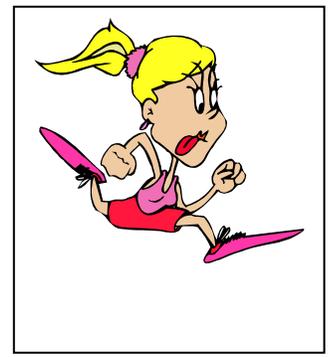


Lyons Township High School Girls Track and Field Information, Rules and Policy Sheet

Greg Frandsen, Head Coach/ Sprinters, Jumps, Hurdles
Theresa Kelly, Shot/ Discus
Eric Simon, Distance/ Middle Distance
Esther Cho, Pole Vault/ Jumps/Sprints
Stephanie Harper Sprints/ Hurdles
Joe Pontrelli, Middle Distance/ Distance



Welcome to the Girls Track and Field team. The whole coaching staff is excited to have you want to be a part of the winning tradition of track at LT. We have had some great success in the past few years and we are looking forward to having you contribute to our program. We have developed a philosophy for our program; here are some of the things we believe in.

1. To provide a supportive, disciplined, yet fun way to learn a lifelong activity.
2. To improve the cardiovascular, skeletal and muscular systems of each athlete.
3. To encourage "Fitness for Life"
4. To support you as a student/ athlete and encourage you in all areas of your academic as well as athletic endeavors.
5. To build self-esteem, improve relationships with other peers and build friendships.
6. To create a competitive environment that teaches athletes to deal with winning as well as losing and how to best handle the stress of competition.
7. To document improvement through the posting of accumulated times and distances.
8. To compete to the best of your abilities at all times and in all competitions.
9. To Win The West Suburban Conference Meet On Both Levels (F/S and V) Both Indoors As Well As Outdoors.
10. To Win the Sectional Meet and qualify in as many events as possible for the state meet.
11. We are considered a limited team which will be based on size, space availability, safety, effort, performance and attendance.

As a coaching staff we are very concerned with you as an athlete and as a student. We realize that there will be times when you will need to miss practice and we need to make sure that we have an accurate accounting of your attendance. Here are the guidelines that we have adopted for attendance at practice.

1. With Covid still an issue, we would prefer if you are feeling ill to stay home and not attend practice. Masks will be required during our indoor practices.
2. Attendance at practice is **required**. Practice begins each school day at 3:30pm. We will also have practice most Saturday mornings, times TBA **BE ON TIME!**
3. If you are going to miss a practice, or are absent from school, an e-mail from a parent or guardian with a **reason for your absence** is required in **advance** of the missed training session. Please send to gfrandsen@lths.net. School absences are not reported to the coaches so we do need a separate e-mail. Notes received late will not be considered excused except in extraordinary situations.
4. Unexcused absences: You must be in attendance at practice. If you miss practice and no excuse is provided, your group coach will meet with you for each unexcused absence. You will get only 2 of these unexcused absences. If you are unexcused for a 3rd time you have elected to leave the team. You have made a commitment to the team and we expect you to be there every day. College visits will be excused, but only if accompanied by a parent. Visiting college friends is not excused. Other examples of unexcused absences,

are work, oversleeping, getting your license, a club sport practice, missing the bus to a meet, too much homework, being sore from practice. Talk to the coaches if you have any questions or special circumstances, we will do our best to work things out in a fair manner

5. If you need help after school from a teacher you need to bring a pass from that teacher. All attempts should be made to get to practice by 4:00 Attendance is still required.

6. Doctor's appointments, when possible, should try to be scheduled at a time when it will not interfere with practice or competitions. Once a Doctor is seen concerning an injury, a note will be required to return to practice. This note should list any restrictions the athlete may have and the return date to continue practicing. Attendance, even when injured is required. Any missed practices without a note or email, will be considered un-excused.

7. **Attendance for competitions in which you are entered is required. Attendance is also required at all meets that LT hosts, this includes any postseason meets at Lyons Township. Check with coaches for details or changes.** We will take attendance before and after all meets and you will be expected to be there until the completion of the meet.

8. If you go to a competition on the bus you must return home on the bus. Special arrangements can only be made by calling and making a request of the Athletic Director John Grundke, jgrundke@lths.net, at least 24 hours in advance. There will be no exceptions.

9. **PLEASE BE ON TIME.**

“To be early is to be on time, To be on time is to be late, To be late is to be left behind.”

Some of the other guidelines that we ask you to follow are:

1. Phones and are not allowed at any time during practice, Without coaches consent.
2. As per the published rules of the National Federation of Track and Field. **“Jewelry can be worn during competition.”** We allow you to wear post earrings during practice as well as watches but we prefer as little jewelry as possible for safety.
3. Team issued uniforms are to be worn only to competitions. They are not appropriate “school wear”. It is suggested that a running bra be worn under the uniform for practice and meets. We will be selling team sweats and other gear but purchase is optional. By owning the gear, it is in hope of maintaining the gear, and a better appearance at meets.
4. Good Sportsmanship is expected at all times. Remember you represent LTHS and all that it stands for.
5. You should support your teammates at all times. Be positive, be a good teammate and be a good friend. All of these are expected of team members.
6. Please refrain from drinking soda before meets or practices. It does not help you but can hurt more than you realize. Water bottles are always welcome and encouraged at practice. You need water and or water bottles. Be sure to clean up after practice.
7. Track can and will be hard work but it can also be fun. We will try our best to make it challenging, demanding, sweat producing, but as fun as possible. If you don't enjoy what you are doing, why are you doing it?
8. **Athletic study hall** will be available for juniors and seniors, who follow all team criteria for attendance (practicing everyday- full time attendance) and giving proper effort.

How to fill out the forms necessary for your participation in Track and Field;

1. Athletic eligibility forms must be filled out in advance of participation. These can be found at the athletics website and should be completed on-line. Please read the forms as you fill them out completely.
2. Fill out the Emergency Card completely; it is our record of information in the case of injury or emergency. The LT Trainer will keep it and give it to us to take to competition
3. You are required to have a current physical examination. The physical exam must have been within the last 13 months. Be sure the doctor signs and dates the physical form or the school cannot accept it as valid. We will have a list available with the most current dates. Also, The school may offer a free physical for spring athletes, with a date to be determined.

**** You may not begin the season or practice if your physical is out of date. This is school policy.**

Good running shoes are very important to your success and we. Please get fitted at a running shoe store, the wrong shoes can cause problems. Avoid Nike Free/Fusion, most of the injuries we see are girls wearing those type shoes that offer only minimal support and cushioning.

Appropriate running clothes are expected for practices. We may be outside some days, so come prepared with sweats, hats, gloves and masks. Distance will be outside most days

Not being prepared for practice would result in an unexcused absence.

Lockers are available in the Girls Track locker room; Please come ready and dressed for practice. We are not responsible for items left out and unsecured.

COACH FRANSEN – SPRINTS, JUMPS, HURDLES gfrandsen@lths.net
COACH SIMON- DISTANCE ericssimon0419@gmail.com
COACH KELLY- THROWS tkelly@d101.org
COACH CHO-POLE VAULT echo@lths.net
COACH HARPER -SPRINTS, HURDLES SHarper@bn98.org
COACH PONTRELLI- DISTANCE jpontrelli@d105.net

Please sign the sheet below that you have read and understand the track team policies.

_____ detach _____

We _____ (athlete and parent name)
Have read and agree to the the girls track team policies.

_____ athlete

_____ parent