

*Mason City Riverhawk*

*Girls Track and Field  
Parent/Athlete Handbook*



**2025**



February, 2025

Dear Parents and Guardians:

Welcome to the 2025 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 Riverhawk 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 to 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 Riverhawk 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](http://www.mohawktrack.com)

I need to touch on a few areas that are integral to the success and integrity 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 must be cleared through me 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,, 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 4:00pm and will be through by 6:00pm at the latest. **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, AAAU sports and many other things. If you know of conflicts in advance please **communicate** them with me. Thank you :)

The coaches this year include Roman Ott (throws and long jump), Aaron Hardcastle (middle distance/distance), and I have the hurdlers, sprinters, and high jumpers. This is my 30th year with the girls track and field program, Coach Ott's 9th year, and this will be Coach Hardcastles 2nd year. Booster reps this year are Lindsay Davis, Sara Zilge, and Abby Fitzgerald. More information will follow in this booklet, but as mentioned above, please feel free to contact me if you have further questions. I am looking forward to a great season and meeting all of you!!

Sincerely,

Jim Lee - Head Coach

Cell 641-425-8579

e-mail [jilee@masoncityschools.org](mailto:jilee@masoncityschools.org)

Team Twitter: @MCGirlsTnF

# Lettering Policy

\*Athletes need to earn 35 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 1<sup>st</sup> place finish in an individual event would be worth 10 points, 2<sup>nd</sup> 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 1<sup>st</sup> place finish the athlete would earn 5 points, 2<sup>nd</sup> 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.

\*Any athlete who quits/turns in their uniform etc. on their own accord before the end of their season as designated by me will NOT earn a letter even if they are a senior and/or even if they had earned enough points to letter,

\*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 your daughter needs to miss practice they must clear it with me. 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:

1<sup>st</sup> unexcused absence = Meeting with athlete and a 1 meet suspension

2<sup>nd</sup> unexcused absence= Meeting with athlete and a 2 meet suspension

3<sup>rd</sup> unexcused absence = You will lose the privilege to be part of the Mason City 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 email from that teacher.

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

1<sup>st</sup> Offense: Meeting with athlete and parents/guardians will be notified.

2<sup>nd</sup> Offense: Meeting with athlete and a 1 meet suspension and parents will be notified.

3<sup>rd</sup> Offense: The athlete will be suspended from meets indefinitely until they show responsibility getting to practice on time.

\*COMMUNICATE with coaches ahead of time if something happens where they know they 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 in the Riverhawk Girls Track and Field Program.

# Meet Behavior Expectations

\*A track meet is a competition. It is expected that you prepare for your events the way you have been taught by your coaches. Relays and athletes in the same events are to warm up together.

\*\*Checking in with parents, relatives, and friends is encouraged in a meet BUT.....camping up in the stands with family and friends all meet will not be tolerated. You are also not on a date. You need to be encouraging your teammates, holding their sweats, holding their blocks, and being a great teammate. Any athlete who chooses to sit in the stands with family, friends, or a boyfriend/girlfriend all meet between events after being spoken to by me will simply not participate in meets.

\*\*\*During a meet, any athlete who removes herself from an event without the OK from me will be suspended the rest of the meet as well as the following meet. If it happens a 2<sup>nd</sup> time the athlete will be dismissed from the team.

\*\*\*\*Cell phones: A track meet is not the time to be scrolling through social media. It is expected that you should either be preparing for your event, competing, or cheering your teammates on. I have no problem with an athlete who is checking in with a parent/guardian who could not make the meet to let them know how she did in her events nor do I have a problem if an athlete wants to take some pics at the meet, but if an athlete's face is buried in her phone this will be addressed immediately.

\*\*\*\*If the team decides to dress up at school for a meet, every athlete is expected to take part. The expectations of the team are for everyone. No single athlete is more important than the team. Any athlete who chooses to not dress up with the rest of the team will not participate in the meet and will also miss the next meet. If it happens a 2<sup>nd</sup> time the athlete will no longer be part of the Mason City Girls Track and Field Team.

\*\*\*\*\*Each athlete will be dressed out as if they were ready for a meet before loading the bus to leave. There will be no changing into meet uniforms on the bus nor at the school we are going to. If an athlete is not dressed out they will not be allowed to get on the bus. If a girl is not on the bus at the designated leave time they will be left behind and they will return to class and miss the meet.

\*\*\*\* Athletes are allowed to go home with a parent at the conclusion of the meet after our team meeting on the infield. To go home with the parent of another teammate this must be cleared through the activities director (Matt Berkley) at least one day before the meet. Athletes who leave the meet before its conclusion will be suspended for the next meet. If it happens a 2<sup>nd</sup> time the athlete will turn her things in and will no longer be part of the team. It is disrespectful to the program and to your teammates to leave before they are through competing.

## \*Spring Break Week - Week of March 9th \*

There are no competitions scheduled over break this season. If you would like a coach to make up a few workouts for your daughter if you are gone all you have to do is ask. It will be very important to try to stay as active as possible when on vacation. If they do nothing until they get back it will be like starting over in their training. We may have some optional practices over break for athletes who are still in town. Those dates and times will be announced the week before spring break.

# Expectations

\*Be on time and attend every day unless there is a legitimate reason and is cleared through me.

\*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 put the needs of the team ahead of your own wants.

**\*HAVE FUN AND SMILE EVERY DAY!**

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

## \*Social Media Policy\*

Any athlete who uses Facebook, Twitter, Snapchat, Instagram, or any other social media which places unfavorable light on the Mason City Girls Track and Field Program or on any of its athletes, coaches, or parents risks immediate suspension or removal from the team. THINK before using social media as a place to vent. Violations of this policy would include:

**"exceedingly inappropriate or offensive conduct such as assaulting staff or students, gross insubordination (talking back or refusing to cooperate with authorities), hazing or harassment of others. Such harassment does not have to rise to the level of violating the school's anti-bullying/harassment policy, but rather may include inappropriate and/or disparaging comments to or about others, whether made verbally, in writing, or by electronic means (e.g., text messages, electronic mail, or posting on social networking sites). Examples of such harassment includes, but is not limited to: threats; inappropriate comments about the traits of an individual or group; creating parodies to make fun of others; posting or otherwise sharing potentially embarrassing photographs, drawings, video, or depictions of others without permission. NOTE: This could include group conduct! This rule is not intended to prevent a student from expressing his/her religious or political beliefs."**

**\*\*It is a PRIVILEGE to be part of a school team.....not a RIGHT. There is no place on this team for a student-athlete who causes drama and who embarrasses this program.**

# 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. If you plan on using alcohol, drugs, vaping, or etc because you think it is ok to do this, please do not bother coming out for Riverhawk Girls Track and Field. It is not fair to your coaches nor to your teammates as we are counting on you and trusting you to be there every day.

\*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.

