

**RAY - PEC**



**TRACK AND FIELD**

**2018**

# Ray-Pec High School Track and Field Informational Manual

## 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:

<u>COACH</u>	<u>TITLE</u>	<u>EMAIL</u>
Mr. Jamin Swift	Head Boys Coach	<a href="mailto:Jamin.Swift@raypec.org">Jamin.Swift@raypec.org</a>
Mr. Jared Foster	Head Girls Coach	<a href="mailto:Jared.Foster@raypec.org">Jared.Foster@raypec.org</a>
Mr. Brad Gaines	Sprints, Hurdles, and High Jump	<a href="mailto:Brad.Gaines@raypec.org">Brad.Gaines@raypec.org</a>
Mr. Jay Johnson	Sprints and Pole Vault	<a href="mailto:Rpxc707@gmail.com">Rpxc707@gmail.com</a>
Mr. Darryl Johnson	Shot and Discus	<a href="mailto:Darryl.Johnson@raypec.org">Darryl.Johnson@raypec.org</a>
Mr. Alan Shields	Middle and Long Distance	<a href="mailto:Alan.Shields@raypec.org">Alan.Shields@raypec.org</a>
Ms. Niki Dudek	Sprints and Relays	<a href="mailto:Nicola.Dudek@raypec.org">Nicola.Dudek@raypec.org</a>
Ms. Amber Solomon	Sprints and Jumps	<a href="mailto:Amber.Solomon@raypec.org">Amber.Solomon@raypec.org</a>

## Team Policies:

- 1) BE THERE
- 2) BE PREPARED
- 3) BE MOTIVATED
- 4) BE DEDICATED

## **BE THERE**

1. We will practice after school every day until 5:15PM. 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 your coach.
  - 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 every day 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 (\$5.00) 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.

## **BE MOTIVATED**

1. Time lost in practice is never found.
2. You perform at meets like you practice. Give 100% every day.
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 38 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 may check out with their coach once their events are completed. Parents must have a signed form on file and must sign out with their 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 Records

## Girls

## Boys

<b>Event</b>	<b>Record</b>	<b>Name</b>	<b>Year</b>	<b>Event</b>	<b>Record</b>	<b>Name</b>	<b>Year</b>
Discus	143' 3"	Heather White	1994	Disc	152' 8"	Russ Miller	1985
SP	41' 0"	Alexis Acklin	2014	SP	52' 07"	Jason Treolo	1990
LJ	18' 4"	Sandy Cummings	1986	LJ	23' 0"	Chris McKinzy Jr	2017
TJ	40' 1"	Pam Cummings	1993	TJ	48' 6"	Lee Watts	1987
HJ	5' 6"	Diane Cummings	1989	HJ	6' 6"	Mark Sappington	2009
PV	11' 3"	Morgan Wilson	2014	PV	14' 9"	Cody Page	2004
Javelin	132' 9"	Toni Martin	2016	Javelin	178' 10"	Brady Johnson	2016
100m	11.91aw	Garionna Pearl	2016	100	10.49aw	Micah Beaver	2016
200m	25.10a	Garionna Pearl	2016	200	21.56a	Micah Beaver	2016
400m	56.59	Sandy Cummings	1986	400	48.27a	Micah Beaver	2016
800m	2:13.01a	Kami Tabor	2016	800	1:56.46a	Brody Wild	2013
1600m	4:56.46a	Kami Tabor	2016	1600	4:14.56a	Devon Young	2011
3200m	11:08.73a	Miranda Dick	2017	3200	9:27.28a	Tyler Musgrave	2017
100HH	14.80a	Morgan Smith	2014	110H	14.37a	Chris McKinzy Jr	2017
300IH	43.24a	Morgan Smith	2014	300H	38.18a	Vincent Howze	2008
4x100	48.96a	Adriana Wright Autumn Green Toni Martin Garionna Pearl	2016	4x100	43.11a	Darryl Holland Aaron Russell Khalid Dickerson Julian King	2011
4x200	1:44.29a	Alyssa Carlson Ashley Latimer Terrial Collins Laprichianna Tabron	2009	4x200	1:28.34a	Marc Harrison Victor Howze Kris Cornelius Vincent Howze	2008
4x400	3:59.31a	Donatta Young Latiana Russell Kami Tabor Morgan Smith	2014	4x400	3:22.85a	Ed Hicks Jalen Butler Micah Beaver Isaiah Kittrell	2016
4x800	9:31.5h	Kaly Prather Tiffany Steele Melissa McNell Amy Broadhurst	2002	4x800	8:00.62a	Devon Young Jeron Hill Brody Wild	2011

# Ray-Pec Track and Field

## Females Track Shirt Incentive Program

<b>EVENT</b>	<b>*GOLD</b>	<b>GREY</b>	<b>RED</b>	<b>BLUE</b>	<b>WHITE (9<sup>TH</sup> Grade)</b>
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'
Javelin	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	6:10	6:30
3200 M	11:35	12:00	12:30	13:00	13:30

# Ray-Pec Track and Field

## Males Track Shirt Incentive Program

<b>EVENT</b>	<b>*GOLD</b>	<b>GREY</b>	<b>RED</b>	<b>BLUE</b>	<b>WHITE (9<sup>TH</sup> Grade)</b>
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'
Javelin	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.

My son/daughter \_\_\_\_\_ may ride home from track  
meets with his/her parents or LEGAL guardians for the entire track season.

Please place signatures on lines provided. \_\_\_\_\_  
\_\_\_\_\_