan 15th (6:30am-1pm), and Jan 23rd (6:30am-1pm).

If you can not clear these dates you can not join the team!

Paperwork: All paperwork must be submitted by **NOV. 4th, NO EXCEPTIONS** and includes the following items; VHSL Physical, Fairfax County Emergency Care Card, Extra Curricular Participation Pledge and Assumption of Health risk form.

- All forms can be found here:** <http://sports.tjhsst.edu/boosters/forms.php>
- If you have already submitted a physical for a fall sport you DO NOT need to resubmit your physical.***
- Paperwork can be turned into the track and field mailbox in the activities office prior to Oct. 30th or at the next interest meeting scheduled For Nov. 4th. Please keep a copy of all your paperwork for your records.***

Practice begins Monday November 16th 4:10 Gym II lobby – be dressed and ready to practice! See required equipment at the bottom of this document.

Practice Times: The team practices after school (M-F) from 4:10 – 6:15 and on some Saturdays.

- If you are involved with a separate club team you will be expected to clear ALL conflicts with the winter track meet and practice schedule. Jefferson winter track and field will need to be your athletic priority if you would like to join the team. Personal, family, religious and academic conflicts will be dealt with on an individual basis.***
- If an athlete misses practice (EXCUSED OR UNEXCUSED) during any week of a meet then his or her entry into that week's meet/s is at the coach's discretion.

Attendance: Practice is Mandatory. All athletes are expected to be at practice everyday.

- Examples of Excused absences = 1. PRIOR NOTICE 2.FAMILY ILLNESS/EMERGENCY 3. COLLEGE VISITS, INTERVIEWS, ETC 4. BEHIND THE WHEEL & DRIVERS ED. COMITMENTS
- Examples Unexcused absences = 1. PRE-SEASON CONDITIONING FOR AN OUT OF SEASON SPORT 2. NO PRIOR NOTICE REGARDLESS OF REASON 3. POOR TIME MANAGEMENT (“I AM TOO BUSY”)
- IF an athlete accumulates TOO many absences or is absent on a regular basis than they will be excused from the team.

Notification of absences from PRACTICE:

- Notice of absence from **PRACTICE** is expected at least 24hrs in advance (colonialtnf@yahoo.com) – if a student is absent from school the coaches request an email be sent as a courtesy. If the coaches feel an athlete has missed too many practices they will be excused from the team.

Meet types:

- League meets (DEC 4th, DEC 12th, JAN 15th, JAN 23rd) – with 3-4 other schools from our district and/or region.
 - o The coaching staff will enter as many athletes as possible based on prior performance and attendance at practice.
- Invitational meets (DEC 19th, DEC 29th, JAN 10TH, JAN 13th, and JAN 15th-16th) – these meets involve up to 60 teams and are more competitive. In addition....
 - o The Jan 16-17th meet will involve time out of school, overnight travel and a fee for each athlete.
 - o They have qualifying standards (all athletes entered must met a pre-set standard in order to gain entry)
 - o Entries are often due weeks in advance-please make sure any scheduling conflicts are communicated to the coaching staff weeks in advance!!!

Meet Entries:

- Entry into the invitational meets is based on performance and attendance. Most of the meets have entry limitations and prior performances and attendance will be the determining factors. The coaching staff will make every effort to announce the entries for the each week’s meets on Monday at practice.

Sportsmanship & Conduct:

- Your attendance is mandatory and you will be expected to be a committed mature athlete regardless of your year in school and/or status on the team.
- Athletes will treat teammates, coaching staff and opposing teams and meet officials with respect and consideration.
- Athletes will express concerns regarding injuries, competition, workouts or any issues regarding the team in a mature manner.

Lettering Criteria:

- Acceptable Attendance, no more than 2 unexcused absences.
- Compete in 2 Invitational Meets and the District Championship.
- The coaching staff will use final discretion when lettering athletes.

Required Equipment:**Everyday:**

1. Running specific shoes (i.e. shoes used only for practice)
2. Athletic shorts & Warm-up bottoms & long sleeve shirt & Hat/Gloves –so all athletes are prepared for a variety of weather conditions
3. Water bottle.

****** If an athlete is not prepared for practice they will not practice and in turn not compete in the next meet.***

Race day:

1. Racing flats/spikes
2. Warm-up bottoms and top
3. Water bottle and healthy snack food