CORYDON TRACK & FIELD SEASON **2023**

**COMMUNICATION**

**Website:** www.corydontrack.com

**Facebook Page:**  facebook.com/corydontrack

**Instagram**: @corydon.track

**High School Google Classroom Code:** 5j7dsum

**High School Remind 101:** Text @corydontf to 81010

**Junior High Google Classroom Code**: 6g7cpss

**Junior High Remind 101**: Text @ccjhstr to 81010

**Corydon Central Track & Field Social Media**

We have Facebook & Instagram pages to highlight our athletes and teams. There will be a NEGATIVE consent signature line to return if you DO NOT want your name or picture posted on our social media pages. Please contact Coaches if you have questions or concerns using Classroom or Remind. Feel free to call and email us if necessary. Other teachers/staff will not be able to answer questions for you regarding practices or other team information.

High School Boys Coach - Brian LaHue: 812-987-4141 / lahueb@shcsc.k12.in.us

High School Girls Coach - Marcee LaHue: 812-736-9389 / lahuem@shcsc.k12.in.us

Junior High Coach - Kegan Livers: 812-725-6397 / liversk@shcsc.k12.in.us

Assistant Coaches - Stephanie Paden, Quentin Combs, Hannah Meador, Cory Freeman, Chris Weick

Volunteer Coaches – Mike Leghart

**GRADES AND DISPLINARY/CONDUCT**

Athletes cannot participate for 3 weeks following distribution of report cards if they have an F in any subject. At the end of the 3 weeks, the athlete may resume practice if all grades are passing. Athletes must attend school at least one-half day in order to participate in a meet. If you receive out of school suspension or alternative placement you cannot participate in practices or meets for 4 weeks. Depending on severity of offense, you may be banned from participation for the remainder of the season.

**PRACTICE EXPECTATIONS**

You need to be dressed, eat a snack and have your bags packed to go over to the track by 3:30 (and 2:45 on Fridays).

**BE AT PRACTICE!** We expect our athletes to be at every practice. We understand there will be some circumstances that will make this difficult for some individuals. However, if you cannot consistently participate practices each week, you may be removed from the team. **YOU WILL BE ALLOWED 1 UNEXCUSED ASBSENCE. AFTER YOUR SECOND UNEXCUSED ABSENSE DISCIPLINARY ACTION WILL BE TAKEN.** We need our athletes to be committed to our team and to individual improvement. Practice and training is vital to personal growth as an athlete and team cohesion. Each athlete will be expected to complete the [ABSENT FORM](https://docs.google.com/forms/d/e/1FAIpQLSfg1ORaLCMQQwKV0ckMpDvl6XpCIN3Qtb9-WYGT_Mum6nilJw/viewform) (Located on the Parent Page of Website) if they will be missing practice.

**ALWAYS BRING A SNACK:** Please bring a HEALTHY snack to eat after school. It is very important for your health and energy level for practice that you eat something before practice. A snack high in protein is your best option. DO NOT bring candy, junk food, energy drinks or soft drinks as snacks. Ask Coach Brian or Marcee about healthy snack choices, we would be more than happy to discuss options with you.

**ALWAYS HAVE WATER FOR PRACTICE.** You may fill up water bottles before we leave to go over to track.

**ALWAYS PACK APPROPRIATE CLOTHING.** The weather is unpredictable. We will have warm days, cold days, windy days and wet days. Track is an all-weather sport. In extremely cold temperatures, we will have indoor practice. Most of our practices will be outdoors and you need to make sure you have GLOVES, WARM HEAD GEAR/HAT, LONG PANTS, SWEATSHIRT, JACKETS, etc. If you do not have the proper attire to wear for outdoor practice, we will contact your parent/guardian to come pick you up. We will not stay indoors b/c one or a few athletes were unprepared for outdoor practice.

**OUTDOOR PRACTICE PICKUP WILL BE AT TRACK / INDOOR PRACTICE PICKUP WILL BE AT CCJHS.** We will send a Remind text regarding pickup ONLY IF WE HAVE INDOOR PRACTICE.PLEASE MAKE SURE YOUR RIDE PICKS YOU UP PROMPTLY AT 5:30 (4:45 on Friday)

**MEETS**

**HOME** **MEETS**: The start time of home meets ranges between 5:00 and 6:00. Athletes can stay after school or go home after school as long as they can be on time for pre-meet team meeting and warmups which will begin promptly 30 minutes prior to the meet.

**AWAY MEETS:** We will not be taking entire team to away meets. We have one bus transporting our team therefore, a limited number of athletes will be able to participate. All athletes participating in away meets must stay after school to catch the bus.

**OUR TEAM PRINCIPLES**

1. **PURPOSE** – KNOW YOUR PURPOSE ON THIS TEAM!

To be a part of our team, we have standards that are expected of every athlete. These standards include:

*A) Attitude* – Our team will consist of positive, coachable athletes that are encouraging of each other and desire to put in the work to improve as individuals this season.

*B) Ability* – The spectrum of ability is broad. We expect our athletes to put in the work to be THEIR best. Don’t hinder your ability by not working hard at practice.

*C) Progress* – We want every athlete to progress individually this season. Times should get faster, jumps should get higher and longer, throws should go farther. As coaches, our promise to you is to do OUR BEST to make you YOUR BEST!

2. **PRIME TIME -** Our goal as coaches is to make Track & Field at Corydon Central “Prime Time”. We want surrounding counties to know us for our amazing Track & Field teams. We want athletes who want to make that happen! We will have a “Prime Time” award we give out at meets and practices when an athlete shows one of the following characteristics;

* **C**oachable
* **L**eadership
* **A**ttitude
* **W**ill
* **S**portsmanship

3. **PANTHER PRIDE -** Be proud of who you are and the school you represent! At practice, at meets and in the community be proud to be a part of CCJHS Track & Field Team! We are going to work hard to earn respect from other schools we compete against. Let’s make sure everyone knows we mean business when show up for a meet.

**OTHER IMPORTANT TEAM INFO**

1) If an athlete has a medical condition we need to be aware of, please let us know ASAP. You must provide any medication such as epi-pens, inhalers, over-the-counter medications if require to the coaches.

2) **TEAM APPEARAL**: We will provide jerseys with assigned numbers to athletes. These must be returned in the same condition they were given at the end of the season or you will be charged for a replacement. Matching track shorts and additional team gear is available at the online store.

3) **SHOES**: Supportive running shoes are extremely important. Avoid wearing “fashion” sneakers or basketball shoes for track. These types of shoes can cause major issues down the road. Track spikes can be beneficial in competition, but are not absolutely necessary. 1/8, ¼ or 1/2 inch pyramid spikes are sufficient.

PARENT/GUARDIAN FORM FOR CORYDON TRACK & FIELD SEASON 2021

ATHLETE’S NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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YOUR CONTACT #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\*\*\*PLEASE MAKE SURE YOUR ATHLETE IS PICKED UP PROMPTLY AT 5:30 (4:45 on Fridays). We have other responsibilities that we must attend to and MUST be able to leave shortly after practice is over. \*\*\*

I have read and understand what is expected of my athlete this season.

Your signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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ONLY sign below if you **DO NOT** wish for your athlete to be highlighted on our team Facebook page or Newsletter via name and/or photograph.

ATHLETE’S NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_