

## 2020 Track Information

### Coaches:

Head Coach: Justin Heck (Distance, Middle Distance)  
Phone – 734-735-5332 -- E-mail – [heckj@monroe.k12.mi.us](mailto:heckj@monroe.k12.mi.us)

Hurdles / High Jump: Jim Mydloski - Girls Head Coach  
Pole Vault / Long Jump: Bobby Wood  
Throws: Joel Reed  
Sprints: Mark Scoles



[www.monroetrojans.com](http://www.monroetrojans.com) <http://www.athletic.net/TrackAndField/School.aspx?SchoolID=12773>



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### Practice Times:

Practices are held Monday-Friday throughout the season. Practices begin at 2:45 and typically finish between 5:00-5:15. The length of practice may vary based on an individual athlete's needs/events.

### Spring Break Practices

Spring Break begins after practice on Friday, April 3rd, and ends on Monday, April 13<sup>th</sup>. For those in town, practice will be Tuesday, Wednesday and Thursday (4/7, 4/8, 4/9) from 2:45-5:00.

### Attendance

Once an athlete commits to the team, they must attend all practices. Absences are considered excused for the following:

- Illness (Parent call, text, or email to Coach Heck prior to 12PM)
- **Mandatory** Class activity (i.e. Field trip, performance) This does not include group assignments or club meetings.

### Team Rules

#### Philosophy – We want you to want to be with us. Do it the right way and be rewarded!

1. Follow all MHSAA, [MHS Athletic Code](#), [MHS Student Code](#), and Trojan Track & Field Driving Forces.
2. Attend all scheduled practice and team events. Failure to attend team practices or events can result in dismissal from the team.

- You are granted 1 free unexcused practice.
  - All missed practices are considered unexcused unless:
    - You make prior arrangements with Coach Scoles
      - If you are ill and miss school
        - A parent or guardian must contact Coach Scoles.
    - Consequences for missing Practices and Team Functions.
      - 1<sup>st</sup> unexcused absence – no consequence
      - 2<sup>nd</sup> - 4<sup>th</sup> unexcused absence – Loss of varsity point, varsity spot & / or competition opportunity.
      - 5<sup>th</sup> unexcused absence may result in dismissal from the team.

3. Any action(s) not covered in the Monroe Athletic Code or Monroe Student Code that reflects negatively on our school or team will be handled on a case-by-case basis.

# Trojan Track Driving Forces

## ☐ We will take care of one another.

- ☐ Each athlete has the right to train and compete in a positive and productive environment.

## ☐ We will be fair with one another.

- ☐ There are NO politics involved in Monroe High Track and Field.

## ☐ Varsity spots are awarded based on the following:

- ☐ Ability proven at practice and meets.
- ☐ Attendance
- ☐ The coaching staff reserves the right to make substitutions based on performance, behavior and team need.

## ☐ We will respect one another's differences.

- ☐ Harassment, hazing and general mistreatment of team members will not be tolerated.

## ☐ We will work hard everyday.

- ☐ Attend all practices and contests.
- ☐ Do your best in all you do.
- ☐ Practice Makes Permanent

## Team Family Trojans

### **Lettering in Track**

In order to receive your varsity letter you must obtain 10 varsity points.

Points are awarded for the following:

1. All points scored in a varsity meet. (These are the only points considered for our MVP Award and will be calculated automatically by coaches and athletic.net)

**It is your responsibility to keep track of all other points. Points sheet must be returned with uniform / equipment.**

2. Varsity Standards - 4 points per varsity standard achieved (4 point max per event) see table for qualifying standards.

3. (Receive 1 point (max. 3 pts) for providing a parent / adult to work at our home meet(s). In order to earn a varsity point in this way, your parents must complete the volunteer form located on the website by April 1<sup>st</sup> .

4. Receive 2 points for reaching your goal for the team fundraiser (max. 2 pt only)

5. Senior = 5 points, Junior = 4 points, Sophomore = 3 points.

6. 1 point for each of the following: perfect attendance, pay to participate submitted by deadline, parent meeting attendance

7. 4<sup>th</sup> year = 5 points, 3<sup>rd</sup> year = 4 points, 2<sup>nd</sup> Year = 3 points.

Boys			
Event	Varsity	Regional	State
Pole Vault	10'	12'	13'
Shot Put	36'6"	45'	48'6"
High Jump	5'6"	5'10"	6'3"
Long Jump	18'	19'11"	21'2"
Discus	105'	130'	145'3"
4x800	No standard	No Standard	8:08
110m Hurdles	17.5	16.02	15.1
100m	11.9	11.5	11.15
4x200	No standard	No Standard	01:30.7
1600	04:59.9	04:38	4:25
4x100	No standard	No Standard	43.7
400	55.9	52.4	50.5
300m Hurdles	45.9	42.3	40.2
800m	02:12.9	02:02.5	01:58.00
200m	24.9	23.4	22.5
3200m	10:49.9	10:00.00	09:36
4x400	No standard	No Standard	03:27.00

**From the Monroe Public Schools Parent & Athlete Handbook:**

## Parental involvement in sporting events and athletics.

Parents should practice sportsmanship as well as their student athletes. Parents need to remember the purpose of educational athletics: to train young people for life, but also to allow student athletes to have fun. Parents can be the biggest role model for student athletes when it comes to their understanding of sportsmanship; therefore, parents should exhibit the qualities of fairness, courtesy and grace in winning and defeat at home or away games and events.

## The 24 Hour Rule.

This is a tool for giving "space and time" to allow discussions to occur in a fruitful environment. Parents who are upset with a child are encouraged not to discuss anything about the game, etc., for 24 hours. Twenty-four hours later it may be discussed in a calm manner, without the emotions from the day before, and many times, it just isn't as important as it seemed the day before. Lessons are still taught and learned the next day, but all involved have a better chance of doing so in a more constructive setting.

This rule also works well with parent-coach interactions. If something is bothering you about your child's status on a team, etc., give yourself 24 hours before you contact the coach (You should never contact a coach immediately after a contest). The time will give you a chance to search for different perspectives, which may provide a new way to look at the situation. Discussions with the coach will be much more productive without intense emotions.

## Addressing a Concern.

Concerns that may arise will be of two types. First, your student athlete may bring a concern he/she has with the coach or team to your attention. To deal with this type of concern, the best course of action is to be a good listener, and encourage your child to figure out options and try to deal with the concern on his/her own. One of the life lessons learned from participating in athletics is how to deal with challenges. Your student athlete should be able to discuss most issues with the coach on his/her own behalf. The second type of concern may come from you as the parent. Whether you've been a sounding board for your student athlete's concerns, or whether you've drawn conclusions on your own, you may at some point feel that you need to contact the coach directly about your child. Please keep in mind that the coach interacts with the student athletes daily and is the best person to relay information to you about what's going on. In addition, when you ask for a meeting with a coach, it is expected that your student athlete will be a part of the meeting. Since the focus of the meeting will be centered on your student athlete, we believe that athlete needs to be present at the meeting. Getting all parties involved in the discussion will assist in coming up with a plan to address the issue. Once you have met with the coach, if you feel you need to pursue the issue further, contact the Athletic Director. At this meeting it is also expected that your student athlete will be present.

## TRAVELING TO ATHLETIC EVENTS :

A. Any athlete traveling to an away athletic contest as a member of a team on school owned or approved vehicles, must return to the home school on the vehicle when the contest is over. The only exception is where the athlete's parents have arranged 24 hours in advance to pick up their son/daughter after a contest.

B. Occasionally, athletes ride with adults to nearby tournaments or contests. Athletes may only ride with adults who have been approved by the Board of Education on a private transportation form.



- **Trojan Track & Field Required Equipment**
- **Lock – We are not responsible for lost or stolen property.**
  - **Accommodations will not be made for storage of your personal belongings**
- **Track bag with the following:**
  - **Indoor and outdoor workout clothing**
  - **Running Shoes**
    - **Competition Shoes (if you own a pair, bring them every day)**
  - **Water Bottle**
  - **Towel**
  - **Watch**
- **Who goes?**
  - All athletes compete at / in our dual meets.
    - Bus space is limited.
      - A large roster may require additional parent drivers.
    - Saturday meets are typically reserved for our varsity, reserve varsity and top underclassmen athletes. Check the website regularly for updates.
- **Personal Belongings**
  - Do not bring Cell Phones and Personal Electronics to practice.
  - We do not have a secured space for personal belongings indoor or outdoor.
  - All athletes are encouraged to purchase a lock and use the locker room to secure their valuables.
- **Remind 101- Trojan Track & Field Parents**
  - **Text                @mhstfparen**
  - **To:                81010**
- **[Team Store](#)**

Coming soon – check the website