

# Sandwich High School Track & Field 2023

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Head Boys Coach: Mike Lee  
Asst Coach: Ian Stewart  
Asst Coach: Bolaji Adeoti

Head Girl Coach: Elizabeth Vick  
Asst Coach: Will Schoonover  
Asst Coach: Ezbeydy Rivera

Have the following items taken care of **before** you come to practice on **Tuesday, February 21st**. We will meet in the **Small Cafeteria**, unless you hear otherwise.

- Insurance Waiver on file in the athletic office**
  - Physical on file in the athletic office**
  - \$85.00 sports fee paid in the athletic office**

The schedule that is provided should be taken home so that your parents, your employer, and you can discuss any arrangements that need to be made so that you will be at every practice and meet you are asked to attend. If there are going to be scheduling conflicts, please ensure that these are communicated at least 2 weeks in advance.

You should also make sure that in the next week you take care of all school consequences **(detentions/suspensions, etc.)** you have been assigned, and make sure that **no other consequences will be assigned to you once track season begins**.

If you have any questions regarding Sandwich Track, contact Coach Lee or Coach Vick during the school day via email [mlee@sandwich430.org](mailto:mlee@sandwich430.org) or [evick@sandwich430.org](mailto:evick@sandwich430.org) or by phone at (815)-786-2157 .

This booklet serves as an introduction to the 2023 edition of the Sandwich Track Program. The Coaches and I are excited about this year and working with this year's group of track athletes. We are excited because we have an excellent group of upperclassmen back from last year's successful team. We also have a group of freshmen from last year's successful middle school team.

We believe that we have the talent to have a successful year, and you as an athlete must also believe. As coaches we will give 100% and ask for the same in return. **Remember that nothing can ever be accomplished without first having a dream.** Set your personal goals small and as you reach them, reset them a little higher. As you reach your personal goals we will, as a team, reach team goals. If you do not believe in yourself first, we will not reach the team goal

As you read through this book, you will find that we have laid out our policies for the year. We have covered items from attendance at practice to conduct at meets and on the bus trips. We have also covered your conduct at school as well as off school time. You will find enclosed a copy of our schedule and the Class AA qualifying standards for the 2023 season.

# ATTENDANCE

It goes without saying that attendance at practice is a must. A team will only be as good as the individuals on the team. If you are not there, you are not contributing and thus become a liability. **Each individual will be allowed one (1) unexcused absence with no questions asked.** Any further absence requires a written explanation by a parent or a doctor. Absences will be excused at the discretion of the coaches. A second unexcused absence will result in you doing a penalty workout, or removal from a meet line-up.

If you are late to practice, you should obtain a note from a teacher to be given to a coach.

- a. **3 tardies** will result in a student athlete not being able to participate in the next meet. You will still be in attendance and expected to warm up and participate with the team.
- b. **Tardies in excess of five** can result in termination from the team. (This will be handled on an individual basis by the coaching staff).

We realize that many of you have jobs. You need to work out your schedule with your employer. If you expect to compete, you are ours from 3:00 until 5:00 each day. **Spring break is from March 27th through March 31st, we will have practice and meets to attend. (A Spring Break Practice Schedule will be provided closer to the Spring Break)** If you have family commitments, let us know well in advance so that we know how to plan for these practices. **Don't surprise us the day before!** Remember- people are counting on you!

When we go to meets, we travel as a team and return as a team. We will not release you to anyone except to your parents or guardians

# CONDUCT

You are a reflection on your school, your coaches, yourself and your parents. You should conduct yourself with class, in the community and going to and from meets. Discipline problems will be dealt with as necessary. Be gracious both in winning and in losing-

In the school handbook, you can find the "*ATHLETIC AND EXTRACURRICULAR CODE OF CONDUCT*" which spells out the various disciplinary actions that are taken when the school policies are abused. If you find it necessary to abuse these policies, then we feel that you do not care to be part of this team. We will ask you to turn in your uniform. We will not in any way tolerate the use of any form of drugs, tobacco, or alcohol.

**Cell phones should not be used during practice:** Cell phones should not be heard or seen during a practice or visible on the track or infield at a meet. IHSB bans cell phones and electronic music devices at track meets for safety reasons. Failure to appropriately regulate cell phone use will result in a fitness consequence and or loss of meet participation.

**Good academic standing/good grades and appropriate behavior in school** and at all school functions is very important and essential in order for you to maintain your eligibility for competition. (Refer to school policy in order to determine eligibility)

**Academics come first:** if you need extra help after school, we encourage you to get it. When you have received the help you need, bring back a signed school pass from the teacher who administered the help and then come to practice. You will be excused for the time missed. Abuse of this rule may result in dismissal from the team or disciplinary action by the coach (i.e. forged passes/notes).

**Any student athlete who receives a 20 min or 2 hour detention** must bring a pass to practice from that teacher. Missing a game or practice due to a detention will result in loss of meet participation and a fitness consequence as dictated by coaching staff.

**All injuries must be reported to a coach.** Let us know of an injury so that proper action can be taken. Coaches and athletic training staff will develop a plan of action to get healthy and return to practice/meets.

**Any lost or stolen equipment will be the responsibility of the student athlete to whom it was issued.**

**Stealing from the team, team members, the school, or other competing schools will not be tolerated** and will be cause for immediate dismissal from the team and will be reported to the school administration.

**Dress code:** Student athletes are expected to dress appropriately no matter what the occasion on regular school days as described in the school dress code of conduct. During practice athletes are expected to wear shirts and appropriate clothing while at practice. **When attending both home and away games student athletes are expected to dress in team issued warm-ups and uniform.** All athletes must keep a uniform/shirt on during meets per IHSA rules.

**Injured or ineligible student athletes are expected to attend practice and meets:** unless other arrangements have been made with the head coach.

**Meet Participation:** The Meet line-ups will be chosen at the discretion of the coaching staff.

**All practices are closed** to parents, alumni, and fans. This prevents any outside interference from what we as coaches are trying to accomplish. If you need to talk to a coach, you must come after practice. (Exceptions: if there is an emergency and you need your son pulled out of practice.)

**Hazing, bullying, or any other type of disrespect towards your teammates absolutely will not be tolerated.** This includes time spent in the locker room before practice, during practice, after practice, at away and home meets, and on the bus. If there is any suspicion of this whatsoever you will be removed from the team. This is a serious issue not to be taken lightly.

**Chain of Command** – If you feel that your son or daughter has been mistreated by a teammate or coach you should follow these steps

- a. Contact the coach involved
- b. Contact the head coach (Coach Vick or Coach Lee)
- c. Contact the Athletic Director (Mr. Gipe)

**24 Hour Rule** – There is a 24 hour rule for parents and student athletes to contact a coach in regards to a coach's decision regarding discipline, changes made in the lineup, or any other concerns related to a coach's judgment.

A parent is not to approach a coach to discuss a judgment related situation that has provoked an adverse emotional response or a hostile situation until at least 24 hours after the fact.

For parents, it is important to separate competitive emotions from the best interests of their child's personal and sports development. The intent of this rule is to move an emotional and confrontational discussion away from the presence of the players, and to allow the parties to "cool off", compose themselves and put the provoking incident or situation that occurred in perspective before meeting to discuss it.

**IMPORTANT NOTE:** This rule does not apply to something serious (i.e. criminal) but rather to disagreements/questions/concerns a player or parent may have with a coach and his/her decisions.

# UNIFORMS

You will be issued an official school uniform that includes a singlet, shorts, wind pants, and jacket. **This is what must be worn in all competitions.** You are responsible for them if they are lost or destroyed and you will be billed for them. Grades or advancement to the next grade level will not happen until they are turned in. **When they are washed, never put them in a dryer. Let them air dry.**

If you are going to be using spandex, all garments must be **BLACK**. If you wear shirts under your singlet, it must be **BLACK** and there can be no writing on them. If they have writing you will be disqualified.

According to the IHSA this year the singlet rule is as follows: *While standing straight and your singlet is not tucked in, if the bottom of the singlet is below the waistband of the shorts and no midriff is showing, you are in compliance. This will commence when the individual reports for her event and be in effect until the event has been recorded and reported to the official scorer. You will be given one warning. A second warning will result in disqualification from the event. A third warning will be a meet disqualification.*

# CRITERIA TO EARN A LETTER

You must earn twenty (20) points to receive your varsity letter. Every meet you run, including conference, is either F/S or varsity competition. You can earn your points in the following manner:

- 1 - You will be awarded the number of points according to your finish place in each event.
- 2 - Each member of a relay team will get the number of points awarded for the team's finish.

**Below is the scoring table used in invitationals:**

NUMBER OF TEAMS	INDIVIDUAL SCORING	RELAY
2.....	5-3-1	5
3.....	5-3-2-1	5-3
4.....	6-4-3-2-1	6-4-2
5.....	8-6-4-2-1	8-6-4-2
6.....	10-8-6-4-2-1	10-8-6-4-2
7 OR MORE (6 SCORING).....	10-8-6-4-2-1	10-8-6-4-2-1
7 OR MORE (7 SCORING).....	10-8-6-4-3-2-1	10-8-6-3-2-1
7 OR MORE (8 SCORING).....	10-8-6-5-4-3-2-1	10-8-6-5-4-3-2-1

**C. The 2023 F.A.T. qualifying standards are as follows:**

**2022-2023 IHSA State Qualifying Standards**

Event	1A Girls	1A Boys	2A Girls	2A Boys	3A Girls	3A Boys
LJ	5.00m(16-5)	6.35m(20-10)	5.15m(16-11)	6.50m(21-4)	5.35m(17-7)	6.75m(22-2)
PV	2.76m(9-1)	3.70m(12-2)	2.97m(9-9)	3.96m(13-0)	3.12m(10-3)	4.16m(13-8)
HJ	1.52m(5-0)	1.85m(6-1)	1.54m(5-1)	1.85m(6-1)	1.57m(5-2)	1.90m(6-3)
SP	10.79m(35-5)	14.60m(47-11)	10.79m(35-5)	14.80m(48-7)	11.40m(37-5)	15.97m(52-5)
TJ	10.18m(33-5)	12.54m(41-2)	10.56m(34-8)	12.95m(42-6)	11.09m(36-5)	13.36m(43-10)
DISC	33.65m(110-5)	43.05m(141-3)	33.83m(111-0)	43.94m(144-2)	35.56m(116-8)	46.71m(153-3)
4 X 800	10:35.87	8:33.28	10:13.76	8:20.63	9:43.60	8:04.23
4 X 100	:52.20	:44.63	:50.59	:43.66	:49.34	:42.99
3200	12:26.55	10:12.64	11:47.44	10:01.23	11:09.13	9:35.94
100 HH10 HH	:16.73	:16.26	:16.48	:15.54	:15.92	:15.40
100	:12.95	:11.35	:12.70	:11.13	:12.46	:11.04
800	2:28.15	2:02.82	2:25.63	2:01.83	2:20.60	1:59.36
4 X 200	1:51.76	1:33.99	1:48.52	1:31.98	1:45.77	1:30.85
400	1:01.87	:52.18	1:00.71	:51.13	:59.36	:50.77
300 LH300 IH	:49.47	:42.37	:48.55	:41.22	:47.17	:40.84
1600	5:36.90	4:39.80	5:26.27	4:35.35	5:11.78	4:23.68
200	:26.96	:23.08	:26.29	:22.59	:25.75	:22.33
4 X 400	4:19.68	3:35.17	4:13.85	3:31.31	4:05.00	3:28.30

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## **Please complete this form**

As a student athlete, I understand the commitment necessary for a successful season. I will comply with the rules and regulations. I understand I will be penalized, and even dismissed from the team for failure to comply.

\_\_\_\_\_  
SIGNATURE OF ATHLETE

As a parent or guardian of \_\_\_\_\_  
STUDENT ATHLETE'S NAME

I approve of them being a member of the Sandwich High School track and field team. I am aware that injury is always a possibility. We have read the rule book and pledge to support the Sandwich High School Track and Field Program and Sandwich High School along with all its rules and regulations.

\_\_\_\_\_  
SIGNATURE OF PARENT