Pleasant Valley Girls Track and Field

PVGTF • 2024 TEAM HANDBOOK

**Dear Parents and Athletes:**

Welcome to a new Track and Field season at Pleasant Valley High School. This season can be one of the most exciting times of the year. As a staff, we look forward to working with your daughter and helping them to excel to the best of their ability. Our coaching staff for this season is:

Kenny Wheeler - Head Girl’s Track and Field Coach (Sprints, Hurdles, Relays)

Kaz Johnson – Assistant Coach (Sprints, Relays, & High Jump)

Maddie Reynolds – Assistant Coach (Middle Distance and Distance)

Jason Vice – Assistant Coach (Throws)

Madi Glatz – Assistant Volunteer Coach (Sprints, Relays, & Long Jump); Junior High Track & Field Coach

Katie Nimrod – Assistant Volunteer Coach (Long Sprints/Middle Distance & 400 Hurdles)

Alyssa Simon – Assistant Volunteer Coach (Sprints & Relays)

A standard of excellence has been established in the Track and Field program here at Pleasant Valley HS and the coaching staff is dedicated to helping every athlete compete at a high level. We strive for excellence by following some of the principles outlined in our mission statement:

Our mission is to provide a safe, supportive and fun environment for student-athletes to have a positive and meaningful experience participating on a successful high school athletic team. Track & Field is a lifelong sport, and with 19 different events, our team welcomes all to join and makes no cuts, making it accessible to any student-athlete. Our training development program builds throughout the season, with a focus on being at our best for our championship season. We train hard, treat recovery with equal importance, and repeat. Coaches truly care about the well-being of each athlete and in achieving their own personal goals. Through hard work, dedication, determination, and perseverance, both in the classroom and in the arena, opportunities to achieve your best can be realized! We build team camaraderie through respect, trust, and create memories you will have for a lifetime. We believe in you and welcome you to be legendary.

#CarryTheShield

The success of the Track and Field team depends on how we show up for ourselves and one another, in the attitude we bring with us to practice, the commitment we have to our goals, and the pursuit we have towards our own excellence. We can do this by showing up on time and even better, you’ll show up ahead of time. Next, you have to come with an understanding of your “why”. Purposeful action does not happen without clear and unrelenting intention. You have to come with a readiness and intentness to give all you have of yourself on that day.

With purpose comes a relentless desire to push ourselves and a humble enough attitude to be pushed, to accept failure, learn from it, and come back ready to execute with precision. That’s right, execution is a key component to our success. Finally, and most importantly – you must be willing to accept the challenge of chasing your own greatness so that you can encourage and help others chase their greatness.

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 the standards of this team?
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, and YES to these three questions.**

We will only go as far as we go TOGETHER. And so you can make a commitment now or a week from now, but come February 20th, we want you to come ready to execute as a member of this team because you need you and someone else will need you too.

**Expectations & Guidelines for the 2024 PVGTF Team.**

Reading these will save much headache and misunderstanding later if situations do arise. I hope through your commitment to this program, the following will guide your decisions throughout the season and beyond.

**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 45-55 cover [‘ATHLETICS/ACTIVITIES’](https://docs.google.com/document/d/1aWiESuexLttDcLiJhqq9NbZLS4QoqcMAjNC01EzFIzA/edit).

**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.
* **All contestants shall be enrolled students of the school in good standing.  They shall receive credit in at least five (5) subjects, each of one period or "hour" or the equivalent thereof, at all times.**
* The school district does not purchase an insurance policy for athletes. The cost of any and all treatment for injuries sustained by a participant shall be the responsibility of the parent/guardian and all such costs will be paid by the parent/guardian, thus releasing the school from all financial obligations.

Citizenship

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

Attendance

You must have been in attendance for three (3) of your regularly scheduled classes during a school day to participate in after-school or evening practices, games, or events. Administrator approval will be needed to participate in events if fewer than three classes of a school day are attended.

Joining Late

It will be the coach’s discretion whether or not 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. While the track and field season is not divided into separate indoor and outdoor seasons, 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. Coaches will determine the events in which each athlete will compete by considering the health, safety, personal goals, athlete preference, event variety as well as team goals in selecting the right events for each athlete.
* During the regular track and field season the top varsity runners will be determined largely 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 team meeting at the team camp. After this, parents may ask a coach for permission to take their daughter (s) home from the meet (see below regarding procedures).

* If you are riding home with your parent, you must have a signed note or email submitted to the athletic director or head coach 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 on 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 manner at all times to positively represent Pleasant Valley Girls Track and Field.

Attendance:

The GOAL is to be at practice (on-time, for its entirety) every day and to participate in all meets. The goal of this attendance policy is also to help make the track & field experience positive for all team members. It is not the intent of the attendance policy to be punitive, but instead to instill a sense of dedication and fairness to the team. By joining the team it is implied that you have decided to make this commitment to yourself, your teammates, and the coaching staff; this also means you will be held accountable for all absences using this attendance policy. Each athlete must make an individual decision about whether or not she can make this commitment to the team for the entirety of the season with a minimal number of absences.

**\*\*\*PLEASE schedule all other commitments as to not conflict with practice, team activities, and meets.**

1. Be at scheduled practices 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 club 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 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 necessary. If not this will count as a miss.

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

will be handled individually by the head coaches 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. Track & Field athletes must eat and eat well! As a Track and Field athlete, being a clean athlete and refraining from drugs and alcohol is paramount to your success and well-being. 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.

**Contacting Coach Wheeler:**

School Phone: 563-332-5151

School Mailbox: High School Activities Office

Email: wheelerkenny@pleasval.org

**Practice Times:**

February 19th-End of Season M-F @ 3:45 pm – 6:00 pm; Sat @ 8:00 – 10:00 am

**2024 Tentative Meet Schedule:**

DATE MEET • SITE TIME Bus

Wednesday, Mar. 6 St. Ambrose Univ. HS Indoor Classic 4:00 p.m. 2:20 p.m.

Friday, Mar. 9IATC State Indoor (Ames) 3:30 p.m. TBD

Tuesday, Mar. 12 UD Early Bird Co-Ed Invite 3:30 p.m. 1:00 p.m.

Friday, Mar. 15 UD HS Girls Classic TBD TBD

Thursday, March 21 Muscatine Invite 4:30 p.m. 2:10 p.m.

Monday, Mar. 25 Rock Island JV Invite 4:00 p.m. 2:20 p.m.

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

Saturday, Mar. 30 Dallas Center Grimes Invitational 11:00 a.m. 7:30 a.m.

Monday, Apr. 1 Liberty Co-Ed Invitational TBD TBD

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

Monday, Apr. 8 North Scott JV Invite 4:00 pm 2:30 pm

Friday, Apr. 12 Linn-Mar Lion Invitational 10:00 am 7:45 am

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

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

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

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

April 25-27th Drake Relays TBD TBD

Thursday, May 2 MAC Conference Meet (@DeWitt) 4:00 pm 2:30 pm

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

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

PVGTF • 2024



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 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 these standards and expectations exist for a reason and that Coach Wheeler will enforce team policy.

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

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