RAY - PEC

TRACK AND FIELD

2012

Ray-Pec High School Track and Field Informational Manual – 2012

Purpose and Goals:

Track and Field is an important part of the athletic program here at the Raymore-Peculiar School District and as such is dedicated to the overall fitness, technique, and learning the skills necessary to be a successful athlete as well as a productive citizen in our community.

We have an outstanding coaching staff who will be guiding their athletes to learn self-discipline, determination, commitment, integrity, positive attitude, work ethic, and have the self-confidence to strive for goals no matter how high they've been set. We will train hard. We will train smart. We will also take time to have fun along the way!

Coaching Staff:

COACH	TITLE	EMAIL
Mr. Jamin Swift	Head High School Track Coach	Jswift@raypec.k12.mo.us
Mr. David Stark	Sprints and Hurdles	DStark@raypec.k12.mo.us
Mr. Jay Johnson	Pole Vault	Rpxc707@gmail.com
Mr. Andrew James	Long and Triple Jump	AJames@raypec.k12.mo.us
Mr. John Heinemann	Throws	JHeinemann@raypec.k12.mo.us
Mr. Everett Sheppard	Sprints and High Jump	ESheppard@raypec.k12.mo.us
Mr. Alan Shields	Middle and Long Distance	AShields@raypec.k12.mo.us
Mrs. Macey Watermann	Sprints and Jumps Assistant	MWatermann@raypec.k12.mo.us

Team Policies:

1) BE THERE

2) BE PREPARED

3) BE MOTIVATED

4) BE DEDICATED

BE THERE

1. Practice will be everyday until 5PM after school. Do not plan any after school activity that will keep you from being dressed and ready to practice at 3:10.
2. Any practice missed will be considered an unexcused absence unless:
    A. You were ill and not at school or went home sick during the day.
    B. You have a prior arrangement with Coach Swift.
    C. You have another school-sponsored activity.
3. If you are injured, you are still expected to be at practice and help out where needed.
4. **All** missed practices must be made up before you will be allowed to attend the next track meet (unless absent from school).
5. Two unexcused absences will result in dismissal from the team.
6. All athletes must have 14 days of practice (unless coming straight from basketball or wrestling season) before being able to compete.

BE PREPARED

1. We will practice everyday regardless of weather. The spring season is very unpredictable, so carry a wide range of clothes. We will practice in warm, cold, windy, rainy, and even snowy conditions!
2. All athletes must have a physical on file before practicing with the team.
3. Catastrophic insurance ($4.00) and participation fee ($50.00) are due the first week of practice.
4. Athletes must also be in good standing with the school and passing all classes in order to compete. Tutoring is required for anyone failing 1 or more classes.
5. Relay teams must wear similar uniforms. In case of cold weather, clothes worn under the jersey must be of the same color. At Ray-Pec, we will wear black tights and black shirts if necessary.
6. Athletes are responsible for all equipment checked out. You must check in and check out your equipment with a coach. Uniforms and sweats are expensive ($180)! If you check out equipment, be prepared to pay all dues for lost, stolen, or neglected equipment. Report any missing or damaged equipment immediately!
7. School-issued track equipment is to be worn to all track meets. However, school equipment is not to be worn to school unless it is a meet day.
8. NO JEWELRY CAN BE WORN DURING PRACTICE OR TRACK MEETS.

BE MOTIVATED

1. Time lost in practice is never found.
2. You perform at meets like you practice. Give 100% everyday.
3. Attitude is contagious whether it is good or bad. Choose a good attitude.
4. Ray-Pec Track Program is a Whine-Free Zone. Seek the positives, ignore the negatives.
5. We are a team. There are 36 events at a track meet. Support one another on and off the track.
6. If you believe it, you can achieve it.
7. Don't let friends dictate your events, do what is best for you!

BE DEDICATED

1. Use or possession of tobacco, alcohol, and /or drugs will be dealt with according to policies in the athletic/ school handbook.
2. Take care of your body by getting proper nutrition, hydration and rest.
3. The track team needs to take precedent over club sports and/or open gym. If a track meet is scheduled, you are expected to be there.
4. Athletes are required to stay until the last event is over, unless it is a school night. Parents must signed form on file and must checkout with a head coach. This is due to school policy.
5. Only the event coach can scratch an athlete from an event.
6. Report all marks (times, heights, and distances) to the manager immediately following your event.

RAY-PEC TRACK AND FIELD

<u>Varsity Letter Requirements:</u>

1. The following are sufficient for earning a varsity letter:
    A. Score a total of 26 points in varsity competition
    (JV points earned will be worth .25 varsity points)
    B. Score a point at the varsity conference meet
    C. Qualify for the sectional meet
    D. Complete 4 years of active participation in the Ray-Pec track program
    E. Receive a recommendation by the coaching staff for a commitment to excellence and hard work

2. The coaching staff may also announce letter person standards for each event. This will make it possible for a person to letter by meeting a standard in case their event happens to be overly loaded that particular year.

3. You must also satisfy the following to earn a letter:
    A. Complete the entire season in good standing
    B. Maintain your eligibility throughout the season
    C. Make a positive contribution to the program
    D. Be recommended by the coaching staff

Ray-Pec Track and Field Records

Girls

Event	Record	Name	Year
Discus	143' 3"	Heather White	1994
SP	37' 6"	Heather White	1995
LJ	18' 4"	Sandy Cummings	1986
TJ	40' 1"	Pam Cummings	1993
HJ	5' 6"	Diane Cummings	1989
PV	9' 6"	Connie Johnson	2002
		Lisa Scrivener	2007
		Rachel Hicks	2007
100m	12.13	Sandy Cummings	1986
200m	25.16	Sandy Cummings	1986
400m	56.59	Sandy Cummings	1986
800m	2:20.39a	Amy Broadhurst	2003
1600m	5:13.16a	Amber Martin	1994
3200m	11:19.34c	Kaly Prather	2002
100HH	14.89a	Carrie Webb	1995
300IH	45.36a	Alyssa Carlson	2009
400R	50.12a	Rician Walker	2007
		Symone Davenport	
		Jaydee Young	
		Laprichianna Tabron	
800R	1:44.29a	Alyssa Carlson	2009
		Ashley Latimer	
		Terrial Collins	
		Laprichianna Tabron	
1600R	4:04.93a	Morgan Smith	2011
		Terrial Collins	
		Ashley Proctor	
		Donatta Young	
3200R	9:31.5h	Kaly Prather	2002
		Tiffany Steele	
		Melissa McNell	
		Amy Broadhurst	

Boys

Event	Record	Name	Year
Disc	152' 8"	Russ Miller	1985
SP	52' 07"	Jason Treolo	1990
LJ	22' 9 1/4"	Rick Deluca	1985
TJ	48' 6"	Lee Watts	1987
HJ	6' 6"	Mark Sappington	2009
PV	14' 9"	Cody Page	2004
100	10.94a	Aaron Russell	2011
200	22.62a	Ivey Lee	2006
400	49.54c	Doug Sargent	1982
800	1:57.56a	Stephen Pool	2004
1600	4:14.56a	Devon Young	2011
3200	9:46.77a	John Bedard	1993
110H	14.72a	Mike Flanigan	1979
300H	38.18a	Vincent Howze	2008
400R	43.11a	Darryl Holland	2011
		Aaron Russell	
		Khalid Dickerson	
		Julian King	
800R	1:28.34a	Marc Harrison	2008
		Victor Howze	
		Kris Cornelius	
		Vincent Howze	
1600R	3:23.47a	Victor Howze	2008
		Darryl Holland	
		Mike Hudson	
		Vincent Howze	
3200R	8:00.62a	Devon Young	2011
		Jeron Hill	
		Brandon Trent	
		Brody Wild	

Ray-Pec Track and Field

Females Track Shirt Incentive Program

EVENT	*GOLD	GREY	RED	BLUE	WHITE (9TH Grade)
Triple Jump	36’	34’	32’	30’	28’
Long Jump	17’6”	16’6”	15’6”	14’6”	13’6
High Jump	5’4”	5’2”	5’	4’10”	4’6”
Pole Vault	10’	9’	8’	7’6”	7’
Shot Put	37’	35’	33’	31’	28’
Discus	120’	110’	100’	90’	80’
100 HH	15.5	16.0	16.5	17.5	19.0
300 IH	47.0	48.5	51.0	53.0	57.0
100 M	12.2	12.7	13.2	13.7	14.2
200 M	26.2	27.0	27.8	28.8	30.0
400 M	60.0	62.0	64.0	66.0	68.0
800 M	2:22	2:28	2:35	2:42	2:50
1600 M	5:25	5:35	5:50	6:00	6:30
3200 M	11:35	12:00	12:30	13:10	14:00

Ray-Pec Track and Field

Males Track Shirt Incentive Program

EVENT	*GOLD	GREY	RED	BLUE	WHITE (9TH Grade)
Triple Jump	45’	42’5”	40’	38’	35’
Long Jump	22’	21’	20’	18’6”	17’
High Jump	6’4”	6’2”	6’0”	5’8”	5’6”
Pole Vault	14’	13’	12’	11’	9’6”
Shot Put	50’	47’	43’6”	40’	35’
Discus	160’	140’	120’	105’	95’
110 HH	14.5	15.2	16.0	17.0	19.0
300 IH	40.0	42.0	44.0	46.0	49.0
100 M	10.9	11.2	11.5	12.0	12.5
200 M	22.2	22.8	23.5	24.5	26.4
400 M	49.5	51.0	53.5	55.5	58.5
800 M	1:58	2:02	2:06	2:10	2:18
1600 M	4:25	4:35	4:50	5:10	5:30
3200 M	9:40	10:00	10:30	11:00	11:30

* There are 2 ways to earn a gold shirt
1) Meet one of the standards
2) Qualify for the State Meet

*There are 2 ways to earn a BLACK shirt
1) Set a new school record
2) Win a state championship

POSITIVE ATTITUDE

Menu Choices for the Day

or

Attitude controls your success in all endeavors. Thinking positively makes for positive actions which lead to hard work and ultimately, *SUCCESS!* Be your best everyday in spirit, and the physical part will follow.

I,_____, have read the above the information and clearly understand all
Parent/Guardian's Name
policies set forth by the coaching staff. I understand that I must physically sign-in and sign-out my equipment. Failure to do so, will result in my paying for the equipment in full. By signing below, I acknowledge the above and any consequences for infractions including grades, behavior, and equipment.

Athlete's Signature:_____ Date:_____

Parent/Guardian's Signature:_____ Date:_____

Riding Home From Meets With Parents (Parents Only!!):

In order for your son or daughter to ride home with you from meets, you must sign the following agreement. In order for your son or daughter to ride home with an adult other than the legal guardian, you must have special permission from the athletic director, Tom Kruse, in writing for each individual meet. Without these forms, your son or daughter will not be released due to liability and safety concerns. They will not be released until after the last event, unless it is a school night or prior arrangements have been made with the head coaches.

My son/daughter _____may ride home from track

meets with his/her parents or LEGAL guardians for the entire 2011 track season.

Please place signatures on lines provided. _____

_____

Panther Tracks Newsletter:

The RayPec Track coaches would like to put together a bi-weekly newsletter keeping our parents and patrons up to date on our progress and performances. If you or anyone you know, would like to view these newsletters, please write each email address neatly on the lines provided below.

_____

_____

_____