

SPEEDKILLS

ALTON

TRACK & FIELD

Coach White

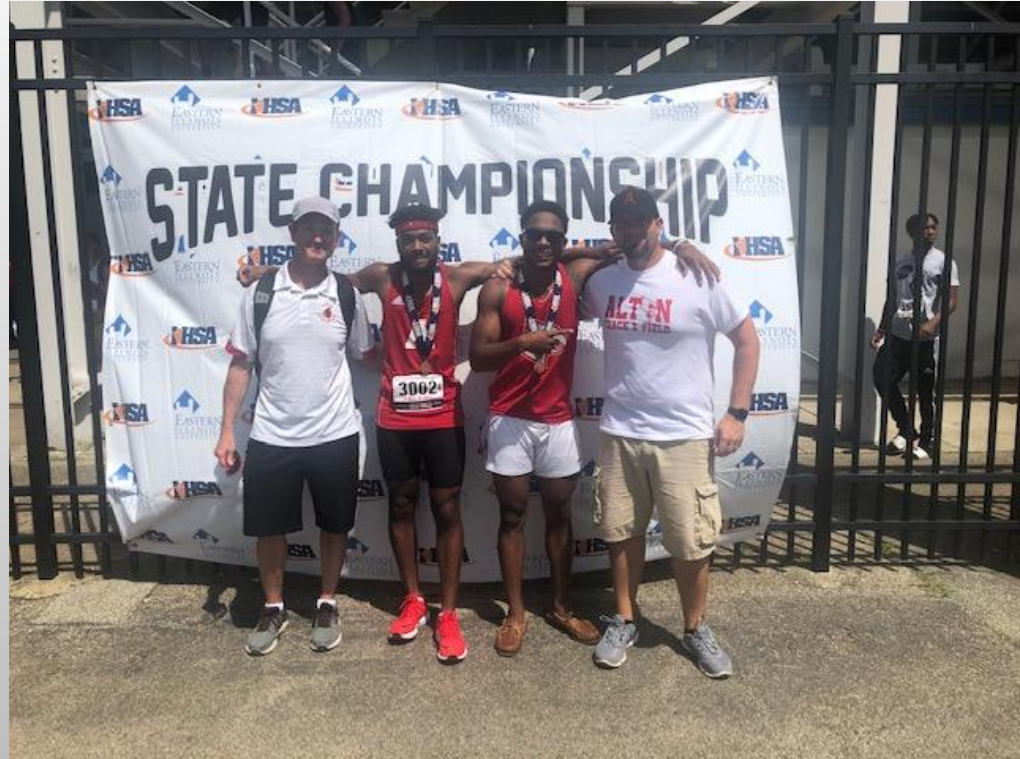
2020-10th season as head track and field coach (5 years Madison, 5 years Alton)

62 IHSA State Qualifiers (29 events)

13 Illinois All-State Athletes-1 State Champion, 1 Runner-up

46 Illinois Top Times Qualifiers (Indoor “State”)

37 Illinois Top Times Medalists (Three Indoor “State” Champions)



COACHING STAFF

Jeff White-Head Coach-Sprints, Relays, Jumps

Vernon Curvey-Asst. Coach-Distance

Eric Dickerson-Asst. Coach-Throws

Mike Cotten-Asst. Coach-Hurdles, Sprints



Twitter- @AltonTrack

Meet Results/Lineups

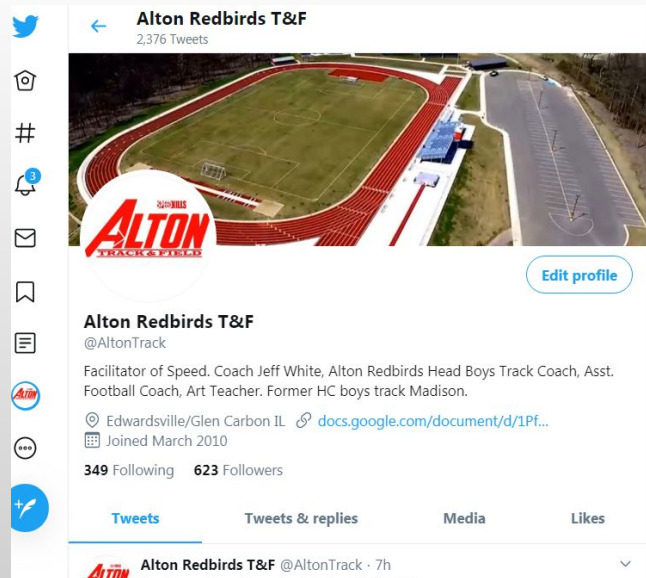
School Records (indoor/outdoor)

Updates/Last Minute Info

Pictures, Media Articles, Videos

Webpage in Bio (Speed Training, Varsity Points, etc)

www.altonathletics.org....spring sports...boys track..."more"/"files"



ALTON BOYS TRACK & FIELD PHILOSOPHY

Student First, Athlete Second

Student-Athlete driven program. Our expert coaches are facilitators, this is YOUR TEAM, not ours.

Multi/Dual sport friendly.

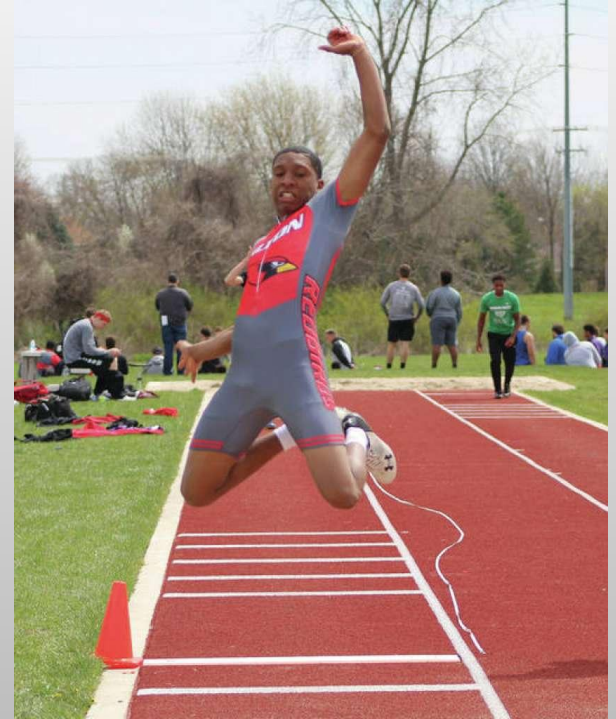
Record, Rank & Publish-personalized with purpose

Track & Field is a TEAM sport with
INDIVIDUAL EVENTS.



ALTON BOYS TRACK & FIELD PHILOSOPHY

1. Stress + Rest = Growth
2. Process > Results
3. Stay Humble
4. Build Your Tribe
5. Take Small, Consistent Steps to Achieve Big Gains
6. Be a Minimalist to Be a Maximalist
7. Surroundings Matter
8. Remember to Experience Joy



FORMS & PAPERWORK

Through the Athletic Office

All student-athletes need to be cleared and turn in admit card to Coach White before participating in practice

Eligibility, Physical, Concussion Form, Waiver paper all signed by parents/guardians



Rules:

Most of our rules can be boiled down to two main ideas:

1. Be on time
2. Be respectful to everyone

ATTENDANCE

Good athletes do not miss practice.

Be on time, dressed and ready to go @ 3:30

Communicate if you are unable to attend practice/meet. Do NOT tell a friend to tell a coach.

Injured athletes are expected to attend practice/meets for support.



Behavior

Open and welcoming environment

Language

Respect

Bus

Meet

Officials/Coaches

Continued warnings on attendance and behavior can lead to being dismissed from the team



Discipline-

Failure to correct tardiness/missed practices-1st conference w/coaches, 2nd limited/no entries in meet, 3rd removed from roster

Three continuous weeks of ineligibility-grades first

Language/General Poor Behavior/Skipping event/meet-1st conference w/coaches, 2nd, removed from meet/lowered on depth chart, 3rd removed from team

WHAT YOU NEED...

Spikes (First to the Finish Spike Night in February)

Light athletic shoes

Athletic Shorts and T-Shirt for Practice

BLACK compression shorts/tights and L/S shirt for under uniform

Athletic shorts/pants, Alton Track Shirt or Alton shirt at track meets



Uniforms-

Four uniforms:

Speedsuits \$125

Red Top: \$15 (athletes wear own black compression)

Nike: \$75

Adidas (XC): \$75

Numbered, should be returned, failure to return will result in a fee

Earning a Letter/Honors

Letter: Earned by making varsity line-up for conference or sectional

All-Conference: Top 3 finish at conference meet

County: 1st place in Madison County Championship event

“All-State” Indoor: Top 8 finish at Illinois Top Times

“All-State” Outdoor: Top 9 finish at IHSA State Meet

MVP Awards: One each for track and field. Most varsity points/leadership qualities

JAN-MARCH

Indoor Season (Principia, Marion HS, Illinois College, Principia, EIU)

Illinois Top Times (Indoor “State”)-Illinois Wesleyan-Qualifiers only

Practice: Monday-Thursday 3:30-5:00 (activity bus)
(Once we can be outside, bus will be at 5:30)

Sprinters/Distance: C-Building Hallway-always meet...normal practice...on occasion top floor “B” Building...Distance be prepared to run outside

Throwers: Weight Room/Multi-Purpose Room (w/Coach Dickerson)

No School=no practice



END of March-May

Outdoor Season, End of April begin “Championship Month” (County, Collinsville, Conference and Sectional)

Home Meets: Alton F/S Invitational, Madison County Meet

Sectional: @Springfield Lanphier Wed 5/20 (may change)

Practice: At outdoor track (sprinters/Distance)

Weight Room/Throwing Rings (throwers w/Coach Dickerson)



2020 Season Considerations:

Share athletic complex with Girls Soccer

Public School Stadium Renovations-Middle School will practice/hold meets at our facility

Represent AHS, considerate toward AMS athletes

ALTON ATHLETIC ASSOCIATION

Parent Rep-See Coach White or Coach Curvey

Always looking for volunteers



Questions? Comments?

