

LR

TRACK & FIELD

TEAM HANDBOOK

Purpose of the Handbook

The purpose of this handbook is meant to give the athletes and their parents a concrete idea of what an athlete must commit to while participating in the Leesville Road Track & Field Program. Other expectations, rules, policies, and requirements may be added as the season progresses.

All policies in this handbook are firm and will be enforced throughout the year.

Welcome to the Leesville Road High School Track & Field Program. The team has a rich history of excellence and respect dating back to early-mid 1990s. The program has had numerous team State, Regional, and Conference championships along with numerous individual champions. We have produced many college student athletes that have gone on to have successful college careers.

We are proud and excited that you have chosen to become a part of this program and we are looking forward to having another successful year.

Please take the time to read and understand the information provided in this handbook. You will find an agreement form at the back of the handbook that must be signed by the parent and athlete before you will be allowed to participate as a member of the team.

What is Track & Field

High School track & field consists of 18 events. These events are divided into the following 5 categories:

Sprints- 100m, 200m, 400, 400m relay, 800m relay and 1600m relay

Hurdles- 100/110m and 300m

Distance- 800m, 1600m, 3200m and 3200m relay

Jumps- long jump, triple jump, high jump, and pole vault

Throws- shot put and discus

Athletes are allowed to compete in up to 4 events in each meet including relays.

Scoring in dual meets is as follows:

Individual Events

1st Place – 5pts

2nd Place – 3pts

3rd Place – 1pt

Relay Events

1st Place – 5pts

2nd Place – 0pts

Tri-meet scoring is as followings:

Individual Events

- 1st Place – 5pts
- 2nd Place – 3pts
- 3rd Place – 2pts
- 4th Place – 1pt

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Event scoring will vary for Invitational Meets based on the number of teams at the meet, but the scoring typically is as follows:

Individual Events & Relay Events are scored the same

- 1st Place – 10pts
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- 3rd Place – 6pts
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- 5th Place – 4pts
- 6th Place – 3pts
- 7th Place – 2pts
- 8th Place – 1pt

Regional Qualifying Standards

Below are the 4-A Regional Qualifying Standards. These standards are subject to change at any point during the season. Times are Fully Automatic Times, not Hand Held Times. To convert HHT to FAT you must round the HHT to the higher tenth of a second and add .24 to it.

Event	Male	Female
Shot Put	48'	32'3"
Discus	135'	95'
Long Jump	21'6"	16'
Triple Jump	43'	34'
High Jump	6'2"	5'
Pole Vault	11'6"	8'
4x800m Relay	8:30	10:30
110m/100m Hurdles	15.5	16.5
100m Dash	10.9	12.7
4x200m Relay	1:31.5	1:52.5
1600m Run	4:35	5:45
4x100m Relay	43.5	54.
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200m Dash	22.5	27.2
3200m Run	10:10	12:30
4x400m Relay	3:33	4:29

Required Items / Eligibility

All athletes must provide all of the information shown in the checklist below.

The following items must be turned in **BEFORE any athlete can tryout** or participate in any out-of-season workouts.

Forms:

- An athletic physical form. The physical must be filled out on a WCPSS athletic participation physical form. A medical doctor must perform the physical, sign and date the physical, and put their stamp on the physical. The parent/guardian and athlete must sign and date the physical. Physicals are valid for 365 days. Form can be picked up at the main office.
- A Permission to Treat form. The Permission to Treat form should be turned in with the athletic physical form. The Permission to Treat gives WCPSS employees and emergency responders to treat the athlete if they are injured. Form can be picked up at the main office

Grades:

- Athletes must have a GPA equal to or above 1.5.
- Athletes must pass 3 out of 4 subjects during the previous semester and must have passed English the last time it was taken.
- Athletes can not have missed more than 13 days of school during the previous semester.

The following items are required after tryouts are completed and **BEFORE the first meet**.

Forms:

- A Rules/Expectations Agreement Form signed by the parent and athlete. This form shows that parents and athletes understand and agree to the expectations of the program. Located in the back of this handbook.
- An Off Campus Running Form. This form is to be signed by both the parent and athlete. This form gives guidelines and expectations for athletes when training/running off the LRHS campus. This form is located at the back of the handbook.
- Student-Athlete / Parent Pledge Form. This form is located at the back of the handbook.
- Travel Form. This form is located at the back of the handbook.

Items:

- LOCK. Athletes should provide their own lock for the locker room. It is the responsibility of the athlete to lock up all of their valuables while at practices and meets. Locker rooms are not locked during practices and meets since different training groups finish practice at different times and need to be able to enter the locker room.
- TRAINING SHOES / SPIKES. Athletes need to have appropriate shoes for their event. Basketball shoes are not appropriate for track & field.
- WATCH. Athletes need to have a stop watch of some form to keep for training purposes. All runners (Distance and Sprinters) need a watch.
- ATHLETIC CLOTHING. Athletes should have athletic shorts, sweat pants, t-shirts, and sweat shirts. Athletes need to be prepared for all types of weather and should dress accordingly.
- WATER. Athletes should always bring water to practice and meets.

Team Rules

Being a part of a high school team is a PRIVILEGE, not a right. Doing the right thing is expected at all times. You know right from wrong and are expected to act accordingly. By joining the track & field team, you are accepting the fact that the goals of the team come before your personal goals. You are in essence relinquishing a certain measure of individual rights for the betterment of the team. For the team to be successful, your top in-season priorities are expected to be:

1. Family obligations (including religious obligations)
2. School
3. Track & Field

An atmosphere of dedication, organization and discipline must be established. Therefore, the following ground rules have been established to help guide us to that commitment:

- Punctuality – Athletes will be on time to all team functions. Practice starts at 2:50. That means you are on the track ready to warm up at 2:50, not leaving the locker room or coming from the parking lot. Tardiness will be dealt with and not accepted on-going. Anyone who has to attend extra academic help after school must attend practice after they get academic help. Athletes MUST bring a note from the teacher they were working with and have the time they left on it.
- Attendance – You are expected to have 100% attendance at practices and meets. No team can function if all the people are not present. Emergencies will come up and are excused such as illness or family concerns. However, you are expected to let ME (Coach McLamb) know of the reason for your absence before the practice you will miss. I can be reached at mmlamb@wcpss.net, room 44, or at If Coach McLamb is not notified by the athlete prior to the absence, then the absence will be unexcused except for extreme situations. Remember that colds, headaches, stomach aches, and allergies are inconveniences, not a major illness. Three unexcused absences will result in your removal from the team.
- Behavior – Athletes are expected to conform to all state, local, community, district, school, and team laws, rules, policies and standards. All members of the team will be respectful of their self and others on and off the track. No foul language, bad attitudes, loud or disrespectful behavior will be tolerated in the classroom, in the halls, at practice or at meets. There will be regular checks with teachers and administrators for discipline referrals. You are representing yourself, teammates, parents, coaches, and your school. Any violations of policies will result in a minimum of suspension from one meet and can result in removal from the team.
- Et cetera – Any additional rules, directions, instructions, etc. given either verbally or in writing by team coaches or any LRHS coach, teacher, administrator, or other adult in a position of authority are to be followed.

Travel Policy

All athletes must ride the team bus to all meets. Any exceptions (extreme circumstances only) must be cleared by Coach McLamb at least one day prior to the meet. In these situations, athletes can only travel to the meet with a parent. Athletes are not allowed to drive themselves or ride with anyone other than their own parent. Missing the team bus because of tardiness is not excused. Athletes that miss the bus and travel to the meet with parents or on their own will not be allowed to compete at that meet.

Athletes can leave a meet with their parents only. Athletes can not leave with a friend or anyone else other than their own parents. Coach McLamb should be notified before leaving the meet with their parents. Athletes should contact me directly. Do not send me a message through another student.

Meets

Like mentioned earlier, all athletes can compete at home meets. Away dual meets and invitational meets limit entries and not all athletes will compete at these meets. A list of athletes competing at meets will be emailed out to the distribution list at least one day prior to meets

ALL team members are expected to help run home meets. Athletes should help move hurdles, rake pits, measure jumps, etc. when they are not competing at the meets. It takes a team effort to host meets and athletes must perform any duty that a coach or parent asks them to do.

Athletes must attend the entire school day on the day of meets to be eligible to compete at the meet. NCHSAA rules prohibits athletes from competing in meets if they did not attend school on the day of a meet.

Website / Distribution List

The team has two websites.

<http://www.agssportsweb.org/track1.htm> is the website that is located under the school's website. This website is where messages from the coach can be found along with school records and other meet results. This website is updated on a regular basis by a parent volunteer.

<http://nc.milesplit.us/teams/LRHS> is the website that is located under milesplit. This information is linked to the milesplit database and is updated with results that go through milesplit and by a parent volunteer.

Distribution List: Regular emails are sent out with information about the team. Anyone interested in receiving the emails should email Coach McLamb to be added to the list.

Try-outs

Try-outs will consist of tests/time trials that will measure physical abilities in sprints, distance, jumps, and explosiveness. The tests/time trials will take place during the first week or so of the season. Once the testing is completed, the coaching staff will look at the results and determine which athletes will be on the track & field team. There are a lot of factors that can determine who makes the team. Here are some of the factors we consider:

- Actual performances in the tests. The results will be compared by grade level and how each athlete performs in all the tests/time trials.
- Grade level. 9th graders have the best chance of making the team. It is hard to tell how a 9th grader will develop over time, so we like to keep most 9th graders to see how they develop. As athletes move up in grade level, it will be more difficult to make the team. If an athlete trying out as an 11th/12th grader is not one of the top performers in any of the tests, there is a small chance of them making the team. There will be situations where 11th and 12th graders get cut even though they performed better than a 9th grader that is kept on the team. If we have 11th or 12th grader at the same ability level as a 9th grader, it is in the best interest of the program to spend time developing the 9th grader. This is often a difficult issue for athletes and parents to understand, but it is in the best interest of the program. It is very important that athletes train hard year after year to ensure that they improve enough to make the team the following season.
- Attitude. As coaches we need to surround the team with athletes that have positive attitudes and do not cause problems on the team with negativity. Negativity is a disease that can quickly spread through a team. Athletes should be optimistic about workouts, team mates, events they are asked to compete in, and the program as a whole. Athletes should remember that they are here to promote the team and help it succeed in anyway that is needed and not to say or do anything that could hurt the team. If an athlete trying out has a history of having a poor attitude, then the athlete will most likely not make the team.
- Work ethic. Everyone is expected to do all assigned workouts without question. Athletes that are found not doing the assigned workout will be removed from practice. Great work ethic is a must for the team to succeed. If an athlete trying out has a history of not giving 100% at practices, then the athlete will most likely not make the team.

Lettering Criteria

The following criteria will be applied to determine which team members earn letters after the season:

- The athlete must remain a member of the team, in good standing, for the entire season. Any athlete who quits, stops showing up, or is removed from the team at any point of the season will not be eligible to Letter or receive any recognition.
- Earn a minimum of 10 pts. for the team during the season.
- A senior who has never lettered by meeting the points standard can letter if the head coach feels that he/she demonstrated superior dedication and service to the team.
- Any athlete who qualifies for the Regional Championships
- Any athlete who breaks a school record.

Uniforms

All athletes will receive a school issued uniform. The uniform that is issued should be worn in the track meets. Athletes can not substitute their own shorts or shirts as part of the uniform. There are strict uniform rules that teams must follow.

Uniforms will be issued to the athletes who have been on the team the longest first. Therefore, freshmen typically will get the oldest uniforms and seniors will typically get the newest uniforms.

No part of the uniform can be worn to school, physical education class or at practice. Uniforms are to be worn to meets only.

If part or all of the uniform is lost or stolen, the athlete is responsible for the cost of it. Athletes will be put on the fees/fines list and they must pay for the lost or stolen uniform before they are issued a new uniform. This will also apply if the uniform is damaged.

Athletes will have the option to purchase new uniforms for them to keep when we order spirit pack items.

All athletes must return the uniform that was issued to them by the end of the season. Athletes should give the uniform directly to Coach McLamb. Do not leave it at the office or have someone else turn it in. Athletes not returning uniforms will be put on the fees/fines list.

Dual-Sport Policy

Athletes are not allowed to practice or participate with other school athletic teams during the track & field season. This is a NCHSAA rule that must be followed.

Athletes that wish to compete in two LRHS spring sports must communicate with both team coaches. Both coaches have to agree to the arrangement and work out practice schedules to accommodate both athletic teams. This typically does not workout since athletes normally have to practice with both teams on the same day to meet attendance requirements.

Athletes that wish to be a part of a club team need to make sure that their club team schedules do not interfere with the track & field practice and meet schedule. Athletes that join a club team after making the LRHS track & field team will not be allowed to miss any practices or meets for their club team. Athletes that are part of a club team prior to making the LRHS track & field team need to talk directly with Coach McLamb to see if the two schedules will work. Communication is always the key to avoid problems or being removed from the team for missing events.

Discipline

Any athlete that is assigned A.S.D. will be suspended for one meet. Any athlete that is assigned I.S.S. will get a minimum of one meet suspension. Athletes that are suspended from school will not be allowed to practice, participate in meets, or attend meets until the suspension is complete. This is a NCHSAA rule. Almost all out-of-school suspensions will result in removal from the team for the entire season. These situations will be reviewed by the head coach and athletic director on an individual basis and action will be taken.

School Records / Meet Schedule / Required Forms

School Records, Meet Schedule, and Required Forms will be on the next several pages.

All forms must be filled out completely and returned to Coach McLamb before the first meet.

Leesville Road High School Track & Field Records

BOYS TRACK RECORDS			EVENTS	GIRLS TRACK RECORDS		
<u>Athlete</u>	<u>Record</u>	<u>Year</u>		<u>Athlete</u>	<u>Record</u>	<u>Year</u>
Jeremy Carter	10.6	1998	100 Meter Dash	Paige Eley	12.00	2009
Tyrone Dozier	21.62	1996	200 Meter Dash	Paige Eley	24.44	2009
Tyrone Dozier	47.51	1997	400 Meter Dash	Javonna Brown	57.84	2006
Riaan Lourens	1:56.17	2001	800 Meter Run	Joanna Mullen	2:19.6	2001
John Bell	4:21.11	1998	1600 Meter Run	Lauren Strapp	5:12.86	2009
Stephen Bloemeke	9:25.72	2006	3200 Meter Run	Lauren Strapp	11:18.70	2009
Brandon Broadnax Jeremy Carter Troy Dolby Tyrone Dozier	42.8	1997	400 Meter Relay	Sarah Jones Hailey Blackburn Paige Eley Cathy Odametey	49.42	2009
Brandon Broadnax Jeremy Carter Troy Dolby Tyrone Dozier	1:28.10	1996	800 Meter Relay	Sarah Jones Paige Eley Hailey Blackburn Kaitlyn Quirk	1:42.91	2009
Brandon Broadnax Troy Dolby Jeremy Carter Tyrone Dozier	3:20.08	1996	1600 Meter Relay	Alane Ficalora Paige Eley Emily Vasquez Kaitlyn Quirk	4:03.84	2008
Riaan Lourens Chris Bowker Cameron Bell Rob Whited	7:53.85	2001	3200 Meter Relay	Joanna Mullen Mandy Furr Caitlin Littlefield Kelsey Lam	9:44	2001
_____	_____	_____	100 Meter High Hurdles	Allison Bowden	15.6	1999
Jeremy Carter	14.55	1998	110 Meter High Hurdles	_____	_____	_____
Jeremy Carter	37.34	1997	300 Meter Low Hurdles	Allison Bowden	45.5	1997
Colby York	6'4"	2008	High Jump	Allison Bowden	5'8"	1997
Troy Dolby	23'5"	1997	Long Jump	Devon Armstrong	18'9 3/4"	1995
Troy Dolby	44'7"	1995	Triple Jump	Jessica Partin	35'8"	1996
Steven Taylor	15'0"	2001	Pole Vault	Kallie Kocourek	9'0"	1999
Steve Jacobs	48'1"	1998	Shot Put	Saleemah Abdullah	36'9"	1995
Joey Forhand	158'3"	1996	Discus	Saleemah Abdullah	119'1/2"	1995

Leesville Road High School

8409 Leesville Road

Raleigh, NC 27613

Phone: 870-4250

Fax: 870-4287

Principal: Mr. Scott Lyons

Athletic Director: Mr. Jack Rogers

2010 Outdoor Track & Field Schedule

<u>Date</u>	<u>Opponent</u>	<u>Location/Time</u>
Wed. – March 3rd	Green Hope & Apex	Home / 3:30
Sat. – March 6th	Jaguar Invitational	Athens Drive / AM
Wed. – March 10th	Broughton	Home / 3:30
Wed. – March 17th	Sanderson	Sanderson / 3:30
Wed. – March 24th	OPEN WEEK	
	SPRING BREAK	
	Fri. March 27th – Sun. April 4th	
Thurs. – April 8th	Enloe	Home / 3:30
Wed. – April 14th	Wakefield	Wakefield / 3:30
Sat. – April 17th ?	Apex Lions/Bojangles Relays	Apex / AM
Wed. – April 21st	Millbrook	Home / 3:30
Sat. – April 24th	Wake County Championships	Sanderson / AM
Wed. – April 28th	Wake Forest Rolesville	WFR / 3:30
Wed. – May 5th	CAP-7 Conference Meet	Leesville Rd. / 2:00
Sat. – May 15th	4-A Mid East Regionals	Durham County / 10:00
Sat. – May 22nd	4-A State Championships	NC A&T / 10:00

Guidelines For Off Campus Running Wake County Public Schools

The following guidelines are recommendations for all interscholastic teams who incorporate off campus running as a part of conditioning. Coaches will provide the athletic director with the courses used for practices and/or meets. Prior to the start of the season, the coach and athletic director will approve the courses. Athletes and parents will be notified of these guidelines and are expected to comply with the following:

- Always run the school-approved course as designated by the coach.
- Run on sidewalks or shoulders where available, not on the street.
- Run on the street only when another approved course is unavailable; then, run FACING oncoming traffic and run single file except when passing another runner.
- Wait and cross with the traffic light green at all intersections. If there is a caution light or no traffic light, cross only when it is clear to do so. DO NOT assume a driver has seen you. Every runner must stop and look; do not cross as a group.
- Make eye contact with the driver of any car that is in your running path. This is particularly important when a car is turning right. In this situation, drivers frequently look only to their left. They may not see you approaching from their right.
- NEVER push, shove, or horseplay with another runner.
- NEVER run with headphones.
- Acknowledge your presence with a command, such as “runner approaching” when you approach an unsuspecting runner or pedestrian.
- Watch for bicyclists and in-line skaters: use the same precautions you would with a vehicle.
- Avoid confrontations with others you encounter on the course. Never comment or gesture inappropriately. Report any incidents to your coach immediately.
- NEVER run alone.

We understand the above off campus running rules and agree to follow them.

PRINTED NAME OF ATHLETE: _____

PARENT SIGNATURE: _____

DATE: _____

ATHLETE SIGNATURE: _____

Required Document for Athletic Participation
Leesville Road High School

Athlete _____ Grade _____ Sport _____

Student Athlete Parent Pledge

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

_____ Parent(s)

Student Athlete Pledge

As a student athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including unnecessary physical contact. I know the expectations of my school, my conference and the NCHSAA and hereby accept the responsibility and privilege of representing this school and community as a student athlete.

_____ Student Athlete

2009-2010

Conviction: Check the box that applies to _____ student name:

_____ **Is not convicted** of a felony in this or any other state **OR adjudicated** as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.

_____ **Is convicted** of a felony in this or any other state.

_____ **Is adjudicated** as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.

Convicted or adjudicated of _____
City and State _____
Date Convicted/Adjudicated _____
Description of Offense _____
Court Counselor _____
Telephone Number _____

Sport: Track & Field

LEESVILLE ROAD HIGH SCHOOL
Athletic Training / Sports Medicine Department
Student-Athlete Traveling Information Form

Date: ____/____/____

School Year: _____

Athlete Information:

Please Print

Name: _____ Class of: _____
(Last) (First) (Middle)

Gender: M F Date of Birth: ____/____/____ SS# or ID# _____ Race: _____ Age: _____

Parent / Guardian Information:

Father's Name _____ Father's Work # (____) _____

Employer _____ Father's Cell / Pager # (____) _____

Mother's Name _____ Mother's Work # (____) _____

Employer _____ Mother's Cell / Pager # (____) _____

Street Address _____ County: _____

City _____ State _____ Zip Code _____ Home Phone: (____) _____

Alternate Emergency Contact Person: _____ Daytime Phone: (____) _____

Athlete Medical Information:

1. Are you allergic to any type of medication? Y / N List: _____
2. List any other allergies: _____
3. Do you take medications regularly? Y / N List: _____
4. Do you take medicine for emergency use? Y / N List: _____
5. Date of last tetanus shot: _____
6. During athletic participation, do you wear: glasses? Y / N contacts? Y / N dental appliance? Y / N
7. Do you have asthma? Y / N If so, do you use an inhaler? Y / N What kind? _____
Directions for use: _____
8. Do you have any other medical conditions? Y / N List: _____

Insurance Information

Insurance Company Name: _____ Policy Name & # _____
(or Group Number)

Medical Authorization – As the parents or legal guardian of this student athlete I grant permission for treatment deemed necessary for a condition arising during or affecting participation in sports, including medical or surgical treatment recommended by a medical doctor. I understand that every effort will be made to contact me prior to treatment. Also, permission is granted to release medical information to the school and athletic trainer.

Risk of Injury – We acknowledge and understand that there is a risk of injury in athletic participation. We understand that the student-athlete will be under the supervision and direction of a WCPSS athletic coach. We agree to follow the rules of the sport and the instructions of the coach in order to reduce the risk of injury to the student and other athletes. However, we acknowledge and understand that neither the coach nor the WCPSS can eliminate the risk of injury in sports. Injuries may and do occur. Sports injuries can be severe and in some cases may result in permanent disability or even death. We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participation in athletics.

Student (Signature): _____ Date: _____

Parent/Guardian (Print): _____ (Signature): _____

Date: _____

Leesville Road Track & Field Rules / Expectations Agreement Form

I have read and understand the Leesville Road Track & Field Handbook and agree to abide by the guidelines set forth in the handbook.

Athlete's Name- PRINT

Athlete's Signature

Date

Parent's Name- PRINT

Parent's Signature

Date

LR

TRACK & FIELD

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Forms:

- A Rules/Expectations Agreement Form signed by the parent and athlete. This form shows that parents and athletes understand and agree to the expectations of the program. Located in the back of this handbook.
- An Off Campus Running Form. This form is to be signed by both the parent and athlete. This form gives guidelines and expectations for athletes when training/running off the LRHS campus. This form is located at the back of the handbook.
- Student-Athlete / Parent Pledge Form. This form is located at the back of the handbook.
- Travel Form. This form is located at the back of the handbook.

Items:

- LOCK. Athletes should provide their own lock for the locker room. It is the responsibility of the athlete to lock up all of their valuables while at practices and meets. Locker rooms are not locked during practices and meets since different training groups finish practice at different times and need to be able to enter the locker room.
- TRAINING SHOES / SPIKES. Athletes need to have appropriate shoes for their event. Basketball shoes are not appropriate for track & field.
- WATCH. Athletes need to have a stop watch of some form to keep for training purposes. All runners (Distance and Sprinters) need a watch.
- ATHLETIC CLOTHING. Athletes should have athletic shorts, sweat pants, t-shirts, and sweat shirts. Athletes need to be prepared for all types of weather and should dress accordingly.
- WATER. Athletes should always bring water to practice and meets.

Team Rules

Being a part of a high school team is a PRIVILEGE, not a right. Doing the right thing is expected at all times. You know right from wrong and are expected to act accordingly. By joining the track & field team, you are accepting the fact that the goals of the team come before your personal goals. You are in essence relinquishing a certain measure of individual rights for the betterment of the team. For the team to be successful, your top in-season priorities are expected to be:

1. Family obligations (including religious obligations)
2. School
3. Track & Field

An atmosphere of dedication, organization and discipline must be established. Therefore, the following ground rules have been established to help guide us to that commitment:

- Punctuality – Athletes will be on time to all team functions. Practice starts at 2:50. That means you are on the track ready to warm up at 2:50, not leaving the locker room or coming from the parking lot. Tardiness will be dealt with and not accepted on-going. Anyone who has to attend extra academic help after school must attend practice after they get academic help. Athletes MUST bring a note from the teacher they were working with and have the time they left on it.
- Attendance – You are expected to have 100% attendance at practices and meets. No team can function if all the people are not present. Emergencies will come up and are excused such as illness or family concerns. However, you are expected to let ME (Coach McLamb) know of the reason for your absence before the practice you will miss. I can be reached at mmlamb@wcpss.net, room 44, or at If Coach McLamb is not notified by the athlete prior to the absence, then the absence will be unexcused except for extreme situations. Remember that colds, headaches, stomach aches, and allergies are inconveniences, not a major illness. Three unexcused absences will result in your removal from the team.
- Behavior – Athletes are expected to conform to all state, local, community, district, school, and team laws, rules, policies and standards. All members of the team will be respectful of their self and others on and off the track. No foul language, bad attitudes, loud or disrespectful behavior will be tolerated in the classroom, in the halls, at practice or at meets. There will be regular checks with teachers and administrators for discipline referrals. You are representing yourself, teammates, parents, coaches, and your school. Any violations of policies will result in a minimum of suspension from one meet and can result in removal from the team.
- Et cetera – Any additional rules, directions, instructions, etc. given either verbally or in writing by team coaches or any LRHS coach, teacher, administrator, or other adult in a position of authority are to be followed.

Travel Policy

All athletes must ride the team bus to all meets. Any exceptions (extreme circumstances only) must be cleared by Coach McLamb at least one day prior to the meet. In these situations, athletes can only travel to the meet with a parent. Athletes are not allowed to drive themselves or ride with anyone other than their own parent. Missing the team bus because of tardiness is not excused. Athletes that miss the bus and travel to the meet with parents or on their own will not be allowed to compete at that meet.

Athletes can leave a meet with their parents only. Athletes can not leave with a friend or anyone else other than their own parents. Coach McLamb should be notified before leaving the meet with their parents. Athletes should contact me directly. Do not send me a message through another student.

Meets

Like mentioned earlier, all athletes can compete at home meets. Away dual meets and invitational meets limit entries and not all athletes will compete at these meets. A list of athletes competing at meets will be emailed out to the distribution list at least one day prior to meets

ALL team members are expected to help run home meets. Athletes should help move hurdles, rake pits, measure jumps, etc. when they are not competing at the meets. It takes a team effort to host meets and athletes must perform any duty that a coach or parent asks them to do.

Athletes must attend the entire school day on the day of meets to be eligible to compete at the meet. NCHSAA rules prohibits athletes from competing in meets if they did not attend school on the day of a meet.

Website / Distribution List

The team has two websites.

<http://www.agssportsweb.org/track1.htm> is the website that is located under the school's website. This website is where messages from the coach can be found along with school records and other meet results. This website is updated on a regular basis by a parent volunteer.

<http://nc.milesplit.us/teams/LRHS> is the website that is located under milesplit. This information is linked to the milesplit database and is updated with results that go through milesplit and by a parent volunteer.

Distribution List: Regular emails are sent out with information about the team. Anyone interested in receiving the emails should email Coach McLamb to be added to the list.

Try-outs

Try-outs will consist of tests/time trials that will measure physical abilities in sprints, distance, jumps, and explosiveness. The tests/time trials will take place during the first week or so of the season. Once the testing is completed, the coaching staff will look at the results and determine which athletes will be on the track & field team. There are a lot of factors that can determine who makes the team. Here are some of the factors we consider:

- Actual performances in the tests. The results will be compared by grade level and how each athlete performs in all the tests/time trials.
- Grade level. 9th graders have the best chance of making the team. It is hard to tell how a 9th grader will develop over time, so we like to keep most 9th graders to see how they develop. As athletes move up in grade level, it will be more difficult to make the team. If an athlete trying out as an 11th/ 12th grader is not one of the top performers in any of the tests, there is a small chance of them making the team. There will be situations where 11th and 12th graders get cut even though they performed better than a 9th grader that is kept on the team. If we have 11th or 12th grader at the same ability level as a 9th grader, it is in the best interest of the program to spend time developing the 9th grader. This is often a difficult issue for athletes and parents to understand, but it is in the best interest of the program. It is very important that athletes train hard year after year to ensure that they improve enough to make the team the following season.
- Attitude. As coaches we need to surround the team with athletes that have positive attitudes and do not cause problems on the team with negativity. Negativity is a disease that can quickly spread through a team. Athletes should be optimistic about workouts, team mates, events they are asked to compete in, and the program as a whole. Athletes should remember that they are here to promote the team and help it succeed in anyway that is needed and not to say or do anything that could hurt the team. If an athlete trying out has a history of having a poor attitude, then the athlete will most likely not make the team.
- Work ethic. Everyone is expected to do all assigned workouts without question. Athletes that are found not doing the assigned workout will be removed from practice. Great work ethic is a must for the team to succeed. If an athlete trying out has a history of not giving 100% at practices, then the athlete will most likely not make the team.

Lettering Criteria

The following criteria will be applied to determine which team members earn letters after the season:

- The athlete must remain a member of the team, in good standing, for the entire season. Any athlete who quits, stops showing up, or is removed from the team at any point of the season will not be eligible to Letter or receive any recognition.
- Earn a minimum of 10 pts. for the team during the season.
- A senior who has never lettered by meeting the points standard can letter if the head coach feels that he/she demonstrated superior dedication and service to the team.
- Any athlete who qualifies for the Regional Championships
- Any athlete who breaks a school record.

Uniforms

All athletes will receive a school issued uniform. The uniform that is issued should be worn in the track meets. Athletes can not substitute their own shorts or shirts as part of the uniform. There are strict uniform rules that teams must follow.

Uniforms will be issued to the athletes who have been on the team the longest first. Therefore, freshmen typically will get the oldest uniforms and seniors will typically get the newest uniforms.

No part of the uniform can be worn to school, physical education class or at practice. Uniforms are to be worn to meets only.

If part or all of the uniform is lost or stolen, the athlete is responsible for the cost of it. Athletes will be put on the fees/fines list and they must pay for the lost or stolen uniform before they are issued a new uniform. This will also apply if the uniform is damaged.

Athletes will have the option to purchase new uniforms for them to keep when we order spirit pack items.

All athletes must return the uniform that was issued to them by the end of the season. Athletes should give the uniform directly to Coach McLamb. Do not leave it at the office or have someone else turn it in. Athletes not returning uniforms will be put on the fees/fines list.

Dual-Sport Policy

Athletes are not allowed to practice or participate with other school athletic teams during the track & field season. This is a NCHSAA rule that must be followed.

Athletes that wish to compete in two LRHS spring sports must communicate with both team coaches. Both coaches have to agree to the arrangement and work out practice schedules to accommodate both athletic teams. This typically does not workout since athletes normally have to practice with both teams on the same day to meet attendance requirements.

Athletes that wish to be a part of a club team need to make sure that their club team schedules do not interfere with the track & field practice and meet schedule. Athletes that join a club team after making the LRHS track & field team will not be allowed to miss any practices or meets for their club team. Athletes that are part of a club team prior to making the LRHS track & field team need to talk directly with Coach McLamb to see if the two schedules will work. Communication is always the key to avoid problems or being removed from the team for missing events.

Discipline

Any athlete that is assigned A.S.D. will be suspended for one meet. Any athlete that is assigned I.S.S. will get a minimum of one meet suspension. Athletes that are suspended from school will not be allowed to practice, participate in meets, or attend meets until the suspension is complete. This is a NCHSAA rule. Almost all out-of-school suspensions will result in removal from the team for the entire season. These situations will be reviewed by the head coach and athletic director on an individual basis and action will be taken.

School Records / Meet Schedule / Required Forms

School Records, Meet Schedule, and Required Forms will be on the next several pages.

All forms must be filled out completely and returned to Coach McLamb before the first meet.

Leesville Road High School Track & Field Records

BOYS TRACK RECORDS			EVENTS	GIRLS TRACK RECORDS		
<u>Athlete</u>	<u>Record</u>	<u>Year</u>		<u>Athlete</u>	<u>Record</u>	<u>Year</u>
Jeremy Carter	10.6	1998	100 Meter Dash	Paige Eley	12.00	2009
Tyrone Dozier	21.62	1996	200 Meter Dash	Paige Eley	24.44	2009
Tyrone Dozier	47.51	1997	400 Meter Dash	Javonna Brown	57.84	2006
Riaan Lourens	1:56.17	2001	800 Meter Run	Joanna Mullen	2:19.6	2001
John Bell	4:21.11	1998	1600 Meter Run	Lauren Strapp	5:12.86	2009
Stephen Bloemeke	9:25.72	2006	3200 Meter Run	Lauren Strapp	11:18.70	2009
Brandon Broadnax Jeremy Carter Troy Dolby Tyrone Dozier	42.8	1997	400 Meter Relay	Sarah Jones Hailey Blackburn Paige Eley Cathy Odametey	49.42	2009
Brandon Broadnax Jeremy Carter Troy Dolby Tyrone Dozier	1:28.10	1996	800 Meter Relay	Sarah Jones Paige Eley Hailey Blackburn Kaitlyn Quirk	1:42.91	2009
Brandon Broadnax Troy Dolby Jeremy Carter Tyrone Dozier	3:20.08	1996	1600 Meter Relay	Alane Ficalora Paige Eley Emily Vasquez Kaitlyn Quirk	4:03.84	2008
Riaan Lourens Chris Bowker Cameron Bell Rob Whited	7:53.85	2001	3200 Meter Relay	Joanna Mullen Mandy Furr Caitlin Littlefield Kelsey Lam	9:44	2001
_____	_____	_____	100 Meter High Hurdles	Allison Bowden	15.6	1999
Jeremy Carter	14.55	1998	110 Meter High Hurdles	_____	_____	_____
Jeremy Carter	37.34	1997	300 Meter Low Hurdles	Allison Bowden	45.5	1997
Colby York	6'4"	2008	High Jump	Allison Bowden	5'8"	1997
Troy Dolby	23'5"	1997	Long Jump	Devon Armstrong	18'9 3/4"	1995
Troy Dolby	44'7"	1995	Triple Jump	Jessica Partin	35'8"	1996
Steven Taylor	15'0"	2001	Pole Vault	Kallie Kocourek	9'0"	1999
Steve Jacobs	48'1"	1998	Shot Put	Saleemah Abdullah	36'9"	1995
Joey Forhand	158'3"	1996	Discus	Saleemah Abdullah	119'1/2"	1995

Leesville Road High School

8409 Leesville Road

Raleigh, NC 27613

Phone: 870-4250

Fax: 870-4287

Principal: Mr. Scott Lyons

Athletic Director: Mr. Jack Rogers

2010 Outdoor Track & Field Schedule

<u>Date</u>	<u>Opponent</u>	<u>Location/Time</u>
Wed. – March 3rd	Green Hope & Apex	Home / 3:30
Sat. – March 6th	Jaguar Invitational	Athens Drive / AM
Wed. – March 10th	Broughton	Home / 3:30
Wed. – March 17th	Sanderson	Sanderson / 3:30
Wed. – March 24th	OPEN WEEK	
	SPRING BREAK	
	Fri. March 27th – Sun. April 4th	
Thurs. – April 8th	Enloe	Home / 3:30
Wed. – April 14th	Wakefield	Wakefield / 3:30
Sat. – April 17th ?	Apex Lions/Bojangles Relays	Apex / AM
Wed. – April 21st	Millbrook	Home / 3:30
Sat. – April 24th	Wake County Championships	Sanderson / AM
Wed. – April 28th	Wake Forest Rolesville	WFR / 3:30
Wed. – May 5th	CAP-7 Conference Meet	Leesville Rd. / 2:00
Sat. – May 15th	4-A Mid East Regionals	Durham County / 10:00
Sat. – May 22nd	4-A State Championships	NC A&T / 10:00

Guidelines For Off Campus Running Wake County Public Schools

The following guidelines are recommendations for all interscholastic teams who incorporate off campus running as a part of conditioning. Coaches will provide the athletic director with the courses used for practices and/or meets. Prior to the start of the season, the coach and athletic director will approve the courses. Athletes and parents will be notified of these guidelines and are expected to comply with the following:

- Always run the school-approved course as designated by the coach.
- Run on sidewalks or shoulders where available, not on the street.
- Run on the street only when another approved course is unavailable; then, run FACING oncoming traffic and run single file except when passing another runner.
- Wait and cross with the traffic light green at all intersections. If there is a caution light or no traffic light, cross only when it is clear to do so. DO NOT assume a driver has seen you. Every runner must stop and look; do not cross as a group.
- Make eye contact with the driver of any car that is in your running path. This is particularly important when a car is turning right. In this situation, drivers frequently look only to their left. They may not see you approaching from their right.
- NEVER push, shove, or horseplay with another runner.
- NEVER run with headphones.
- Acknowledge your presence with a command, such as “runner approaching” when you approach an unsuspecting runner or pedestrian.
- Watch for bicyclists and in-line skaters: use the same precautions you would with a vehicle.
- Avoid confrontations with others you encounter on the course. Never comment or gesture inappropriately. Report any incidents to your coach immediately.
- NEVER run alone.

We understand the above off campus running rules and agree to follow them.

PRINTED NAME OF ATHLETE: _____

PARENT SIGNATURE: _____

DATE: _____

ATHLETE SIGNATURE: _____

Required Document for Athletic Participation
Leesville Road High School

Athlete _____ Grade _____ Sport _____

Student Athlete Parent Pledge

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

_____ Parent(s)

Student Athlete Pledge

As a student athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including unnecessary physical contact. I know the expectations of my school, my conference and the NCHSAA and hereby accept the responsibility and privilege of representing this school and community as a student athlete.

_____ Student Athlete

2009-2010

Conviction: Check the box that applies to _____ student name:

_____ **Is not convicted** of a felony in this or any other state **OR adjudicated** as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.

_____ **Is convicted** of a felony in this or any other state.

_____ **Is adjudicated** as a delinquent for an offense that would be a felony if committed by an adult in this or any other state.

Convicted or adjudicated of _____
City and State _____
Date Convicted/Adjudicated _____
Description of Offense _____
Court Counselor _____
Telephone Number _____

Sport: Track & Field

LEESVILLE ROAD HIGH SCHOOL
Athletic Training / Sports Medicine Department
Student-Athlete Traveling Information Form

Date: ____/____/____

School Year: _____

Athlete Information:

Please Print

Name: _____ Class of: _____
(Last) (First) (Middle)

Gender: M F Date of Birth: ____/____/____ SS# or ID# _____ Race: _____ Age: _____

Parent / Guardian Information:

Father's Name _____ Father's Work # (____) _____

Employer _____ Father's Cell / Pager # (____) _____

Mother's Name _____ Mother's Work # (____) _____

Employer _____ Mother's Cell / Pager # (____) _____

Street Address _____ County: _____

City _____ State _____ Zip Code _____ Home Phone: (____) _____

Alternate Emergency Contact Person: _____ Daytime Phone: (____) _____

Athlete Medical Information:

1. Are you allergic to any type of medication? Y / N List: _____
2. List any other allergies: _____
3. Do you take medications regularly? Y / N List: _____
4. Do you take medicine for emergency use? Y / N List: _____
5. Date of last tetanus shot: _____
6. During athletic participation, do you wear: glasses? Y / N contacts? Y / N dental appliance? Y / N
7. Do you have asthma? Y / N If so, do you use an inhaler? Y / N What kind? _____
Directions for use: _____
8. Do you have any other medical conditions? Y / N List: _____

Insurance Information

Insurance Company Name: _____ Policy Name & # _____
(or Group Number)

Medical Authorization – As the parents or legal guardian of this student athlete I grant permission for treatment deemed necessary for a condition arising during or affecting participation in sports, including medical or surgical treatment recommended by a medical doctor. I understand that every effort will be made to contact me prior to treatment. Also, permission is granted to release medical information to the school and athletic trainer.

Risk of Injury – We acknowledge and understand that there is a risk of injury in athletic participation. We understand that the student-athlete will be under the supervision and direction of a WCPSS athletic coach. We agree to follow the rules of the sport and the instructions of the coach in order to reduce the risk of injury to the student and other athletes. However, we acknowledge and understand that neither the coach nor the WCPSS can eliminate the risk of injury in sports. Injuries may and do occur. Sports injuries can be severe and in some cases may result in permanent disability or even death. We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participation in athletics.

Student (Signature): _____ Date: _____

Parent/Guardian (Print): _____ (Signature): _____

Date: _____

Leesville Road Track & Field Rules / Expectations Agreement Form

I have read and understand the Leesville Road Track & Field Handbook and agree to abide by the guidelines set forth in the handbook.

Athlete's Name- PRINT

Athlete's Signature

Date

Parent's Name- PRINT

Parent's Signature

Date