



**HOLT RAMS  
TRACK & FIELD**

**2020**



# COACHING STAFF



## HEAD COACHES

[Ross Malatinsky](#) - BOYS  
(Distance / Hurdles)

[Jonathan Watson](#) - GIRLS  
(Sprints / Relays)

## ASSISTANT COACHES

[Don Green](#) - Throws

[Jassen Dowling](#) - Throws

[Lisa Ernst](#) - Sprints / Jumps

[Grant Melville](#) - Pole Vault

[Colleen Davis](#) - Middle Distance

[Scott Reed](#) - Jumps

[Kinzie Sikkema](#) - Distance

# 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 INCOMPLETE Progress Reports are INELIGIBLE.

### Athletes who DO NOT meet CRITERIA #1

- Are academically ineligible and are not able to complete 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 Absences 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](http://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.

Each year, we want to build a balanced, championship level team on both sides. Our goal - through hard work, focus, dedication, and preparation - is to develop ALL athletes and help them optimize their personal potential.

We strive to make track & field a positive experience for every athlete on our team. Each member of our program is important: from the individuals who are challenging for conference, regional, and state titles to the individuals who are trying to find a place to belong and just want to be part of something

- **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.

**IT IS YOUR RESPONSIBILITY TO BE INFORMED**

# CORE VALUES

## 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.



# FEES

## PARTICIPATION FEE

- \$180 (per year) fee
  - (\$90 for free/reduced lunch)
- \$360 family cap
  - (\$240 for free/reduced lunch)

## WHAT IS THE PARTICIPATION FEE?

- ✓ 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 T&F 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
  - 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.
  - The program will provide shorts to compete in (they must be returned at the conclusion of the season).
- **EVERYONE will pay this fee in order to be on the team**

# FUNDRAISERS

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.

## 2020 Fundraisers

### 1. Vertical Raise (Email Fundraiser)

- ✓ KICKOFF = March 9th
- ✓ WRAP-UP = March 12th

### 2. Adrenaline Fundraising (Coupon Books)

- ✓ KICKOFF = March 17th\*
- ✓ BLITZ = March 23rd

### 3. Jersey Fee (\$25)

- ✓ **Sell ALL TEN (10) Coupon Books and we will WAIVE the Jersey Fee (\$25)**

# 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

## OFFICIAL HOLT RAMS TRACK & FIELD WEBSITE:

- [WWW.HOLTATHLETICS.ORG](http://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

## TRANSPORTATION:

- 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 prior to the competition.
- Athletes MUST checkout with their HEAD COACH before they leave ANY MEET.
- Forms can be found and downloaded from the Holt Athletics Website.

## HOME MEETS:

- ALL ATHLETES will stay until the conclusion of the meet for ALL HOME MEETS.
- There is NO EXCEPTION to this expectation.
- Athletes are either competing in the meet or working - nobody is sitting in the stands.
- This includes the Regional Championship (hosted at Holt HS).

# TRANSPORTATION & HOME MEETS

## **PRACTICE / TEAM FUNCTIONS:**

Parents are responsible for providing safe transportation to and from practice / team functions.

- **As parents / guardians, if there is someone specific that you DO NOT want your athlete to ride with, you need to put this exception in writing.**

At the conclusion of practice ALL athletes must leave campus.

## **MEETS:**

**All of our buses are TWO-WAY.** It is the expectation of the Athletic Department and Holt Track and Field that athletes use District transportation when provided to ensure the safest and most efficient transit possible. 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 prior to the competition.

Athletes **MAY** ride home from **AWAY MEETS** with their parents / guardians at the conclusion of their events, after their warm-down, and they checkout with their HEAD COACH. **However, we encourage ALL athletes to stay for the entire meet in order to preserve the TEAM concept of our sport.**

**AGAIN - AS ALWAYS, athletes MUST stay until the end of HOME meets - No Exceptions!**

# WEEKLY UPDATES

- Updates on BAND and EMAIL (Family ID) start on March 16th, 2020.
- This correspondence will detail what is going on in the program that week and important upcoming events.
- Will also include transportation information, meet locations, times, schedules, deadlines, etc.
- Again, it is YOUR responsibility to be informed. Please read all the way through the Weekly Update to reduce the number of redundant messages / correspondences.
- Please don't hesitate to contact either of the HEAD COACHES if you have questions and/or if you need clarification.

# WEBSITES / LINKS

- [WWW.ATHLETIC.NET](http://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](http://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.





**2020**

**Season Info**

# 2020 T&F SCHEDULE

Wed, Mar 18	SVSU D1 Indoor Invitational @SVSU
Sat, Mar 21	EMU Huron Relays Large Schools @EMU
Wed, Mar 25	MSU TRUE TEAM INVITE @MSU
Wed, Apr 1	Holt @ Mason
Tue, Apr 14	*CAAC BLUE: Grand Ledge/Okemos/Holt @GL
Fri, Apr 17	Chelsea Relays @Chelsea
Sat, Apr 18	27th April Showers Meet @Dexter
Tue, Apr 21	*CAAC BLUE: Holt @ Lansing Waverly
Fri, Apr 24	Mason Bulldog Invitational @Mason
Tue, Apr 28	*CAAC BLUE: DEWITT, EVERETT, HOLT @HOLT
Fri, May 1	25th Golden Triangle Meet @Saline
Fri, May 1	Cavalier Classic True Team Invite @Corunna
Sat, May 2	Field Event ONLY Meet! @Chelsea
Tue, May 5	*CAAC BLUE: East Lansing @ Holt
Fri, May 8	Davison Twilight Classic @Davison
Fri, May 15	MHSAA LP Region 03-1 @Holt
Wed, May 20	*CAAC Blue Championships @Waverly
Thu, May 21	GL JV Invite @Grand Ledge
Fri, May 22	MITCA TEAM STATES @WAVERLY
Tue, May 26	GREATER LANSING HONOR ROLL @MSU
Sat, May 30	MHSAA D1 FINALS @EAST KENTWOOD

\* Meet that counts toward the League Championship  
(Dual Meet Record 50% - Championship Meet 50%)

- All athletes (who are eligible) will have the opportunity to compete EVERY week from the end of Spring Break through Memorial Weekend.
- Varsity athletes (who are eligible) will compete starting in the indoor season (MARCH) through the championship outdoor season (MAY/JUNE).
- Line-ups for Varsity meets are driven by performance and combinations that allow individuals to post the best marks and/or the TEAM to score the most points.
- JV (non-Varsity) Athletes will have a minimum of six guaranteed opportunities to compete → All dual/tri meets as well as the JV Invite at the end of the season.

# PARTICIPATION INFORMATION

## COMPETITION

- ALL athletes that are **eligible** will be able to compete on a weekly basis.
- The types and number of events will be determined by the coaches. Can NOT exceed 4.
- Athletes are required to complete **ALL** of the events that they are entered in each meet.

## Varsity (vs) JV

- Varsity status is determined depending on the number of entries that we are allowed in each meet.
- Varsity status is performance based (both in meets AND practice).
- The **HEAD COACHES** have final say in developing a lineup that benefits the success of the **entire** team.

# EARNING YOUR VARSITY LETTER

## ★ It is an HONOR!!!

- Achieving your Varsity Letter is an outstanding accomplishment for any high school athlete and on our team it is not reserved ONLY for the athletes that achieve the best marks / performances.

## ★ To earn your Varsity Letter for Holt Track and Field you must meet one (or more) of the following criteria.

1. Compete in 75% of the VARSITY competitions.
2. Score in the Conference Meet.
3. Compete at the Regional Meet.
4. Compete at the Greater Lansing Honor Roll Meet of Champions
5. Compete at the State Finals.

## ★ Discretion of the HEAD COACHES

- The Head Coaches will have the final decision to determine whether an athlete earns their Varsity Letter on an athlete-to-athlete basis.

# PARENTS

## HERE IS WHAT WE NEED FROM YOU:

### **SUPPORT - Please make sure that your athlete has what they need to be successful.**

- Provide proper workout attire, meals, and sleep.
- Attend meets and cheer in a positive manner for your athlete and ALL members of the team.
- Allow your athletes to make track & field a priority during the season.
- Make sure your athlete has safe transportation to and from all team functions (practice, meets, fundraisers, etc.)
- Participate in FUNDRAISERS.

### **VOLUNTEER - Get involved.**

- Donate food/drinks for meets.
- Transport, set-up, and breakdown the tent and team camp for meets.
- Work in the concession stands or a field event during home meets.
- Organize an inclusive team function.

### **RESPECT - Show it.**

- Honor the efforts, time, commitment, and decisions made by the coaches and supporters of the program.
- Pay fees so that we can provide the best experience for ALL PARTIES.
- Read Weekly Updates and correspondence on BAND to stay informed.
- Demonstrate model form as a fan, parent, community member, and supporter of this program.

# BOOSTERS

**Successful programs cannot be run without the help of MANY volunteers.** We are very fortunate to have several individuals who donate a ridiculous amount of time and energy to ensure that our program runs effectively.

But... we need more help. There is ALWAYS a need for more volunteers to help with fundraising, food for meets, transport and setup of the tent, and so much more.

**Please take a moment to hear a little bit more on how to get involved.**

## BOOSTER REPS

- ★ Cindi Penski
- ★ Gail Douglas

We are still looking for outstanding individuals who are willing to step-up and take-over when their service is complete.

A low-angle, wide shot of a red running track. The track is made of reddish-brown granular material and has white lane markings. The background is out of focus, showing trees and a building under an overcast sky. The word "Questions?" is written in a large, bold, yellow font across the center of the track.

Questions?