Pleasant Valley

Girls Track and Field

PVGTF • 2019

Welcome to the start of what will be an exciting, successful season of Track and Field! The success of the Track and Field Team depends on the attitude each individual on the team brings to school, practice, meets, and their life. The attitude you have is based on the goals you have established for your life.

You MUST set goals to be successful during this Track and Field season! Our #1 goal for each of you is to reach your competitive potential while having an enjoyable, team experience! What are your goals? How will you judge your success this season? What will be the driving force that takes you beyond being just a runner to being a competitor? SET YOUR GOALS, keep them handy, look at them daily. Remember:

*It is not a goal if you are not willing to discipline yourself to achieve it.*

Believe you are great, say you are great, run with the attitude that you are GREAT!! We need to believe in ourselves, our teammates, and our goals. As a TEAM you must challenge each other everyday. If you really care about this TEAM do everything you can to make your teammates work harder and dig deeper within themselves than they have ever had to before. What are you made of? What are WE made of? Anyone can be an anyone, WE want to be great. Dare to go there! GET THERE!!

**In order to be a true team each athlete and coach must be able to answer affirmatively when asked the following three questions by any member of the team:**

1. **Can I trust you?**
2. **Are you committed to excellence?**
3. **Do you care about me and each member of this team?**

**No matter coach or athlete, to make this team work, you must be prepared from day one to answer YES, YES, YES to these three questions.**

Track and Field is a physically and mentally demanding sport. This program is designed to prepare athletes with a combination of stretching, running, lifting, and talking about mental toughness. Athletes of all calibers are encouraged to join and grow with the training they will receive. The overriding GOAL of the Track and Field program is IMPROVEMENT. Failure and Negativism are concepts we will NOT embrace, period.

**Rules & Guidelines for the 2019 PVGTF Team.**

Reading these will save much headache and misunderstanding later if situations do arise. I hope through your commitment to this program none of the following will be needed.

**PVHS Good Conduct Code & Eligibility Requirements:**

All athletes should have a copy of the PVHS Student Handbook, read it, and follow the guidelines that have been established to ensure that PVHS athletes are responsible, moral, and dependable persons. Pages 22-31 cover ‘PARTICIPATION IN HS ACTIVITIES’.

**Pleasant Valley General Athletic Policies:**

Academic Eligibility

* Students failing a course during a defined marking period (semester) are ineligible to compete for 30 calendar days beginning from the first official competition start date of that sport season. The 30 calendar day competition exclusion period will be void if the student does not complete that sport season in good standing. The 30 day consequence will restart at the beginning of the next sport season the student chooses to participate.
* **PVHS students must be enrolled in five (5) academic classes to be eligible to participate in extra/co-curricular activities.**
* All language related to purchasing school sponsored insurance has been removed. PVCSD does NOT provide insurance.

Citizenship

Extracurricular participation is a privilege that the school and community extends to students. If students are not meeting high expectations for school citizenship, which includes behavior and attendance, participation privileges will be restricted or denied.

 Attendance

In order to participate in an activity, students must be in attendance for all regularly scheduled classes the day of the contest. Exceptions for emergency situations are made by administrative approval only.

 Joining Late

It will be the coach’s discretion whether to allow a student to join an activity after the first official practice begins. Each case will be judged on the basis of what is best for the individual, the team and the program. **If you would like to participate in outdoor track, you are expected to take part in the indoor season.**

 Playing Time

Team members must always be aware that practice and playing time will not be determined by a system of forced equality. The program will seek to provide positive learning and participation experiences for everyone but, as a rule, the more gifted athletes will receive a greater proportion of coaching and playing time. No participant is guaranteed any amount of either.

* During the regular track and field season the top varsity runners will be determined strictly by performance times in previous meets or time trials. For the championship meets at the conclusion of the season, varsity runners will be determined by the coaching staff, considering all factors that will contribute to the best **TEAM** performance.

**Travel Policy:**

All athletes will travel to the meets together. They will stay the duration of the meet (cheering and encouraging). We are a TEAM! After the meet has ended there will be a brief team meeting at the team camp. After this parents may ask a coach for permission to take their daughter (s) home from the meet.

* If you are riding home with your parent, you must have a signed note turned into the athletic director at least 24 hours in advance of the meet. You may only ride home with your own parent/guardian.
* Bus conduct is an important part of an athletic team. We will always be courteous, responsible riders in the school buses.
* Overnight trips are also a major indicator of a team’s character. On these trips a team curfew will be enforced and athletes are expected to act in a mature manor at all times to positively represent Pleasant Valley Girls Track and Field.

**Attendance:**

1. Be at the scheduled practice **on time** and prepared to practice. Roll will be taken and athletes must have a note if detained for any reason.
2. Because of your commitment to the team and our limited practice time, it is important that you stay the entire duration of practice. You may not leave for any reason until you check out with and are dismissed by the coach. Please inform the coach of any valid reasons why you may need to leave early and we will do our best to conclude practice at a reasonable time.
3. Missed Practices??? You cannot improve if you are not at practice. Any unavoidable misses must be cleared with the coach ahead of time and may require a parent note or phone call. Appropriate reasons to miss include family emergency, illness, or school activities. These will be excused and result in no penalty as long as you inform me ahead of time. Unacceptable reasons to miss practice include homework or tests, routine medical appointments, and intramural sports. Your first two unexcused absences result in suspension from a meet. After your third, you will be asked to turn in your equipment. **THIS APPLIES FOR MISSED MEETS AS WELL! THE MEETS ARE WHAT WE TRAIN FOR ALL SEASON. AVOID MISSING THEM IF AT ALL POSSIBLE!**

 4. Miss the day before a meet? It is the sole discretion of Coach Wheeler(s) if you will run the

 meet.

5. Work conflicts? This will only be a possibility on Saturday mornings and you will need to

 set up an alternative Saturday practice time. If not this will count as a miss.

6. Participating in another school-sponsored activity? We will handle these individually.

 They will not count as misses as long as they are made up. Dual sports will be handled

 individually by the head coach and the athlete.

7. We will handle athletes being cut from the TEAM on an individual basis, considering what

 is best for the TEAM, athlete, and program.

 **Athletes who want to be considered for varsity competition will be**

 **at practice, on time, and ready to go.**

**Lettering Policy:**

 Freshmen Numerals - All 9th graders completing the season.

Varsity Letter-

 1. Any athlete who contributes to the team success in 80% of varsity meets.

2. Any athlete earning varsity all-conference honors or state qualification.

3. Any athlete who competes at a level with the above qualifications.

4. Any four-year participants who have not previously received a varsity letter.

**Equipment:**

 Each athlete will be issued \*\*: 1 Competition running uniform (top & bottom)

 1 Warm-up jacket/pants

Each athlete will need a pair of running training shoes, running meet spikes, and all necessary practice clothes. We run in cold weather. Have a stocking cap, mittens, and a scarf.

**A runner’s wristwatch is a highly encouraged item also.**

\*\*Athletes are financially responsible for issued equipment.

**Injuries:**

Injuries will be defined as those painful physical conditions that limit the athlete’s ability to perform. All injuries must be brought to Coach Wheeler’s attention. All injuries will be handled through the PVHS Athletic Trainer and an injury report form will be filed. Any injury requiring a doctor’s attention and cessation of practice will require a doctor’s permission to resume. Any athlete missing practice due to injury will not be allowed to compete until Coach Wheeler determines it is in the athlete’s best physical interest.

**The Runner’s Lifestyle:**

Track and Field, when done correctly, is very challenging. The athletes must condition their bodies and minds to respond at peak performance. This can only be achieved through a strict practice discipline coupled with proper rest, nutrition, drug-free living, and balanced health. Female athletes must eat and eat well! As a Track and Field athlete, drugs should not even be a consideration. Stay clean to respect yourself, your school, and your teammates. Rest is also a very important aspect of being an athlete. You cannot burn the candle at both ends and still perform at your top athletic level. Balance is the key. Formulate a schedule to include time for family, school, practice, homework, social life, and proper rest. Stick to it!

**Contacting Coach Wheeler:**

 School Phone: 332-5151

 School Mailbox: High School Main Office

 Email: wheelerjane@pleasval.k12.ia.us or kw-wheeler@wiu.edu

**Practice Times:**

 February 11th-End of Season M-F @ 3:45 pm Sat @ 8:00 – 10:00 am

**2019 Meet Schedule:**

 DATE MEET • SITE TIME Bus

Tuesday, Feb. 26Rock Island Indoor @ Augustana College 3:45 pm 2:15 pm

Wednesday, Feb. 27 Rock Island Indoor @ Augustana College 5:30 pm 4:00 pm

Tuesday, Mar. 5 PV Practice Meet @ Sterling 5:30 pm 3:20 pm

Friday, Mar. 15 University of Dubuque Indoor 4:00 p.m. 1:45 p.m.

Thursday, Mar. 21 Muscatine Invitational 4:30 pm 2:30 pm

Tuesday, Mar. 26 Rock Island JV Invite 4:30 pm 3:00 pm

Thursday, Mar. 28 North Scott Invite 4:00 pm 2:30 pm

Tuesday, Apr. 2 Davenport Ladies’ Classic 4:00 p.m. 2:30 pm

Friday, Apr. 5 Lady Spartan Classic 4:00 p.m. TBD

Monday, Apr. 8 North Scott 9/10 Invite 4:00 pm 2:30 pm

Thursday, Apr. 11 Jesse Day Relays 4:00 pm 2:30 pm

Saturday, Apr. 13 Lion Invite 10:00 am 7:00 am

Monday, Apr. 15 Dav. West JV Relays 4:00 pm 2:30 pm

Tuesday, Apr. 16 Dubuque Hempstead Invitational 4:30 pm 2:05 pm

Thursday, April 18 Forwald Relays @ City High (Iowa City) 4:30 pm 2:15 pm

Monday, April 22 Pam Duncan Relays @ DeWitt 4:00 pm 2:15 pm

April 25-27 Drake Relays TBD TBD

Thursday, May 2 MAC Conference Meet (North Scott) 4:00 pm 2:30 pm

Thursday, May 9 Districts (State-Qualifying Meet) - North Scott 4:00 pm 2:30 pm

May 16-18 Iowa State Track & Field Meet (Des Moines, IA) TBD TBD

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I have read the Pleasant Valley Girls Track and Field Handbook. I understand its contents and will do everything within my power to follow the role of an outstanding athlete, conscientious student, and all-around good kid. By signing this I realize I am making a commitment to PVGTF and to myself to make decisions that will not take away from my abilities, but rather will enhance them.

Athlete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the Pleasant Valley Girls Cross Track and Field Handbook. As a parent I understand the impact that a successful track and field season will have on the athletes and will do my best to provide the support that my daughter will need throughout this season. I also realize that rules exist for a reason and that Coach Wheeler will enforce team policy.

Parent\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete’s Home Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_