

## 2018 Lassiter Track and Field Information

Hello, and welcome to the track and field program for the 2018 season. I am very excited for the newest edition of the Lassiter Track and Field Program, and I wanted to share with you some things that you ought to be thinking about concerning the nature of the commitment you and your family have made to be part of the team. Please share this with your parents so that they can be aware of the commitment you have decided to make. This letter is meant to inform all athletes of the basics of involvement. We will be working on setting team goals together as the season begins, but I would like to say that my first goal for the team this year is to bring us together in a sense of shared commitment, sacrifice, and hard work that will achieve greater success as a team of competitive athletes.

Practice begins January 16<sup>th</sup> at 3:50 on the track unless you are finishing a winter sport season. If you are part of a winter sports program you need to let me know so I can keep a place for you on the track team. No one will be allowed to come out after the 19<sup>th</sup> without prior approval.

**Athletic Clearance:** You must be cleared in the athletic clearance system before participating in any track workouts including off season conditioning. Please see the Athletic Clearance directions under the Team Information tab on our website [www.lassitertfcc.org](http://www.lassitertfcc.org).

**Sign up for Communication Avenues:** Go to the team website [www.Lassitertfcc.org](http://www.Lassitertfcc.org) and go under the communication tab. Sign up for everything related to the Track and Field Team.

Here is the meet schedule for the spring 2017 season.

- Wed. February 14<sup>th</sup> Intrasquad Meet @ Lassiter during normal practice time
- Wed. February 28<sup>th</sup> Full Team Home Meet vs. Kell, Sprayberry, and Walker
- Saturday March 3<sup>rd</sup> Varsity @ Woodstock Invitational
- Wed. March 7<sup>th</sup> JV @ Marietta HS
- Saturday March 10<sup>th</sup> Lassiter Invitational @ Home (all team members need to be there)
- Wed. March 14<sup>th</sup> JV Home Meet vs. Etowah and Pope
- Friday-Saturday March 16-17 Varsity @ Lakewood Stadium Special Invitation
- Saturday, Monday March 24<sup>th</sup> and 26<sup>th</sup> Cobb County Meet @ McEachern
- Friday March 30<sup>th</sup>: East Cobb Challenge Full Team @ Home vs. Walton and Pope
- Wednesday and Thursday April 11-12 Cobb JV Championship @ Lassiter
- Sat. April 14<sup>th</sup> Varsity @ Etowah Invitational
- Wednesday, Friday April 18 and 20 Region Championship @ Woodstock
- Sat. April 28<sup>th</sup> Sectional Qualifying Meet @ McEachern HS
- Thurs-Sat May 10-12 State Meet @ Jefferson, GA (Both Genders)

**Clear your calendar** of commitments on any meets days during the season. Plan on being available for that meet. March 17<sup>th</sup> is Prom. We will compete that day but will work with athletes involved in prom to schedule their events early in the day.

I will keep everyone informed of information regarding the team through Twitter (@LassiterTFXC), and most importantly the e-mail distribution list. The email group can be joined on the team webpage (Lassitertfcc.org). All athletes and parents are required to follow this newsgroup. Also, join the Remind101 group. Directions for that can be found on the team website under communications.

### **Things to take care of before the season starts:**

1. Right now make sure you are signed up for the team. Go to the team website [www.lassitertfcc.org](http://www.lassitertfcc.org) and fill out the google form there. Also, make sure you follow Coach Freed on Twitter @LassiterTFXC. We will create a group message that is for track information purposes on GroupMe as well. These seem to be the best ways of getting in touch with people quickly. Finally go to the communications page on our website and join Remind 101 for track and field there.
2. Take care of Athletic Clearance now! This must be done before an athlete takes part in any track activities including winter conditioning.
  - a. If you participated in a fall or winter sport and were approved, you are good for track season.
  - b. If track is your first sport of the 2017-2018 school year you need to start from scratch.
3. The uniforms and team gear will be handled differently this year. We will have an online store through Boathouse. The new gear looks very nice. The team store is much more streamlined and efficient than the process we used in the past. The store will be open starting sometime in mid to late November and will be open for a month. You must order your new uniform and gear during this time. Here is what you need to order:
  - a. Distance runners and vaulters need to order the basic jersey and competition shorts. If you want to wear compression shorts under the uniform for some reason they must be the ones available on the team store.
  - b. Sprinters and jumpers must buy the compression jersey and shorts for their gender.
  - c. Throwers must buy the basic jersey and the throwers shorts.
  - d. Any athlete may buy the long maroon tights if they wish.
  - e. In terms of the other gear on the site we recommend that you buy at least the pullover and warm up pants, and the hoodie and sweat pants. Sprinters are required to warm up in sweats every day until told otherwise. We will provide a cotton team shirt to all athletes who pay their dues. The dryfit tops are very nice but optional.
4. **Please pay your Striders Club dues** as soon as possible. This is our main source of funds as a team. Dues for the team this year are \$300 per athlete. Upon paying your membership dues, each athlete will be given 10 discount cards that they can sell for \$10 each to help offset the cost. The cards are an incredible deal and buyers typically make up their money the first time they use them. Club dues are also tax deductible. Please make checks out to Lassiter Striders Club and make sure to include the athlete's name in the memo for our records. Here is what your money will go towards:
  - a. Capital improvements to our equipment and facilities. Items on the list this year include: sand pit covers, a new top mat for the pole vault pit, new hurdles, starting blocks, improvements to the meet timing system, and training equipment for the throws.
  - b. Meet Entry Fees and athlete support at the region, sectional, and state championship meets.
  - c. Coaching Stipends: The county does not provide funding for a fully staffed coaching roster. The Striders Club provides supplements to accommodate for this.

## Team Rules and Requirements

Please understand that these rules are necessary for the full development of each athlete and the full development of the entire team. These rules may create inconveniences and necessitate sacrifices, but all athletes and families are being asked to make the same commitment. Practice starts promptly at 3:50. Report to your event coach for warm-up and drills. Practice ends when your event coach dismisses you. If you are late for practice because of tutorial or a meeting, you must bring a note from the teacher. Failure to do so means that the entire team will do extra conditioning.

You may have **no more than 2 unexcused absences during the season**. There will be a **warning for the 1<sup>st</sup> unexcused absence** with extra conditioning assigned, and a **one meet suspension for the 2<sup>nd</sup>**. On the **3<sup>rd</sup> unexcused absence** the athlete and coaching staff will have a serious discussion about whether track and field is a commitment that the athlete is capable of making. Some absences might be excused, but they must be approved by the head coach beforehand. Any absence not approved by the head coach before it occurs will be considered unexcused. If you are sick and don't come to school or if you leave school early, you still must contact Coach Freed in person, by phone (678-641-8692), or by e-mail (scott.freed@cobbk12.org). You should also contact your event coach by any of these three methods. Here is a list of reasons people have missed practice that are not excused. Please review them so you can know they are not excusable.

- Birthday parties
- Club sports practices or competitions
- Concerts
- Group study sessions or extra credit opportunities
- Attending another school function that you are not involved in
- Optional functions for other activities or classes (retreats, meetings, field trips, film showings, extra credit sessions or activities)
- Forgot track clothes/ shoes
- Help sessions for classes or tutoring appointments should be scheduled around track practice.

Providing a reason for your absence the day that you return is not considered an excused absence. In addition an athlete must have 90% attendance for the season. All absences, with the exception of illness and injury, count toward this total; however, excessive absences due to illness or injury might disqualify an athlete from lettering. Absences, even if excused, during the week of a meet may result in you participating in different events than you are used to. If you are injured and must miss an extended period of time, you must meet with Coach Freed to determine the ways in which you will still honor your commitment to the team.

**You are expected to attend all weekday meets from start to finish to support your teammates.** Bring your work; you may study when you are not competing. Only a coach can dismiss you early from one of these meets. **You are expected to attend all Saturday Invitational Meets to which you are invited.** These invitational meets limit the number of competitors. We will invite as many deserving athletes as we can enter to compete. As soon as I know the race times and participants for each meet, I will post that information on a link on the schedule page. Please consult the schedule on the website and mark the dates of the track meets on your family's calendar

**A Special Note about Championship Meets:** The county, region, sectional, and state championship meets are the entire point of our season. All of the meets leading up to them are basically practice

meets. Therefore, attendance at these meets is absolutely mandatory. If a non-emergency conflict arises with one of these meets, you are expected to choose attendance at the meet over the potential conflict. Choosing not to be at a championship meet is simply incompatible with the athlete's commitment to the team. If a voluntary conflict with one of these meets becomes known during the season an athlete will be asked to choose between the conflicting event and continued participation on the team. The Team Uniform must be worn as intended at all meets. Do not wear other clothing for competition in meets.

Track athletes may not participate in spring conditioning workouts for fall sports until their track season is over. Fall sports teams are not allowed to require attendance at conditioning out of their season. The coaches of those teams know this and agree to respect our season while it is progress.

### **A Final Note**

The greatest challenge of coaching is aligning the individual wills of the members of a team into a single, shared will attempting to achieve a common goal. Often, this alignment requires the efforts and sacrifices of family members not directly on the team. Please know that I am most appreciative of your efforts as parents to help your child be a successful member of a team at Lassiter. If at any time you have a question or a concern, please contact me.

Thank you for your support of your athlete.

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