

HOLT TRACK & FIELD INFORMATION (2020)

ACADEMIC STANDARDS:

Minimum Standards

1. Currently passing $\frac{2}{3}$ (67%) of their classes (4 out of 6 classes) → (passing grade = D-)
2. Have a minimum GPA of 1.67
3. Be ON TRACK to graduate with their academic class.

- ANY athletes who do not meet one or more of the above CRITERIA (minimum standards) will be placed on ACADEMIC INTERVENTION and will be required to complete WEEKLY PROGRESS REPORTS.

Academic Intervention

- Progress Reports are DUE every FRIDAY at 3:00 PM in the Athletic Office.
- Athletes on Academic Intervention who DO NOT turn-in their Progress Reports are INELIGIBLE.
- Athletes on Academic Intervention who turn-in INCOMPLETE Progress Reports are INELIGIBLE.

Athletes who DO NOT meet CRITERIA #1

- Are academically ineligible and are not able to compete until they meet the minimum $\frac{2}{3}$ (67% = 4 out of 6 classes) requirement.

Athletes who DO meet CRITERIA #1;

- but DO NOT meet CRITERIA #2 and/or #3 are able to compete ONLY if they turn in their PROGRESS REPORT.

ATTENDANCE:

Attendance is MANDATORY once the season starts **MONDAY - MARCH 9TH, 2020**

- Expectations
 - Athletes will arrive ON TIME and CHECK-IN each day.
 - Athletes will stay until the CONCLUSION of their EVENT GROUP's workout = (PRACTICE)*.
 - Athletes will attend all TEAM FUNCTIONS (practice, meets, fundraising, etc.)
- Absences
 - All Absence MUST be communicated to the Head Coach IN ADVANCE
 - Missing TEAM FUNCTIONS (regardless of the reason) may impact your eligibility and/or status.

BEHAVIOR / CONDUCT:

All Athletes and Parents MUST agree and adhere to the Holt Public Schools Student & Parent/Guardian Handbook (SAH) as well as the Code of Conduct at all times.

- Access
 - You always have access to a SAH at the Holt Athletics Website → WWW.HOLTATHLETICS.ORG
 - It is vital to remember that members are subject to the Code of Conduct AT ALL TIMES; not just when they are in season.

COACHING PHILOSOPHY / VISION:

We welcome ALL athletes to our program and do not make cuts (meaning that everyone who makes the commitment to compete makes the team). Our aim is to be highly competitive within our conference, in our region, and throughout the state. We want our athletes to be focused, tough, highly-motivated, goal-oriented, well-rounded, and positive people of high character.

- Training Systems - Science-Based / Results Driven
 - The training systems of all of our disciplines (sprints, middle distance, distance, hurdles, jumps, throws, and pole vault) are science-based, produce results, and are under the direction of a highly experienced and successful coaching staff.
- Keys To Success
 - Quality Over Quantity
 - Work Smarter Not Harder
 - Compete, Compete, Compete
 - Have More Fun Than Anyone Else.

COMMUNICATION:

Our program uses the BAND Messaging System to communicate. Please join ASAP so that you can stay updated with all of the important Holt Rams Track & Field information.

- Sign-Up CODE:
 - <https://band.us/n/a3a42aRfGaf0M>
 - This is MANDATORY for ALL Athletes and Parents once the season starts (no exceptions)
 - If you are already sign-up from last year you are all set - you only have to sign-up once.
 - Registration Requirements:
 - When registering on BAND please use your FULL NAME as your username; parents use your name and put your athlete's name in parentheses.
 - For Example:
 - ✓ Athletes = Joe Smith
 - ✓ Parent = Linda Smith (Joe Smith's Mom)
 - ✓ Parent = Dave Smith (Joe Smith's Dad)
- ★ **NOTE** = Anyone who uses a "creative" or "unique" username will be removed along with ANY name that does not follow the protocol detailed above.

CORE VALUES - BEING A PART OF THE H.E.R.D

Track & Field Values

- (H) = Honor - Conduct ourselves with honesty, fairness, and integrity.
- (E) = Enthusiasm - Have an intense and eager passion for what we do.
- (R) = Respect - Develop a positive admiration for ourselves and others.
- (D) = Discipline - Hold ourselves to a productive code of conduct / structure.

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FEES:

Participation Fee = ONE TIME

- \$180 (per year) fee (\$90 for free/reduced lunch)
- \$360 family cap (\$240 for free/reduced lunch)
 - This is the one time per school year fee that is paid to the Athletic Department.
 - These funds go to the General Athletic Fund - NOT the program.
 - These funds are used for general facilities maintenance, meet/game officials, etc.
 - If you played a sport in the FALL and/or the WINTER you should have already paid this fee.

Jersey Fee = PER TRACK & FIELD SEASON

- \$25 - This year's jersey top is WHITE (sample on ORDER FORM)
 - This fee is paid DIRECTLY to the Track & Field Program.
 - These funds are used to purchase uniforms, equipment, meet/invitational entry fees, team food, transportation, -- pretty much everything.

FUNDRAISER:

Each year we participate in fundraisers to help support the financial needs of our program. Fundraising is a mandatory part of being a member of the team.

Here are our 2020 Fundraisers

1. Vertical Raise = Email Fundraiser
2. Adrenaline Fundraising = Gold Cards
3. Jersey Fee = \$25
 - Sell ALL TEN (10) Gold Cards and we will waive the Jersey Fee (\$25).

GENERAL INFO - 2020:

- Informational Meetings
 - ATHLETES = Wednesday - February 26th, 2020 (3:00 PM)
 - (EMIC Room - HHS Main Campus)
 - PARENTS = Tuesday - March 10th, 2020 (6:00 PM)
 - (EMIC Room - HHS Main Campus)

PRACTICE INFO (WEEK #1)

FIRST DAY = MONDAY - MARCH 9TH, 2020 (3:30 - 5:30 PM)

- MUST have a completed PARTICIPATION CARD
 1. Registered on Family ID
 2. Current and Completed Physical (on or after April 15th, 2019)
 3. Grade / Eligibility Check (Athletic Office)

Athletes MUST turn in their PARTICIPATION CARD to their HEAD COACH in order to practice and/or compete. Absolutely No Exceptions!

PRACTICE INFO = SEASON

STARTING WEEK #2 (March 16 - 20)

- Practice will start at 3:30 PM for All Athletes.
- Practice will end when Event Groups are completed.
 - Practice WILL NOT extend past 5:30 PM

RATIONALE - HERE IS THE "WHY"

- Different event groups require different amounts and types of work.
- Different event groups require different amounts of time and rest.
- We have athletes that are in multiple events groups and coaches that coach multiple event groups.
- This is a way to be more efficient and effective with our time and resources.

TRACK & FIELD WEBSITE:

- WWW.HOLTATHLETICS.ORG
 - Click and follow → Spring → Track & Field → Boys/Girls Varsity
 - Please email/contact either of the HEAD COACHES if you need more information.
 - This is the official site of Holt Rams Athletics.

Here you will find information on how to register/sign-up, summer camps, forms, preliminary schedules, news, highlights, special events, etc.

TRANSPORTATION & HOME MEETS:

- Athletes are required to ride the bus (to and from) meets when provided,
- Athletes who opt-out of taking District provided transportation MUST complete the ALTERNATIVE TRANSPORTATION FORM prior to the competition and turn-in to their HEAD COACH.
- ALL ATHLETES will stay until the conclusion of the meet for ALL HOME MEETS.

WEEKLY UPDATES:

- Weekly Monday Updates on BAND start on February 17th, 2020
- This correspondence will detail what is going on in the program that week and important upcoming events.

WEBSITES / LINKS:

- WWW.ATHLETIC.NET
 - View schedules, meeting information, results, performance lists, stats/times/measures - bookmark this site on your phone/computer; you will use it A LOT!
- WWW.MITCA.ORG
 - This is the official site of the Michigan Interscholastic Track Coaches Association. GREAT information regarding the sport of Track and Field - also the source of the POWER RANKINGS.

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