

# **2024 BHS TRACK & FIELD**

Parent/Athlete Handbook



# 2024 COACHING STAFF

Our coaching staff has over 200 combined years of experience coaching Track & Field! Many of our coaches have coached multiple events and work hard to find the best fit of event(s) for each athlete to find success. It is our goal to treat each student athlete with dignity, respect and care. We strive to hold all athletes to a high standard of effort and excellence in all they do. Welcome to Brookwood Track & Field!

<p><b>BHS Athletic Director</b>  <b>Jason Dopson</b>          Jason.Dopson@gcpsk12.org</p>	<p><b>Girls Head Coach</b>  <b>Andre Morez</b>          Andre.Morez@gcpsk12.org</p>	<p><b>Boys Head Coach</b>  <b>Murry Bell</b>          Murry.Bell@gcpsk12.org</p>
<h2>ASSISTANT COACHES</h2>		
<h3>DISTANCE</h3>	<h3>SPRINTS</h3>	<h3>HURDLES</h3>
<p>Lauren Harrison (G)          Ashlee Linderman (G)          Savannah Lee (G)          Ben Dehnke (B)          Brent Csehy (B)</p>	<p>Kelly Swanson (G)          Ginny Hanley (G)          Melissa Stephenson (G)          George Onyegbule (B)</p>	<p>Stacia Watts</p>
<h3>HORIZONTAL JUMPS</h3>	<h3>VERTICAL JUMPS</h3>	<h3>THROWS</h3>
<p>Dion Bentley</p>	<p>Bailey Vitatoe          Doreen Amata          Lance Fendley (PV)</p>	<p>Bobby Moeck</p>
<p><b>BHS Sports Trainers – Jay Pearson, Mikayla Talak</b>          Available after school/during practice in the fieldhouse from 2:10pm-6:00pm</p>		

## COMMUNICATION

TEAM WEBSITE: <http://www.brookwoodtrack.com/>

# WHAT IS TRACK & FIELD?

Track & Field is one of the world's most ancient forms of competition. It serves as the cornerstone sport of the summer Olympic Games, where it is referred to as "Athletics". There is no other sport out there that can provide so much for so many. The large variety of events for our athletes to choose from, combined with the opportunity to be a part of a team while also competing as an individual, provides more opportunities for success than any other sport. There are 18 different events at most track meets.

Field Events	Sprint Events	Distance Events	Hurdle Events	Relay Events
Discus	100m	800m	100m Hurdles	4x100m
Shot Put	200m	1600m	110m Hurdles	4x200m
Triple Jump	400m	3200m	300m Hurdles	4x400m
Long Jump				4x800m
Pole Vault				

## PARTICIPATION REQUIREMENTS

### GHSB PARTICIPATION REQUIREMENTS

1. Athlete must pass 5 out of 6 classes from the Fall Semester 2022 & be on track to graduate with their credits.
2. Athlete must live within the recognized school district. Athletes who have recently moved may be ruled to be "Migrant" students and will only be allowed to compete in the JV.
3. Athlete must have a completed physical exam on the correct form in the BHS Athletic Office.
4. Athlete must have completed all forms on Rank One and have completed a concussion test (9<sup>th</sup>/11<sup>th</sup> grade seasons)

### PHYSICALS & HEALTH INSURANCE INFORMATION

#### A. PHYSICALS and RANK ONEY

- Each Athlete must have a valid BHS Sports Physical on file in the BHS Athletic Office. The BHS Physical can be printed from our team website. **NO PHYSICAL = NO PRACTICE. No exceptions.**
- Athletes and parents must complete ALL forms on Rank One. Instructions for creating accounts and uploading documents can be found here: [Rank One](#)

#### B. HEALTH INSURANCE

Each athlete must be covered by adequate health insurance. If your insurance provider changed at the start of the new year, please email the new info to Coach Morez so that it can be updated in the Athletic Office.

- If you need to purchase the Benefit Plan provided for the Gwinnet County Public School System, then please visit the following website:  
<http://www.kandkinsurance.com/sites/K12Voluntary/Pages/Home.aspx>.
- You must print two copies of the confirmation student insurance card – 1 for the school, 1 for your records.
  - The confirmation card is small, like an insurance card. Do not bring the Summary Report.

# TEAM CODE OF CONDUCT

## 1. SCHOOL RULES & EXPECTATIONS

- A. All Brookwood High School rules apply.
- B. Each athlete will maintain their grades in the classroom and give each teacher their very best effort. Teacher complaints to the head coach about behavior may result in removal from a meet or from the team.
- C. Athletes are expected to be on time to class and to turn in assignments on time. Failure due to poor time management and lack of effort is not acceptable.

## 2. TEAM RULES, EXPECTATIONS & CONSEQUENCES

- A. **Attitude/Respect/Honesty.**
  - Being respectful means not only having respect for your parents, coaches & teachers but also respect for your teammates and yourself. **Offensive language will not be tolerated.**
  - Athletes will listen to all instructions from coaches and adults in a polite and respectful manner.
  - **NO earbuds/cell phones may be used during practice and/or meets.**
- B. **Unsportsmanlike conduct will not be tolerated.**
  - Athletes are expected to represent BHS in a positive light and show good sportsmanship.
  - Unsportsmanlike conduct of any kind will not be tolerated. Bad attitudes, disrespect & dishonesty will not be tolerated. You will get one warning and then you will be issued consequences.
- C. **Tobacco and alcohol consumption (including vaping):**
  - 1<sup>st</sup> offense = 2 meet suspension
  - 2<sup>nd</sup> offense = dismissal from team
- D. **Drug abuse:**
  - 1<sup>st</sup> offense = One year suspension. No exceptions!

\*\*\*Situations may come up which are not covered by these rules. In these situations, coaches will make decisions and consult with parent if the situation warrants it. We will always make every attempt to be fair and consistent\*\*\*

# PRACTICE ATTENDANCE POLICY

- Each athlete must notify their event coach or the head coach PRIOR to missing practice if he or she will be absent. This is a safety & accountability issue. Athletes must notify the coaching staff in person or by email if you are going to miss practice. If an athlete is not at school, they should contact their event coach and head coach by email prior to 2:10.
- **EXCUSED ABSENCES:** An excused absence is any absence cleared ahead of time through the Coaching Staff (event coach or head coach) before 2:10 of the day of the absence. EXCUSED ABSENCES ARE STILL CONSIDERED ABSENCES.
- The following are all considered ABSENCES and count against your absence total: participation in other school activities (drama, band, chorus, orchestra, Science Olympiad, etc), participation in other school sports or clubs, Miss Brookwood, Peer Leaders, recycling for APES, doing make up work/tests from classes, AP practice testing, family trips and activities, illness, injury, field trips, detentions, participation in a meet or game for another team (club track, etc), lack of proper athletic wear, etc. While we encourage students to participate in other activities where possible, this is a competitive varsity sport and athletes are expected to attend practice every day to remain in good standing.
- **Attire:** Athletes are expected to have proper attire to participate in practice. Please make sure to have clothing for the weather (warm ups, sweats, running shoes, etc) as required. Bring all required medical accessories (inhalers, Epipens) as needed.
- Athletes are not permitted to make up missed practices by working out on their own without permission of their event coach or the head coach.

- **5/10 Attendance Policy** (includes both excused and unexcused absences)
  - Once an athlete misses 5 practices for **any reason**, that athlete will not be permitted to compete in any meets until they attend and fully participate in 5 consecutive practices prior to each meet for the remainder of the season.
  - Once an athlete misses 10 practices for any reason, that athlete is ineligible for any varsity and/or out-of-town meets and is **ineligible for lettering, plaques, or awards**. (10 practices constitute approximately 1/5<sup>th</sup> of the practices for the season)
  - Exceptions may be made to the 5-10 Attendance Policy for serious injuries or serious illnesses.
- **UNEXCUSED PRACTICE ABSENCES** (no communication prior to practice from athlete as to where student-athlete was): 1st offense: athlete will be held out of next meet; 2nd offense: dismissal from team. Parents will be contacted.
- **School Day Absences:** Students must attend at least three periods of school to be eligible for practice and/or meets.
- **Tardies.** All athletes are expected to be in the stands for the team meeting at the beginning of practice each day. Practice begins at 2:30. Athletes who are not in the stands for the meeting are considered tardy. Three tardies will be considered an absence, unless the athlete comes to practice with a pass from a teacher.
- **CANCELLED PRACTICES:**
  - The main reason that a practice would ever be cancelled is if the weather poses a threat to the safety of our athletes and/or the County cancels all after school activities. Skipping practice because you assumed practice would be cancelled (but was not) is an UNEXCUSED ABSENCE.
  - In the event that practice is cancelled due to weather, some event coaches may elect to still practice with their athletes. If your event Coach chooses to practice that means that all attendance rules still apply. It is the responsibility of the athlete to listen to announcements or check the Remind and be where they are supposed to be.

## **MEET ATTENDANCE POLICY**

1. **EXCUSED ABSENCE FROM A MEET:**
  - A. Athletes may miss 2 meets with **prior permission** from the Head Coach with no penalty & be excused.
  - B. **Third excused absence from a meet miss will result in dismissal from the team.** If you miss more than three meets, you have missed almost half of the season's meets.
2. **UNEXCUSED ABSENCES FROM A MEET:**
  - A. An unexcused absence from a meet occurs when an athlete's event begins and they fail to check-in and compete.
    - Missing **any event in which an athlete was to compete will result in an unexcused absence for that meet.**
    - Leaving a meet prior to competing (for any reason) without talking to the head coach will count as an unexcused absence.
  - B. **Consequences:** 1st unexcused meet: Miss next meet. 2<sup>nd</sup> unexcused meet: Dismissal from team.

## **AWARDS & RECOGNITION**

- **Scholar Athlete Award:** Awarded to student-athletes who earn a 90% or higher average during the previous semester (Fall of previous year) will receive a Framed Scholar Athlete Award.
- **Participation Certificate:** In order to be awarded a participation certificate at the end of the season, an athlete must compete in all but 2 of the meets in which they are eligible (including injuries) and end the season in good standing.

# LETTERING REQUIREMENTS

(You must meet all practice & meet attendance requirements to receive a letter)

## TO EARN A VARSITY LETTER:

1. Meet one of the lettering requirements listed in the charts at the bottom of this page.
2. Compete in track for 4 years & have competed in and finished all but 2 meets in which you were eligible each year.
3. Score in the Varsity County or Varsity Region Meet - Individual or Relay

## EARN A LETTER & A PLAQUE:

1. Place in the Top 4 at the Varsity County Meet - Individual or Relay
2. Place in the Top 4 at the Varsity Region Meet - Individual or Relay

## GIRLS TIME STANDARDS

EVENT	FR	SO	JR	SR
100m	13.60	13.40	13.20	13.00
200m	28.00	27.50	27.00	26.50
400m	1:06	1:04	1:03	1:01
800m	2:45	2:40	2:35	2:30
1600m	6:20	6:10	6:00	5:50
3200m	13:30	13:15	13:00	12:45
100mH	18.50	17.50	16.50	16.00
300mH	55.00	53.00	51.00	49.00
Shot Put	26'	28'	30'	32'
Discus	70'	75'	80'	85'
Pole Vault	7' 0"	7' 6"	8' 0"	8' 6"
Long Jump	14' 6"	15' 0"	15' 6"	16' 0"
Triple Jump	29'	31'	33'	35'
High Jump	4' 2"	4' 4"	4' 6"	4' 8"

## BOYS TIME STANDARDS

EVENT	FR	SO	JR	SR
100m	11.80	11.60	11.40	11.20
200m	24.80	24.30	23.80	23.30
400m	56.00	55.00	54.00	53.00
800m	2:12	2:09	2:07	2:05
1600m	5:09	4:52	4:45	4:39
3200m	11:15	10:45	10:30	10:20
110mH	18.50	17.50	16.50	16.00
300mH	47.00	45.00	44.00	43.00
Shot Put	32'	34'	36'	38'
Discus	85'	95'	105'	115'
Pole Vault	8' 0"	9' 0"	10' 0"	11' 0"
Long Jump	17'	18'	19'	20'
Triple Jump	35' 6"	37' 6"	39' 6"	41' 6"
High Jump	5' 6"	5' 8"	5' 10"	6' 0"

# HYDRATION & NUTRITION

## 1. HYDRATION

- A. Take it seriously.....It's your health and your season will only be more successful if you take care of yourself. Staying properly hydrated is one of the easiest ways to prepare yourself for practice and competitions.
- B. Caffeinated drinks, such as energy drinks and soda, only dehydrate you. Avoid them during the season.
- C. You should be drinking at least 4-5 bottles of water throughout the day PRIOR to practice and continue drinking after practice. Mix in Gatorade or Powerade, but water is still the gold standard.

## 2. NUTRITION – Additional information will be discussed at practice.

- A. As a student athlete, you need to take pride in your health and be more self-disciplined than others.
- B. Not everything you eat can be your favorite foods. Think of the food you eat as fuel: you wouldn't put water in a car and expect it to run properly.
- C. You must spend 22 hours a day preparing your body for the 2 hours of practice each afternoon.
- D. Try to fill your plate with 1/3 whole grains, 1/3 protein and 1/3 fruits and veggies.
- E. Athletes NEED to eat a nutritious breakfast & lunch prior to afternoon practice.
- F. PLEASE NOTE: one of the athletes on the team has a SEVERE environmental peanut allergy – Please do NOT bring peanut products to the track area.

# INJURY PREVENTION

## 1. COMMUNICATE WITH YOUR COACHES

- A. Athletes need to understand that they will experience muscle soreness, aches and pains throughout the season. It is important that they discuss issues with their Coach if they feel that they are experiencing pain that is not "normal". The earlier Coaches hear about what is going on the better chance we have at preventing a major injury.

## 2. STRETCHING/ICE/ATHLETIC TRAINER/ETC.

- A. Ice is an athlete's best friend. Use it on any area that hurts or is sore. Apply for 15-20 minutes but not directly on the skin. Ice massage by freezing water in a paper cup and peeling the cup off the ice.
- B. Also, an ice bath for 10-15 minutes can help.
- C. The Athletic Trainer is available every day at practice. Please remember that if you go to the trainer without finishing your workout then your practice will be counted as an excused absence.

# **SPORTS PREVENTION/ INJURY SPECIALISTS**

**Dr. Josh Glass**

Chiropractic, injury treatment & prevention  
[www.georgiasportschiropractic.com](http://www.georgiasportschiropractic.com)

**Dr. Charlie Peebles & Dr. Perry Julien**

Lower leg specialists, orthotics, injury treatment & prevention  
[www.atlantafootandankle.com](http://www.atlantafootandankle.com)

**Harris Patel**

Physical therapy, orthotics, injury treatment & prevention  
[www.sportsmedsouth.com/who-we-are/physician-assistants/harris-patel/](http://www.sportsmedsouth.com/who-we-are/physician-assistants/harris-patel/)

**Kyle O'Day**

Running form analysis & correction  
[www.continuumsports.com](http://www.continuumsports.com)

**Lori Wert**

Massage therapist, injury treatment and prevention 740-600-4096

**Marie Soracco**

Chiropractic, physio-therapy, nutrition, Chinese medicine, neuromusculoskeletal disorders  
Eastside Spine & Pain Center, Inc.







## OVERNIGHT TRAVEL EXPECTATIONS

1. Overnight travel trips are sanctioned events sponsored by Gwinnett County Public Schools. This means that all school policies (Student Conduct Behavior Code, Athletic Code of Conduct, and Faculty Handbook) are to be enforced on said trips, and participants (athletes, coaches & parents) will be held to the rules and regulations outlined in each.
2. Athletes should stay in a team room. Exceptions to this rule may be granted by the Head Coach for the following reasons: (a) an athlete staying with his parents saves the family money because they will also be making the trip **& staying in the team hotel**. (b) The athlete staying with his family will have his own bed for proper rest. (c) Increases the ratio of student to adult supervision by sharing the responsibility with parents.
3. Athletes staying with their parents will abide by all the same rules & regulations set forth by the Head Coach and specific teams (curfew, team meetings, etc.).
4. The coaching staff has the responsibility of room assignments & supervision of all team rooms. Athletes may not switch rooms for any reason without approval from the Head Coach.
5. The Head Coach will communicate a set curfew each night. The coaching staff will enforce this time with hallway & room checks as necessary. **Athletes that violate curfew rules may face disciplinary action consistent with their actions. This may include suspension, loss of letters and/or team awards, or dismissal from the team.**
6. **No fraternization between genders will take place inside of a hotel room.** Any visiting between genders will take place in the hallway outside of the hotel room in the hotel lobby with adult supervision.
7. **No congregation of large groups of players inside a single hotel room unless there is a team meeting held by a member of a coaching staff, or special circumstances approved by the Head Coach.**
8. **Athletes may not leave the premises of the hotel unless they are accompanied by an adult.** If an athlete is going to leave an event, the hotel or any other team activity they must get prior approval from the Head Coach. The coaching staff should know the whereabouts of each athlete at all times.
9. The coaching staff should communicate these travel policies, team rules and review the Athletic Code of Conduct with all student-athletes and parents prior to departure for the trip.
10. Any behavior that takes place on a trip that violates school policy must be communicated to school administration (Athletic Director/Principal) immediately following the events.

Student-Athlete Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_



## BROOKWOOD HIGH SCHOOL TRACK AND FIELD SPONSOR AGREEMENT

COMPANY OR INDIVIDUAL'S NAME: \_\_\_\_\_

COMPANY CONTACT/PHONE NUMBER: \_\_\_\_\_

COMPANY WEB ADDRESS (URL) or SPECIAL OFFER LANDING PAGE:

\_\_\_\_\_

SPONSORED ATHLETE: \_\_\_\_\_

### SPONSORSHIPS:

\_\_\_\_\_ **\$200.00 (MAROON SPONSOR)**

- Company advertisement poster inside track facility
- Company name and/or logo on team website "Sponsor" page
- Link to company website (or special offer/landing page) on Team website "Sponsor" page  
*Team Website - <https://www.brookwoodtrack.com/>*

\_\_\_\_\_ **\$400.00 (GOLD SPONSOR)**

- Company advertisement poster inside track facility
- Company name included on banquet program (when applicable)
- Company name mentioned at end of season banquet (when applicable)
- Company name and/or logo on team website "Sponsor" page
- Link to company website (or special offer/landing page) on Team website "Sponsor" page  
*Team Website - <https://www.brookwoodtrack.com/>*

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\*For girls, please make checks payable to Brookwood Girls Track & Field  
Andre Morez (Girls Head Coach)      E-Mail – [Andre.Morez@gcpsk12.org](mailto:Andre.Morez@gcpsk12.org)

\*For boys, please make checks payable to Brookwood Boys Track & Field  
Murry Bell (Boys Head Coach)      E-Mail – [Murry.Bell@gcpsk12.org](mailto:Murry.Bell@gcpsk12.org)