

South Gwinnett High School Boys & Girls Track 2019-2020



Program Overview:

The South Gwinnett Track and Field program is committed to encouraging and providing positive experiences for athletic, academic and personal growth. The coaches will provide guidance with training theory and technique, motivation generated by creating a vision of each athlete's potential, positively reinforcing that vision, and nurturing the enjoyment and love of the event(s) in which the athlete is involved.

It is our goal to help develop the love of running, improved health and wellness, and the spirit of competition in our athletes by emphasizing the importance of personal growth and improvement, commitment to one's self, to one's team and to one's society. Track athletes are expected to strive for excellence by setting goals and developing a strong work ethic.

Academic Expectations:

1. Everyone involved in the South Gwinnett Track program is expected to be a **Student-Athlete**. This dual role requires a strong commitment both academically and athletically.
2. All student athletes that are involved in this program are expected to maintain a 2.7 GPA or higher. Students are expected to pass all classes and maintain passing grades.
3. If students are struggling in any class and need academic assistance, it should be reported to the coaching staff in order to advise and offer the help needed to address the concern..
4. Any student that requires extra academic assistance must get that cleared by a coach prior to missing or being late to a practice.

Code of Conduct:

1. It is the expectation that each student-athlete demonstrate discipline and pride at school, in the community, at home, and in competition. We expect the athletes to represent South Gwinnett High School as student athletes and leaders with the utmost integrity.
2. It is a must that all athletes and members of this program **RESPECT** each other, all coaches, administrators, faculty and staff, as well as other authority figures. There is no excuse for being rude or disrespectful to any member of this program or anyone contributing to their well being.
3. Athletes are expected to be at all practices and team functions on time and shall not miss practice without prior notification. That also includes events at the track meets.
4. All athletes are required to participate and compete in whatever events the coaching staff determines. Any exceptions must be cleared.
5. Any athlete that has been injured in practice or at a meet should inform the coaching staff immediately. It is the expectations of this staff that parents communicate with us about any injury either personal or athletic related.
6. Athletes are responsible for all equipment that is assigned to them. It is the athlete's responsibility to return all equipment at the end of the season. Any equipment not returned will be turned in as a debt to the students account.
7. The #1 rule as a member of the South Gwinnett Track Program is to do right! If you are not sure if something is right or wrong, **ASK!**
8. The track coaching staff at South Gwinnett High School has an open door policy. We are more than willing to meet with athletes and their parents at the appropriate time. Please plan to meet with coaches post practice or by appointment only.

Practice Rules:

- ❖ Come prepared each day with all required clothing and proper running shoes; Always dress appropriately for the weather conditions.
- ❖ Complete all assigned workouts to the best of your ability; Come ready to improve yourself.
- ❖ Athletes should attend every practice. If injured, you should still attend and follow assigned therapy and treatment. No unexcused absences from practice.
- ❖ Athletes should be prepared for practice at the designated times. Be dressed and ready to practice 5 minutes prior to the beginning of practice.
- ❖ Athletes are expected to assist in putting away any equipment.
- ❖ Be supportive of your teammates!

Maintaining Proper Nutrition & Wellness:

Track & Field requires preparation, practice, and discipline. All athletes should manage their physical, emotional, and mental health.

Sleep. A good night's rest and post workout therapy will enhance your performance. As an athlete, you'll need to sleep more in order to give your body the proper amount of rest and recovery time. This will allow your body to perform as well as possible.

- Try to get a minimum of 8 hours of sleep the night. Getting 9 or 10 hours is even better.

Workouts. The workouts in the Pre-Season should be primarily base building workouts that will give you the strength, stamina and confidence to complete the more intense and skill specific work that will be the primary focus during the racing season. Longer, slower intervals are appropriate at the pre-season phase.

Nutrition. Good nutrition will optimize your training program; promote consistency in performance; enhance recovery after workouts and events; maintain or gain weight; reduce the risk of injury and illness; and give you confidence to face competition. The following are some areas to consider as you begin your training regime.

1. Load Up on Carbohydrates. Carbs are an athlete's main fuel. Your body changes them to glucose, a form of sugar, and stores it in your muscles as glycogen. When you exercise, your body changes glycogen into energy. If you exercise for under 90 minutes, you have enough glycogen in your muscles, even for high-intensity activities.

2. Get Enough Protein, But Not Too Much. Protein doesn't provide a lot of fuel for energy. But you need it to maintain your muscles. The average person needs 1.2 to 1.4 grams of protein per kilogram of body weight a day. That's about 88 grams of protein for a 150-pound person.

4. Drink Fluids Early and Often. Intense exercise, especially in hot weather, can quickly leave you dehydrated. Dehydration, in turn, can hurt your performance and, in extreme cases, threaten your life. A pale yellow color means you're getting enough fluid. Bright yellow or dark urine means you're falling short. When possible, drink chilled fluids, which are more easily absorbed than room-temperature water. Chilled fluids also help cool your body down.

5. Replace Lost Electrolytes. Sweating removes both fluids and electrolytes. Electrolytes help transmit nerve signals in your body. To replenish them, reach for sports drinks. If you're also losing a lot of fluid as you sweat, dilute sports drinks with equal amounts of water to get the best balance of fluid and electrolytes.

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."

- Jesse Owens

Important Information for Athletes:

ALL athletes are required to have a physical on file to ensure the safety and health of all participating students. Physical Forms can be obtained on the school's website under the Athletics tab. Click on Comet HQ to access a copy of the physical forms. Physical forms should be turned into Coach Jordan in A202 or the Athletic Office.

ALL track Athletes should change in the B Gym Locker Room.

ALL Track Athletes should then report **with ALL belongings** to the B Gym Lobby ready to leave for the scheduled workout at 2:25. Be on time.

Track Conditioning will begin on **Monday, October 21, 2019**. Conditioning will be held on Monday, Tuesday, and Thursday from 2:30 to 4:00pm.

The first parent meeting will be held on Wednesday, October 30 @ 6:00pm in the FB Fieldhouse. Please make every effort to attend as we will be discussing important information for the season.

Parental Support & Expectations:

The 2019-20 coaching staff is excited and ready for a successful track and field season at South Gwinnett High School. Each student athlete will be required to pay **\$250.00 dues** to ensure that they are provided with all the necessary tools that will make this season productive and prosperous.

The dues will cover the following items:

- **Banquet-\$50**
- **Athletic apparel-\$100**
- **Uniform- \$65**
- **Entry Fees to Invitational- \$35**

In efforts to continue building a successful program, athletes, parents, and coaches must come together and commit to doing all that we can to create a winning legacy. Each parent is expected to volunteer their time and resources to help maintain a successful track program. Parent support is necessary and needed to create an unforgettable experience for our student athletes. Parents will be asked to contribute time or resources to ensure that our athletes are well taken care of.

Please make plans to pay the full amount upfront or adhere to the payment schedule below. Payments should be made out to South Gwinnett Track and Field.

January 17th - \$100

February 17th- \$150

All track dues must be PAID by March 1st.

Please Note: All Athletes will be required to participate in Track Booster fundraisers throughout the season. Members are expected to meet the minimum requirements set forth by the booster representatives. We encourage all parents and athletes to actively participate in order to ensure that the program is able to meet the financial obligations and needs.

**If you have any questions or concerns, please email Coach Allen@ cortez_allen@gwinnett.k12.ga.us
OR Coach Ski @ joseph_sulkowski@gwinnett.k12.ga.us**