**Murphy High School**

 **Track & Field**





**2018-2019**

**Parent & Athlete Handbook**

Principal: Joe Toomey (251) 221-3186

Athletic Director: Muskingum Barnes

***Indoor Meet Schedule 2018-2019 (Tentative)***

\*December 1, 2018 Magic City Invite Birmingham Crossplex
 \*OR\*

\*December 7 & 8 Holiday Invite Birmingham Crossplex

January 4 & 5 Ice Breaker Invite Birmingham Crossplex

February 1 & 2 Indoor State Meet Birmingham Crossplex

## OUTDOOR MEET SCHEDULE IS STILL TBA AND WILL BE ANNOUNCED CLOSER TO CHRISTMAS BREAK##

***Coaches***

Girls Head Coach: Brandon Oliver Assistant Coach: Sheila Crenshaw

Boys Head Coach: Enrique Williams Assistant Coach: Chris Johnson

Assistant Coach: Michael Plattenburg

***Team Philosophy***

It is our goal each year to make a memorable and rewarding team experience for all athletes. We believe through 100% commitment, sacrifice, and pride we can achieve great things as a program. All athletes are asked to commit and sacrifice for the greater good of the team. All athletes have the opportunity to train and compete in this sport by attending practice and working hard. Every athlete is put into an event that will allow them to experience success in this sport. Attendance and participation at practice is a must. Athletes must have pride in what they are doing each day for the team. This is a competitive team, not a form of recreation. All athletes are expected to give a varsity level effort every day.

***Communication***

All current information regarding the track and field team is posted on the Track & Field page at mhspanthers.com (Murphy’s school website). All weekly announcements, documents, schedules, and forms are also posted on the Track & Field page. Athletes and parents are responsible for keeping up with the weekly announcements from the team webpage. THERE IS NEVER AN EXCUSE FOR NOT KNOWING.

***Varsity Athletics Track Class***

 This course is offered in the Fall for Indoor Track athletes only and in the Spring for Outdoor Track athletes. Only athletes enrolled in the Fall “Varsity Track” class will be allowed to compete in Indoor Track. Outdoor track athletes are not required to be enrolled in 4th block Spring “Varsity Track” class. They may attend after school practices.

***Team Fundraisers***

The Track & Field team at Murphy is a “self-sustaining” athletic organization. As such, we receive no financial assistance from the school or any other entity. We are responsible for raising money for any activities in which we wish to participate. With that said, we require 100% commitment to fund raising efforts because the proceeds will be enjoyed by 100% of the team. We currently have 3 fundraising opportunities employed throughout our outdoor season. Indoor season operates on team fees and “spill-over” from the previous outdoor season fundraisers.

Our first fundraiser is called, “Stock the Stand.” It involves getting every team member to donate items (totaling around $15) to help stock our concession stand in preparation for our “home meets” hosted at Murphy’s track facility. Those donations will give us a “start-up” budget to purchase concessions for the rest of the season.

Our next fundraising opportunity is hosting several meets at Murphy. We currently host 3 middle school meets and one high school meet, all of which occur in March. We are required to collect a spectator admission fee or “gate” and we also have a concession stand. We also receive an “entry fee” from each team competing in those meets.

Our final fundraising opportunity is hosting the Mobile County Championships at the University of South Alabama’s track facility in April. This is our main “money-maker” for the season. We get to collect a spectator admission fee or “gate”, concessions and team entry fees. This meet costs us a LOT of money to put on but we usually make all of it back and then some.

***Home Track Meet Helpers***

 Help is needed at all home meets as well as the Mobile County Championships Meet at USA. If parents are able to help out at any of our meets, please contact Coach Oliver at boliver@mcpss.com . You will be given information about ways you can help. Please indicate dates and times you might be interested in helping when you contact Coach Oliver via email.

***Fees for INDOOR Track & Field***

 **Team Fee: $100 due on or before November 2nd, 2018**

The team fee covers our team’s entry costs to compete in track meets during the indoor season.

**Uniform Fee: $50 due on or before November 2nd, 2018**

 The uniform fee is used to purchase a competition top and bottom. Athletes are required to compete in approved competition uniforms. Once an athlete has purchased his or her uniform, they may keep it forever. They may also use this uniform for future seasons. Once purchased, the uniform becomes the athlete’s responsibility. If lost or damaged, the athlete must purchase an additional uniform top - $30, bottom - $20, or both - $50.

***Fees for OUTDOOR Track & Field***

 **Team Fee: $100 due on or before January 18th, 2019**

The team fee covers our team’s entry costs to compete in track meets during the outdoor season. It also helps us purchase equipment such as hurdles, crossbars, and other various equipment necessary to host meets at Murphy and participate in a variety of events.

**Uniform Fee: $50 due on or before January 18th, 2019**

 See above “Uniform Fee”

NOTE: If you have a current uniform, you don’t pay a uniform fee.

**Team T-Shirt: $15 due on or before January 18th, 2019**

 The team t-shirt is **optional**. T-shirts can be purchased on a first-come, first served basis at any time during the season while inventory lasts. We will not order additional t-shirts until next season.

**Team Warmups: $60 due on or before January 18th, 2019**

 The team warmups (top and bottom as a set) are also **optional**. Warmups will be ordered on a pre-paid basis. Before ordering the team warmups, you must pay the mandatory fees (team fee & uniform fee) and pay for the warmups on or before January 18th, 2019.

***Dishonesty & Disrespect***

These are considered the highest violations on this team. Track athletes who display either of these may be immediately dismissed from the team. Athletes are expected to conduct themselves in a manner reflecting themselves, their coaches, their parents and their school. It is expected that all athletes will act according to the standards of Murphy High School student-athletes.

Remember that track and field is a team sport at Murphy. It is not always the fastest or best that will compete, but the most committed EVERY DAY.

***Coaches’ Expectations***

1. Dedication and commitment to your sport (100% effort)

2. Be on time with your watch (distance only), shoes, and appropriate running clothes!

3. Be mentally ready for the dayʼs training session.

4. Have a positive attitude with a constant desire to improve.

5. Support and contribute to your team, respecting yourself, teammates and coaches.

6. Put away your excuses. Don’t bring them to any practice or meet.

***Team Rules & Guidelines***

1. Any team member who is caught using drugs or alcohol has no respect for their body, and the punishment for being caught will be dismissed from the team immediately.

2. Students must attend school (at least ½ of the day) on the day of a weekday track meet.

3. Being on the “Do Not Admit” list will result in additional conditioning sessions at Coach’s discretion. This includes possibly missing the next scheduled meet.

4. Poor attitudes will result in an athlete being asked to go home for a number of days. This time should be used to adjust their attitude and be ready to come back as a contributing member of the team.

5. Be considerate when contacting coaches. Do not call or text after 7pm nor before 6am.

6. You are required to attend daily practices and to arrive on time. Late arrival will result in:

a. First Offense: Warning and TWO additional COOLDOWN LAPS to end practice

b. Second Offense: FOUR additional COOLDOWN LAPS to end practice

c. Third Offense: Workout or punishment of Coach’s choosing

7. Team members must check in with a coach before leaving for the day. This is for courtesy and safety. We train for several events and the coaches need to make sure that everyone is accounted for before practice is over.

8. Distance athletes are required to follow all rules of the road while running on sidewalks and roadways. Use crosswalks to cross streets, use bike paths and sidewalks when they are available and ALWAYS ASSUME THAT THE CARS DONʼT SEE YOU! You are responsible for your safety on the road by acting legally and responsibly.

**Team Practices**

1. 4th block begins at 1:10pm daily. We will begin 4th block practice on the track at 1:20pm and we will end practice at 3:00pm each day.

2. After school practices are from 2:45pm to 4:45pm Monday, Tuesday, Wednesday and Thursday. Any additional practices will be announced at least 48 hours prior to practice.

3. Anyone missing a practice should inform the head coach in person ahead of time.

4. Injured athletes are still expected to come to practices, attend role call and will be given alternative workout activities or sent home with workout suggestions.

5. WEATHER WILL NOT HINDER OUR TEAM’S SUCCESS. We have an “all-weather facility” and therefore we are an “All-Weather Team.” Athletes are responsible for being prepared for wet and/or cold weather. Practicing in the rain does NOT get you sick.

6. SPRING BREAK offers us a unique opportunity for improvement at a vital point in our season. Spring Break practices are mandatory. Absences during this week will jeopardize an athlete’s chances of competing in future meets, their varsity position and/or relay spot.

**Team Travel**

1. The majority of our meets will occur on Saturdays and transportation to and from the meet will be the responsibility of the athletes.

2. If we travel as a team by bus, be at the bus or parking area at least 15 minutes early.

3. If we stay overnight at a hotel, you are to be in your room at or before curfew. Be respectful and quiet in the hotel. A coach needs to know where you are at all times.

4. Athletes may only ride home with a parent or guardian if they have been checked-out with the coach. An athlete may not ride home with anyone except a parent or guardian unless that parent or guardian has made a request with a coach more than 48 hours before the event, and that request is approved.

**Track Meets**

1. Arrive at the meet in your uniform and warmups or a Murphy T-shirt. We should look like a team. Stay in your team uniform, T-shirt and/or warmups until you leave the meet.

2. When the team has decided upon a tent spot, the entire team will warm up together.

Please pay attention to facility layout and discuss questions with the team and/or coaches.

3. Relax before your race. Don’t wear yourself out by playing around. If you want to cheer for your team before you run, that is fine. Afterward, return to the shade to sit and relax.

4. Warm-up with your team mates. As a rule of thumb, start your warm up about 30-40 min before your race is scheduled to begin. Remember to give yourself time to use the restroom and get your spikes on between your warmup, stretching, drills and the race.

5. Cheer for your teammates, especially when you are finished with your race(s).

6. When your race is over, you are expected to do a 10 minute warm down with team

members who have also just completed their race.

7. Bring plenty of food and water to see you through the entire meet. Try to avoid eating unhealthy food choices while at the meet. This could negatively affect your performance.

**Murphy Track & Field Team Contract**

**By signing below, you agree to follow and adhere to all of the aforementioned guidelines, rules and information concerning travel, practices and meets.**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read and understand this athletic

 (PRINT Student-Athlete Name)

contract. I know if any rules are broken, the coach has the right to take appropriate actions including the possibility of suspending me from the team for as long as he/she feels necessary without monetary reimbursement.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student-Athlete Signature Date

As the parent of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I have read and understand the

(Student-Athlete Name)

above policies. I approve of these policies and will help my son or daughter maintain these standards.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Parent Signature Date

\*Please return this page to Coach Oliver on or before February 1st, 2019