

# SHAWNEE TRACK & FIELD

Spring 2019

Welcome to the track & field TEAM! We are excited about the upcoming season and the chance to help you "go for the gold"!

With this letter you will find the rules for the upcoming track season. Please make note of the following:

- 1) Track practice will begin Monday, March 4, 2019 at 2:50 pm in the east gym.
- 2) Practice will be every school day and will finish at 4:30 pm. Please arrange for pick up at 4:30 every day or arrange to go home with a friend. Coaches are required to wait around until everyone is picked up, so please make arrangements.
- 3) Please listen to Indian Info and afternoon announcements for anything pertaining to track.
- 4) Always have a t-shirt, shorts, socks, and comfortable ***running shoes***. Wait to buy spikes until you know which events you'll participate in at meets. Remember it is cold out there, so also keep warm clothes, a stocking cap, gloves, sweatpants, hooded sweatshirt or windbreaker in your bag every day just in case. You may also want to bring extra socks, during the track season as we will encounter all possible climatic conditions in the state of Ohio, so **BE PREPARED FOR COLD OR WET WEATHER.**

## To join the team:

- 1) Register online at **[shawneelima.8to18.com](http://shawneelima.8to18.com)**
  - o This must be completed again, even if you were already in a fall or winter sport
- 2) Turn in a valid **OHSAA sports physical to the Athletic Office**
  - o Good for exactly one year from the date of the physical
- 3) Sign and return the last page of this packet to Coach Freewalt

Special note: All athletes will work all home meets, both middle school and high school meets. Athletes must stay for the entire meet unless one of the coaches approves an early release.

***Please sign the rules acceptance sheet (last page) and return to Coach Freewalt before you begin practice.***

Thank you,

Coach Freewalt, Coach Kopilchack, Coach Kriegel, Coach Skilliter, Coach Krendl



# Static Stretches

Sitting Dual Hamstring Stretch	Sitting Single Hamstring Stretch "Hurdler Stretch"
Groin Stretch "Butterfly" or "Chicken Wings"	Straight Leg Groin Stretch
Twist Stretch	Racing Hip Stretch "Lunge"
Wall Push Calf Stretch	Standing Quadriceps Pull "Quad Stretch"
Overhead Arm Stretch	Arm Overhead Triceps Stretch

Other static stretches include:

- Standing IT Stretch (one leg crossed over the other; touch your toes)
- Standing Dual and Single Hamstring Stretch

## Stretching Exercises

- Neck Flexion/Extension Stretch**  
(forward, then back)
- Neck Lateral Flexion Stretch**  
(one side, then the other)
- Lattissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)
- Triceps Stretch**  
(pull elbow across and down)
- Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)
- Pectoral Stretch at 90° and 120°**  
(use a doorway or post)
- Bicep Stretch**  
(hands apart)
- Supraspinatus Stretch**  
(keep elbow parallel to ground)
- Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)
- Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)
- Lateral Flexion Stretch**  
(one side, then the other, push pelvis across as you bend)
- Lumbar Extension and Abdominal Stretch**  
(be gentle if sore)
- Lumbar Flexion Stretch**  
(be gentle if sore)
- Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)
- Hamstring Stretch**  
(straighten leg)  
i. with foot pointed  
ii. with foot pulled back towards the knee
- Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)
- Adductor Stretch**  
(push down with elbows on knees very gently, keep back straight)
- Gluteal Stretch**  
(pull knee and lower leg towards opposite shoulder)
- Gluteal and Lumbar Rotation Stretch**
- Quadriceps Stretch**  
(keep pelvis on floor)
- Quadriceps Stretch**
- Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)
- Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)
- Tensor Fascia Stretch**  
(continue to push bottom forward, whilst pushing hip to the side)
- Gastrocnemius Stretch**  
(keep knee straight and heel down, feet facing forward)

## Form (or Dynamic) Stretches

High Knees		Butt-Kicks	
Lunge		Carioca	

Other form (dynamic) stretches include:

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• Power Skip (high skip)</li> <li>• Power Hop (frog hop)</li> <li>• Bunny Hop</li> <li>• Tin Soldiers (toe touch)</li> </ul> | <ul style="list-style-type: none"> <li>• A-Drill (A-Skip)</li> <li>• B-Drill (B-Skip)</li> <li>• Quick Skip</li> <li>• Duck Walk</li> </ul> | <ul style="list-style-type: none"> <li>• Tuba Run</li> <li>• Crab Walk</li> <li>• Bear Crawl</li> <li>• Walrus Crawl</li> </ul> |
|---|---|---|

# ***Pre-season Workout Ideas and Nutrition***

While you wait for the season to start, start getting in shape!

If the weather is nice enough or if you have access to a treadmill, **RUN !!!**

Have a smartphone, an Xbox with Kinect, or a Wii Fit board? There are several great yoga and strength activities you can do on apps and programs. The balance activities will help you as well. It sounds strange, but some video games actually have a purpose!

## **Push-ups**

- Try to build to at least 25 per day
  - keep your head, back, rear-end, and legs in a straight line as you go down and up

## **Crunches and Sit-ups** (yes, there's a difference)

- Try to build to at least 50 per day (combination of crunches and sit-ups)
- Types
  - regular crunches – feet flat on the floor, knees bent, arms crossed at chest, raise your head and shoulders off the ground
  - leg-lift crunches – legs straight and feet 6 inches off the ground, arms crossed at chest, raise your head and shoulders off the ground
  - side crunches – lay on one side with hands behind your head, lift your head and shoulder off the ground, repeat for other side
  - sit-ups – similar to a regular crunch but sit your entire upper body up to perpendicular with the ground
  - "v" sit – similar to a sit-up but keep your legs straight and lift your legs while you sit up, creating a "v" with your body

## **Leg lifts**

- sprinkle these in with your crunches and sit-ups

lay flat on your back, hands at your side or crossed at your chest, keep legs straight and together, lift your feet 6 inches off the floor and hold, relax, then repeat several times



Sandals, flip-flops, etc. provide very little support and should be avoided for daily wear at school. Athletes who wear flip-flops to school generally have higher likelihood of

developing shin splints (a chronic pain in the shins), tensor fasciitis (an annoying arch problem), and other foot, knee, and hip problems. A shoe with an arch provides better support.



Nutrition on practice and meet days.

- Plenty of sleep each night (at least 8 a night, every night).
- Eat a good breakfast.
- Eat a good lunch.
- Drink plenty of water throughout the day. – "Clear pee is the key!"
- A snack to eat before an after-school meet.
- A snack to eat afterward.
  - This is important to refuel your body.
  - 40-100g of carbohydrates & 10-20g of protein within 45 minutes.
    - 12 oz of chocolate milk
    - pretzels, PB&J, sports drink (Gatorade / Powerade is OK, but avoid "energy" drinks such as RedBull, Monster, etc.)

**SHAWNEE MIDDLE SCHOOL TRACK & FIELD RECORDS**

		(HT) = hand timing (FAT) = fully automatic timing ---- a fully automatic time within .3 seconds of a record hand time will replace the record hand time *		
G - 100 m Dash	Shavae Mills	12.6	(HT)	2003
B - 100 yd Dash	Dan Ginter	11.1	(HT)	1979
B - 100 m Dash	Christian Ford	11.66	(FAT)	2015
<b>G - 100 m Hurdles</b>	<b>Karrington Green</b>	<b>15.61</b>	<b>(FAT)</b>	<b>2018</b>
B - 120 yd Hurdles	Gene Emrick	15.6	(HT)	1970
G - 200 m Hurdles	Victoria Beverly	30.1	(HT)	2007
B - 200 m Hurdles	Tyler Frieson	26.69	(FAT)	2009
G - 200 m Dash	Shavae Mills	26.2	(HT)	2003
B - 200 m Dash	Christian Ford	23.5	(HT)	2015
G - 400 m Dash	Victoria Beverly	61.39	(FAT)	2008
B - 440 yd Dash	Mark Strayer	53.8	(HT)	1971
G - 800 m Run	Adrienne Pohl	2:30.62	(FAT)	2008
B - 800 m Run	Jon Wahlie	2:09.59	(FAT)	2013
<b>G - 1600 m Run</b>	<b>Lily Cleaves</b>	<b>5:30.64</b>	<b>(FAT)</b>	<b>2018</b>
B - 1 mile Run	Rick Mangette	4:47.5	(HT)	1978
G - 4x100 m Relay	Shavae Mills, Casey Clay, Angie Tordiff, Latasha Lawing	53.1	(HT)	2003
B - 4x100 m Relay	Christian Ford, Derek Schweizer, Nate Hickey, Owen Schoonover	47.06	(FAT)	2015
G - 4x200 m Relay	Colleen Allen, RayVonda Ward, Kieona Foster, Shelbi Laman	1:53.2	(HT)	2005
B - 4x220 yd Relay	Dennis Richardson, John Quatman, Tom Krause, Tom Randall	1:39.4	(HT)	1970
G - 4x400 m Relay	Daquala Wright, Andrea Feicht, Stephanie Mills, Victoria Beverly	4:22.62	(FAT)	2007
<b>B - 4x400 m Relay</b>	<b>Gabriel Rutter, Evan Clayton, Isaiah Johns, Jacob Miller</b>	<b>3:46.88</b>	<b>(FAT)</b>	<b>2018</b>
G - 4x800 m Relay	Aazhine Fox, Maggie MacDonald, Molly Scott, Adrienne Pohl	10:59.63	(FAT)	2008
B - 4x800 m Relay	Dennis Marsh, Adam Spiers, Steve Rex, Phil Young	9:11.7	(HT)	1991
<b>G - 4x1600 m Relay</b>	<b>Molly Stump, Katie Curl, Alaina Williams, Lily Cleaves</b>	<b>24:11.09</b>	<b>(FAT)</b>	<b>2018</b>
<b>B - 4x1600 m Relay</b>	<b>Evan Clayton, Liam Nance, Thomas Ziegler, Isaiah Johns</b>	<b>20:57.26</b>	<b>(FAT)</b>	<b>2018</b>
G - Sprint Medley	Jodi Lammers, Ladanna Price, Lisa Thuma, Kim Lones	2:07.5	(HT)	1978
B - Sprint Medley	Jermaine Shelby, Brian McCormick, Derek Ruen, Troy Blubaugh	2:41.4	(HT)	1992
G - 100m Shuttle H	Lauran Kent, Abigail Rauch, Ray Vonda Ward, Paige Basinger	1:12.7	(HT)	2004
B - 100m Shuttle H	Mack Beverly, Tyler Dennison, DeAnthony Nance, Tyler Frieson	1:03.64	(FAT)	2008
B - 110m Shuttle H	Matthew Sargent, Ryan Zheng, Will Ross, Zach Chambers	1:13.51	(FAT)	2016
G - 200m Shuttle H	Karrington Green, Shalon McNeal, Zoe Smith, Lorrin Bowers	2:15.62	(FAT)	2017
B - 200m Shuttle H	Zach Chambers, Ryan Zheng, Will Ross, Matthew Sargent	2:04.63	(FAT)	2016
G - Long Jump	Alonda Benton	15'10"		2008
B - Long Jump	Brad Keenan	19'6"		1977
G - High Jump	Jill Brandstadt	5'0"		1980
B - High Jump	Nate Hickey	5'9"		2015
G - Shot Put (8 lb.) (used through 2009 season)	Lavonia Johnson	34'3 1/2"		2008
G - Shot Put (6 lb.) (used 2010 season to present)	DeAsia Smith	39'5"		2013
B - Shot Put (8.8 lb. / 4 kg.)	Bruce Hefner	54'		1970
G - Discus (1kg)	Lavonia Johnson	99'7"		2008
B - Discus (1kg)	Josh Heatwole	140'3"		2003
G - Pole Vault	Lexy Croft	8'0"		2008
B - Pole Vault	Ryan Bechtel	10'7"		2007



# Shawnee Middle School Track 2019

**SUBJECT TO CHANGE !!!**

An updated schedule will be maintained at  
<http://www.freewalt.com/shawnee/track>

<b>Day</b>	<b>Date</b>	<b>Place</b>	<b>Opponent</b>	<b>Time</b>
Tue	3/26	Home	WORK HIGH SCHOOL MEET	4:30 PM
Thu	3/28	Home	Bath/Spencerville	4:30 PM
Mon	4/1	Away	@ Paulding	4:30 PM
Sat	4/6	Away	@ Celina Inv.	11:00 AM
Tue	4/9	Home	WORK HIGH SCHOOL MEET	4:30 PM
Thu	4/11	Home	Defiance	4:30 PM
Sat	4/13	Away	@ Perry Inv.	9:00 AM
Mon	4/15	Home	Wapak/Allen East	4:30 PM
Tue	4/16	Home	WORK HIGH SCHOOL MEET	4:30 PM
Thu	4/18	Away	@ Columbus Grove Inv.	4:30 PM
Tue	4/23	Away	@ Bath Inv.	4:30 PM
Thu	4/25	Away	@ Spencerville Inv.	4:30 PM
Fri	4/26	Home	WORK HIGH SCHOOL MEET	4:30 PM
Tue	4/30	Home	Elida	4:30 PM
Thu	5/2	Home	WORK HIGH SCHOOL MEET	4:30 PM
Fri	5/3	Home	Shawnee Inv.	4:30 PM
Tue	5/7	Away	@ Van Wert	4:30 PM
Thu	5/9	Away	@ Celina Relay Inv.	4:30 PM

All middle school track athletes must work the high school track meets.

All athletes will work the Shawnee Invitational.

**Schedule subject to change !!!**

An updated schedule along with results will be maintained on Coach Freewalt's website – <http://www.freewalt.com/shawnee/track>

# SMS Track & Field Rules

## **1. ATTENDANCE & BEHAVIOR**

Regular practice attendance is required for the athlete to remain a member of the team. To be a team member requires a commitment to all daily practices, team meetings, meets, and special events for the team. Also, athletes are expected to follow school and district rules as outlined in the Student Handbook.

### **A. EXCUSED ABSENCE**

- a. Absence from school due to illness is considered an excused absence.
- b. An illness which occurs during school must be verified by a parent or doctor's note upon the athletes return to school and practice.
- c. A doctor's appointment will be considered excused when the athlete presents a verification of said appointment from the doctor's office. Please try to schedule appointments so that they do not conflict with practice or meets. A referral from the doctor to excuse an athlete for a specific time should be taken to the trainer who will inform the coaches of the referral. Athletes who miss practices due to injury may be asked to provide a clearance note from a doctor to return to practice to insure the safety of the athlete. Please provide notification of **in advance** of the practice or event that will be missed for an appointment.
- d. Should an athlete need to stay after class to take a test or to be tutored, it will be considered an excused absence when a coach receives a written note from the teacher involved. This also applies to club meetings (extra-curriculars), but a coach should be notified **in advance** of the practice or event to be missed.
- e. Excused absences for reasons other than illness are to be discussed **in advance** with a coach.

### **VACATIONS**

Spring break has not been offered recently, but some parents still plan spring vacations. If an athlete takes a vacation during the season, please notify a coach **in advance**. It will be expected that the athlete will try to keep active while on vacation so as to avoid getting "out of shape".

### **B. UNEXCUSED ABSENCE**

An unexcused absence will be considered a lack of interest and commitment on the part of the athlete and will result in disciplinary action. If an athlete fails to bring practice clothing (shoes, gym clothes, etc.) an unexcused absence will result. If the athlete is present at school, yet misses that day's practice, it is considered an unexcused absence. If an athlete misses a meet without sufficient notice in advance, it is considered unexcused.

### **FIRST OFFENSE**

Depending on the nature and/or extenuating circumstances of the offense, the athlete may receive a warning, may be required to miss participation in one meet, and/or may be assigned additional training.

### **SECOND OFFENSE**

The athlete may be prohibited from participation for the rest of the season.

## **C. ALCOHOL, TOBACCO & DRUG USE**

The Shawnee High School Athletic Department has adopted the following policy on alcohol, tobacco, and drug use:

A student athlete identified as using or possessing drugs, alcohol, or tobacco by a faculty member during the sport season or admitting to using or possessing drugs, alcohol, or tobacco during the sport season shall be subject to the following consequences:

### **FIRST OFFENSE**

The athlete shall be denied participation in 50% of the contests scheduled for that sport. The consequence may be reduced to 10% of the contests if the athlete participates in a chemical assessment by a certified chemical dependency counselor. The athlete shall continue to practice.

### **SECOND OFFENSE**

The athlete shall be denied participation for the remainder of the season.

## **D. IMMEDIATE DISMISSAL**

This could result when an athlete chooses to behave in a disrespectful manner which reflects negatively on themselves, their team, their coaches, or their school.

## **2. PRACTICE & MEETS**

**You must have a physical on file in the High School Athletic Office before you can participate in any athletic activities. Physicals are valid for one calendar year.**

A typical practice consists of a warm-up run, static stretching, dynamic stretching (form runs), the workout, cool-down run, stretching.



## **A. TIME & PLACE**

Typically, practice begins at 2:50 in the **east gym**. Practice times may vary depending on the weather and the needs of our team as we progress throughout the season. Practices may be shorter the day before a meet.

Athletes should be picked up behind the middle school by the 5<sup>th</sup>/6<sup>th</sup> cafeteria doors (by the playground). Athletes are expected to be picked up within **15 minutes** of the end of practice or the return of a bus after a meet unless prior arrangements have been made with the coaching staff. Athletes will be asked to leave the building 15 minutes after the conclusion of our event that day, and coaches should not be expected to wait any longer than that.

## **B. PROPER EQUIPMENT**

*Athletes should bring appropriate practice gear to school EVERYDAY and have uniforms on meet days. Practice gear includes shoes, shorts, shirt, and sweat top and pants. **Be prepared for any possible weather conditions.*** Proper equipment is essential to help avoid injuries and for performing at the highest level. Shoes for practice should be made for running (not basketball or skateboarding). Avoid wearing flip flops or sandals to school (trust me, they can lead to injuries). Track spikes and/or throwing shoes are not required but can be used if desired.

## **3. INJURIES**

Unfortunately, injuries do happen in Track and Field. To limit the number of unnecessary and frivolous visits to the athletic trainer, we ask that visits to the trainer be pre-approved by a coach and be reserved for true injuries (going to the trainer is not a social event). The coaching staff obviously wants everyone to be healthy, and to get healthy if injured. Many bumps, bruises, and muscle strains incurred during track are simple to treat. Often ice and some rest are all that is needed to recover. If the athletic trainer has recommended for an athlete to ice the injured area and to take a few days off, we will consider those excused absences so long as the coaching staff is notified. **Icing during practice is not a social activity.** Athletes who are frequently injured or are injured over a long period of time may be asked to assume a different role on the team or to get healthy and try again next year. At the discretion of the coaching staff, athletes who are unable to participate in practice may not be allowed to participate in the following meet.

## **4. TRAVEL RELEASES**

All players must take school authorized transportation to and from away contests. Athletes may be excused from riding either to or from an athletic event on school authorized transportation for school related reasons or extreme exceptional circumstances. This privilege may be granted on the rarest occasion since our philosophy continues to be that an athlete is part of a team in all phases of the team

activity and is expected to use school transportation for all away contests. In the event of such a circumstance (as mentioned above), the athletic director shall determine whether or not a student can be released from using school transportation only after the following procedures have been completed:

- a. Athletes must secure a travel release form from the athletic director.
- b. The athlete and the athlete's parents must complete and sign the travel release form.
- c. The athlete must give the signed travel release form to a coach at least 72 hours in advance of the contest for the form to be approved and forwarded to the athletic director.
- d. The athletic director will notify the coach and the athlete of the approval or denial of the request for release from using school transportation.

### **A. EMERGENCY TRAVEL RELEASE**

In the event of a family emergency, the coach shall release an athlete from using school transportation after an event upon receiving written request from the athlete's parent. In no case will a coach release an athlete to ride home with anyone but the athlete's own parent.

## **5. ORDER OF EVENTS (Junior High)**

### **Running Events:**

#### *Girls*

100 m Hurdles  
100 m Dash  
1600 m Run  
4x100 m Relay  
400 m Dash  
4x200 m Relay  
200 m Hurdles  
800 m Run  
200 m Dash  
4x400 m Relay

#### *Boys*

110 m Hurdles  
100 m Dash  
1600 m Run  
4x100 m Relay  
400 m Dash  
4x200 Relay  
200 m Hurdles  
800 m Run  
200 m Dash  
4x400 m Relay

### **Field Events:**

Discus Throw  
High Jump  
Long Jump  
Shot Put  
Pole Vault

Discus Throw  
High Jump  
Long Jump  
Shot Put  
Pole Vault

One last note: The middle school and high school track teams work closely with one another. The high school track athletes help run middle school home track meets and the middle school team will do the same for the home high school meets. Every athlete will be required to help out at the high school meets throughout the season. These meets will require you to stay at the track a little later so plan in advance.

# Sign up for important updates from Jason Freewalt.

Get information for **Shawnee Middle School** right on your phone—not on handouts.

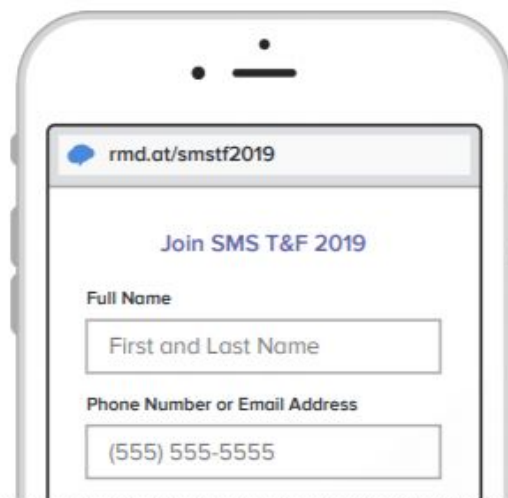
Pick a way to receive messages for **SMS T&F 2019**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/smstf2019](https://rmd.at/smstf2019)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message **@smstf2019** to the number **81010**.

If you're having trouble with **81010**, try texting **@smstf2019** to **(419) 482-1691**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/smstf2019](https://rmd.at/smstf2019) on a desktop computer to sign up for email notifications.



# SMS Track & Field Rules Acceptance Sheet

- I have received a copy, have read, and understand the rules for Shawnee Middle School Track & Field.
- I agree to abide by the rules throughout the season.
- I have obtained a physical in the past 12 months (or I have an appointment scheduled to get a physical).
  - NOTE: You can obtain copy of the physical form online at [https://ohsaa.org/Portals/0/Sports-Medicine/PPE\\_2018-19.pdf](https://ohsaa.org/Portals/0/Sports-Medicine/PPE_2018-19.pdf)
  - NOTE: You can fill out the necessary additional paperwork online at <https://shawneelima.8to18.com> (you must create an account)
- I understand that I must register for Track & Field at <https://shawneelima.8to18.com> and watch the OHSAA video there before I will be allowed to practice (this requirement must be completed even if you have participated in another sport at Shawnee this school year).
- I understand that I cannot attend practice or participate in any team events until I have a valid physical and other required paperwork on file at the high school Athletic Office.
- I understand that there will be a parent meeting during the 1<sup>st</sup> or 2<sup>nd</sup> week of practice (date and time to be announced).

Athlete printed name \_\_\_\_\_

Grade \_\_\_\_\_

Athlete signature \_\_\_\_\_

Parent(s) signature(s) \_\_\_\_\_

\_\_\_\_\_

Return this signed form to Coach Freewalt before attending practice. Thank you!