

## **FREE STATE TRACK AND FIELD MANUAL**

### **Mission Statement:**

The Free State Track & Field Team strives to provide athletes a safe environment to reach their full potential by developing athletically while promoting high self-esteem, discipline, development of people skills, and goal setting – all of which are inherent to success both on and off the track. Our team, led by coaches with expertise in track and field coaching, seeks to instill the importance of education and a positive attitude in an atmosphere of building character.

### **Objectives:**

- to promote a healthy lifestyle
- to encourage positive mental attitudes and mutual respect
- to provide an environment for all team members to realize the importance of others and the value of cooperative teamwork while fostering ethical conduct and sportsmanship
- to encourage the motivation and commitment necessary for academic success
- to contribute to each athlete's personal growth and performance potential while also attaining team goals
- to maximize opportunities for athletes to gain positive competitive values which will enhance their preparation for a productive life

## *Focus – What About You?*



Too often track and field is categorized as an individual sport, as if those who choose to pursue this sport are only concerned about themselves. Sometimes this can be true of the individual but it can never be true of a successful team. Of all the sports offered in high school this one relies on more people to perform at their best for the team to be successful. What does it take to be a good team member?

**Sacrifice** is the first requirement of a team member. Are you willing to give up your own recognition and personal goals to work towards a greater goal? Can you celebrate a team success even if you didn't have your best day, or you didn't feel like you contributed? Can you have a poor performance but then turn around and lift up a teammate who had a great performance? Can you ignore the newspaper articles that mention your name and deflect it back to others on the team?

**Commitment** is the second requirement of a team member. Are you willing to make a full commitment? Are you here as a part of the team or are you here for another reason? Are you here because you are successful at a specific event or are you here to contribute your skills to your team? Are you committed to making this team better or are you committed to making yourself better?

Your actions and answers to these questions will define if you are a true team player. True sacrifice shows up in the most challenging moments; it is what builds character. True commitment is like a piece of iron, it bends but it never breaks. Neither sacrifice nor commitment is convenient and that is why great teams are few and far between. Great teams are made of large groups of people who understand sacrifice and commitment. The question is: will this be one of those teams?

### **The Free State Track and Field Coaches**

*Darrell Andrew (javelin)*: Coach Andrew has been on the LFSHS coaching staff since the school opened 20 years ago. He has expertise in all throwing events and also teaches special education at our school. He and his wife, Shannon, have a son, Hudson.

*Mike Evans (discus and shot put)*: This is Coach Evans's first year at LFS and he works as a Para-educator and Co-teacher in classrooms. He and his wife Anne have two young sons, Max and Sam.

*Adam Leitel (boys' sprints/long jump/triple jump)*: A graduate of KU and UMKC, Coach Leitel has coached for 6 years. He teaches social studies and is an AVID site team member. He also has a black lab mix named Jan and lives in the Kansas City area.

*Kain Anderson (distance)*: This is Coach Anderson's first year coaching at LFS, however he is no newcomer to Free State T&F. Running all four years as a Free State student-athlete, he then continued his running career at Wichita State. He is excited to be back home in Lawrence and reunited with his Firebird family. As well as coaching, he also works at Lawrence Memorial Hospital. Outside of coaching and working he enjoys time with his three horses: Babe, Nellie, and Vegas.

*Phil Mitchell (pole vault)*: Coach Mitchell graduated from KU and has been teaching for 10 years. He has coached vault for 7 years and is department chair for the social studies department. He and his wife, Lauren, have a daughter, Olive, and son, Milo.

*Joanna Romito (girls' sprints/long jump/triple jump)*: A graduate of KU, Coach Romito has worked with various Track & Field events throughout her experience and was a collegiate distance runner. She has coached Track & Field for five years and has helped with XC in the past. She teaches chemistry and is an AVID site team member. She has a son, Michael, in the 6<sup>th</sup> grade.

*Jordan Rose (hurdles/high jump)*: This is Coach Rose's 19<sup>th</sup> year coaching at LFS. She has worked with the Cross Country and Track & Field teams since the second year the school was open and has coached sprints/relays and hurdles during Track & Field season. A graduate of KU, she teaches chemistry and is involved with professional development committees and Equity team. She and her husband, Micah, have a daughter, Kayin.

1. Be a good person- Treat everyone with respect
2. Be a good student- Take care of your daily job
3. Be a good teammate- Make a difference on the team

### **Lettering Eligibility**

The varsity letter in Track & Field is awarded to individuals who make a commitment and who sacrifices for our team. The requirements are structured around the varsity level competition season; however, it is possible for a non-varsity team member to earn a letter by going above and beyond practice expectations of a varsity member. This effort would include extra volunteering, helping with home meets, and above all else a coach's recommendation. It is also possible for a varsity member to not receive a letter if they have not demonstrated those same qualities as listed above.

1. Fulfill the practice requirement of attending 90% of varsity practice days, sickness or meeting with a teacher are the only reasons to miss a practice. The JV falls short of having enough days but there are optional volunteer opportunities that athletes can use to make up practice points. One unexcused absence can prevent you from lettering.
  - We will meet for practice Monday through Friday from 3:45pm to approximately 5:45pm.
  - When we have Fridays off this season, everyone will have required practice.
  - There will be volunteering opportunities for extra points.
2. Fulfill the meet requirement of 8 meets, sickness is the only reason to miss a meet. Any other reasons can result in loss of eligibility to letter.
  - At meets, you are expected to wear the team uniform and gear both during competition and throughout the meet.
  - As a Free State athlete, you should show positive language and good sportsmanship at all times.
3. All Varsity team members will be expected to work any JV home meet, and all JV team members will be expected to work any Varsity home meet. Athletes are expected to remain the entire meet; failure to do so will result in a loss of lettering points.
4. As a team member, you are expected to arrive and leave every meet with your team. Leaving a meet early will result in a loss of lettering points. In an emergency situation, a form can be attained from the athletic office for parents, the coach, and the athletic director to sign in order for parents/guardians to transport their athlete home from a meet.
5. Be in good standing with your team and school. This is based heavily on your event coach's recommendation.

## **2017 Track and Field Schedule**

March 28<sup>th</sup> - Lawrence High Dual (V/JV)

April 6<sup>th</sup>- JV @ LHS

April 7<sup>th</sup>- Blue Valley Relays (V)

April 13<sup>th</sup>- JV @ SME

### **April 14<sup>th</sup> – Barrier Breakers (V) Home Meet**

April 19<sup>th</sup> – JV @ Little KU at LHS

April 21<sup>st</sup> – 22<sup>nd</sup> – KU Relays (V)

### **April 27<sup>th</sup> - JV (Home Meet)**

April 28<sup>th</sup> - Topeka Seaman (V)

May 4<sup>th</sup> – JV @ Mill Valley

May 5<sup>th</sup> - Shawnee Mission North Relays (V)

May 9<sup>th</sup> – JV League at ODAC

May 12<sup>th</sup> – League (V)

### **May 19<sup>th</sup> – Regionals (V) Home Meet**

May 25<sup>th</sup> – 27<sup>th</sup> - State (V) @ WSU - leave on Thursday

### **Other important dates:**

Parent Meeting (6pm): February 13th at 6pm Black Box Theatre

Spring Break: March 20<sup>th</sup> – March 24<sup>th</sup>

**Concussion Testing (after school): March 8th at 2:45pm**

Meet Volunteering Dates with KU: TBD

**T&F Banquet (6pm): May 23rd at FS Commons**

### **Team Announcement and Information:**

Text to “81010” the message “@lfstrack”

Follow us on Instagram @lfstrackandfield