

Mason City Mohawk Girls Track and Field



2014

February, 2014

Dear Parents and Guardians:

Welcome to the 2014 Mason City Girls Track and Field Season!! My coaching staff and I are looking forward to the season and are extremely excited to work with your daughters. As a staff, our most important goal each year will be to do everything in our power to help make Mohawk Girls Track and Field an enjoyable and memorable experience. We obviously will have other goals we will be striving for, but if the girls are having fun and working hard we believe everything else will fall into place. I can assure you that your daughters will be treated with great respect and fairness all season; anything else is unacceptable within the philosophy we have for our program. We ask the girls each day to give us their very best. They, in turn, deserve the very best we can give THEM as coaches.

It has always been extremely important to me to have great communication between coaches, parents, and athletes. If you ever have a question on something please feel free to contact me and I will get back to you as soon as possible. Hopefully many of your questions will be answered in this booklet or on the Mohawk Girls Track and Field Website. The site has schedules, results, pictures, and other important information and is updated frequently throughout the year. www.mohawktrack.com

I need to touch on a few areas that are integral to the success and respectability of any program and that can be carried over to many other areas in life. **Attendance** for practice is mandatory each day unless there is a legitimate reason for your daughter to be gone and it is cleared through a coach ahead of time. Excused absences would include things such as a death or serious family health issues, family vacations, medical/dental appointments, school field trips, making up school work with a teacher, and optional practices. An athlete will not be excused for missing track practice/meets to go shopping, tanning, for a hair appointment, to go to a concert, birthday parties, to go out to eat, for being tired, to participate in an out of season travel team sport, nor for anything else along those lines. Some of you may have laughed when reading a few of those but those are excuses that have been used over the years.

Practice will begin each day at 3:50pm and will be through by 5:30pm on most days. On days the girls lift weights it may be 15-20min later. At the same time, it is also possible that early in the season when we can't get outside we may finish 10-15 min earlier. **Tardiness** to practice will not be tolerated. Please see further details on this under attendance policy below.

Spring is an extremely busy time of the year and many high school students are involved in multiple activities, which is great! As a coaching staff we understand this and will do our best to support your daughters and work with their schedules when conflicts arise. Some of the girls are cheerleaders, dancers, ice skaters, involved in theater, music, have part-time jobs, and many other things. If you know of conflicts in advance please **communicate** them with me. Thank you :)

The coaches this year include Tyler Ketelsen (middle distance/long jump), Katie Trask (distance/high jump), Sarah Leichsenring (shot/discus for both boys and girls), and I have the hurdlers and sprinters. Booster reps this year will be Peggy Cornick and Ann Papouchis. More information will follow in this booklet but as mentioned above, please feel free to contact me if you have further questions. Looking forward to a great season and meeting all of you!!

Sincerely,

Jim Lee - Head Coach

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Lettering Policy

- *Athletes need to earn 40 varsity points throughout the season in meets. *An athlete will earn 1 point for each varsity meet she participates in.
- *For individual events they will earn whatever their place gets. For example a 1st place finish in an individual event would be worth 10 points, 2nd place would be worth 8 points, and etc.
- *For a relay the athlete would earn $\frac{1}{2}$ of the points earned by place of the relay... so for a 1st place finish the athlete would earn 5 points, 2nd place 4 points, and so on.
- *All seniors who finish the season in good standing will earn a varsity letter.
- *Coach's discretion
- *If a letter is not earned a participation award will be awarded.
- *It is important for the integrity of our program that varsity letters are EARNED and not just given out to any athlete who participates. Earning a varsity letter in any sport should MEAN something.

Attendance and Tardiness Policy

***Attendance** at practice each day is mandatory. If there is a legitimate reason you need to miss practice you must clear it with a coach. Examples of excused vs. unexcused absences are covered in the letter in this booklet so please refer back to it. Consequences for missing practice are as follows:

- 1st unexcused absence = Meeting with athlete and a 1 meet suspension
- 2nd unexcused absence= Meeting with athlete and a 2 meet suspension
- 3rd unexcused absence = You will lose the privilege to be part of the Mohawk Girls Track and Field Team.

*Parents/Guardians will be notified each time.

*Medical/dental excuses need a note from the doctor.

*Staying after school with a teacher needs a note or e-mail from that teacher.

***Blatant Tardiness** is a sign of disrespect to the program, to the coaches, to teammates, and to yourself and will not be tolerated in Mohawk Girls Track and Field. There is no single athlete on this team who is more important than the program itself.

- 1st Offense: Meeting with athlete and parents/guardians will be notified.
- 2nd Offense: Meeting with athlete and a 1 meet suspension and parents will be notified.
- 3rd Offense: You will lose the privilege to be part of the Mohawk Girls Track and Field team.

***COMMUNICATE** with your coaches ahead of time if something happens where you know you will not be on time.

** Any athlete who intentionally leaves practice without completing the workout will be suspended for the next meet. If this happens a second time the athlete will no longer be part of the team and will be asked to turn her things in. This kind of attitude and type of work ethic has no place on in the Mohawk Girls Track and Field Program.

Spring Break - March 10th-14th

You will not be punished if you go away on a vacation during this time as long as you bring me back something. :) Just kidding~ You are excused!!! Go enjoy yourself and have fun. If you would like a coach to make up a few workouts for you while you are gone all you have to do is ask. Those athletes that are in town during spring break are expected to come to practice. It will be a short week. That Monday of break (March 10th) we have a meet at UNI. We will then only have practice on Tuesday and Wednesday that week.....giving those athletes who are still in town Thursday-Sunday completely off. If there are athletes that would like to work on some things those days I would be more than happy to schedule optional practices to come in and work with you.

Expectations

- *Be on time and attend every day unless there is a legitimate reason and is cleared through a coach.
- *Be coachable, be flexible, and have a great attitude.
- *Be respectful of your teammates, coaches, and of yourself.
- *Give your very best effort each day.
- *Believe in each other, believe in your coaches, and believe in yourself.
- *Be willing to sacrifice for your team.
- *HAVE FUN AND SMILE EVERY DAY!

If you simply do those few things each day..... you can expect SUCCESS.

Social Media

Any athlete who uses Facebook, Twitter, Snapchat, or any other social media which places unfavorable light on the Mohawk Girls Track and Field Program or any of its members risks immediate suspension or removal from the team. THINK before using social media as a place to vent. Let's keep the drama on the daytime soap operas where it belongs! ☺

Final Thoughts

*Take care of yourself both physically and emotionally. Doing things that have the opposite effect will only hurt your chances to have success in the program and will damage your reputation. The Good Conduct Code set by the Mason City School district will be supported and enforced. You can't reach goals if you can't participate. You are representing your town, your school, your team, your family, and yourself. Do it with class.

*Enjoy just being a kid. You grow up way too fast as it is. Once you are out of high school there are no do-overs.

**Surround yourself with people who only bring out the very best in you; not with those who bring you down.*

Success in life can be attained if you.....

Care more than others think is wise.....

Risk more than others think is safe.....

Dream more than others think is practical....

Expect more than others think is possible.

