

TFS T&F 2024

Dear TFS Track & Field Athletes, Parents and Guardians,

The mission of TFS athletics is to develop GREAT character, competence, and competitiveness, to host GREAT events, and to create a Season of Significance.

Though we say this each year, we look forward to creating a Season of Significance! Enclosed is information concerning MS/HS team standards and lettering criteria for varsity athletes. It is quite common for spring weather to disrupt the schedule. We will notify you of any changes. The school calendar will be the most up to date regarding meet changes. I will send out a renweb alert if it is at the last minute and a Sunday night letter for all other changes.

Each track & field athlete is required to purchase a team package \$70 for team chosen apparel. Additional optional items include a toboggan for those cold nights and days (\$20) and a boat hat for those bright and sunny days (\$25). Other items that may be purchased individually, depending on the athlete's events, are track spikes, throwing or jumping shoes, and/or running shoes. Relevant shoes may be on sale, sometimes more than 50% off regular prices, from such companies as www.runningwarehouse.com (leo.lenting@runningwarehouse.com) www.final-score.com , www.anacondasports.com , (www.bigpeachrunningco.com , www.eastbay.com, www.vsathletics.com, www.dickpondathletics.com , www.firsttothefinish.com, www.shumasports.com and www.bsnsports.com. Of course, items may be purchased from other sources. Based on the generosity of previous athletes and some fundraising, we do have some specialty event shoes that may be checked out or shared. We also encourage you to donate any shoes that are still good but do not fit or are no longer used.

Particular running shoe stores can help the athlete with an appropriate running shoe. These stores will either recommend via video analysis or running observation based on the running gait of each person. This can be very important in preventing foot/shin/leg problems. Big Peach Running Company will bring their mobile unit to TFS on Tue, Feb 6 from 3-6:30 at the natatorium (www.bigpeachrunningco.com) so you can try on and/or purchase shoes or other items. If you want a specific shoe or know you will be buying shoes, please email sean@bigpeachrunningco.com to give him your size and, if known, what brand or shoe you want to try. Other stores that provide specific shoe service include Georgia Frontrunners in Gainesville, North GA Running in Dahlonaga (706-864-5100), or Phidippides (Ansley Mall – 1544 Piedmont Road or in Sandy Springs – 220 Sandy Springs Circle).

If you would like to donate to track & field please contact Coach Neal or send your donation to:

Tallulah Falls School
Track & Field
Attention: Coach Neal
PO Box 10
Tallulah Falls, GA 30573

We look forward to a GREAT season!

Scott Neal
Head MS & HS Boys and Girls Track & Field Coach, Athletic Director
706-968-9879 cell scott.neal@tallulahfalls.org

TFS Track & Field Team Standards

1-2-23

Track & Field is a voluntary activity; by joining the TFS team, you declare that you will do all that is in your power to live by the following principles and standards. Failure to uphold these basic standards will result in appropriate consequences.

Specifically:

1. Check the T&F calendar and schedule for any conflicts, personal or school related. Promptly discuss this with your parents. Some meets or special activities/practices, including the Area, Sectional, or State meets, might conflict with ACT, SAT, Homecoming, spring break, or family events. Communicate concerns timely with Coach Neal.
2. Participation in other sports or activities must be responsibly and promptly communicated with Coach Neal at the earliest possible time. It is not a guarantee that this will be allowed – it is possible the student will have to make a commitment to one sport/activity. It must be clear as to what your priority sport/activity is and how you will spend practice and game time. You must actively communicate with the coaches/coordinator to fulfill the agreed upon schedule and commitment. This includes any school sponsored or outside activity.
3. Team issued warm up sweats must be worn to practice **DAILY**. HS athletes, please wear the Boathouse warm ups only at meets.
4. A team shirt will be worn to all meets and some school meet days. The required team package will be apx. \$70, but presently still TBD.
5. Any item checked out to you (uniform, team warm ups, equipment, rollers, Jawku) must be returned in appropriate condition or you will be charged the **REPLACEMENT** cost of the item, which is normally up to 50% higher than when bought in bulk.
6. **Safety is of utmost importance! ALWAYS be observant around the discus, shot put, and pole vault area. Never throw an implement without making sure the area is clear and never walk in front of a throwing area without knowing if it is clear or not. Review the concussion and sudden cardiac arrest information.**
7. You are a student-athlete. Let neither hinder the other. Know the Tallulah Falls School Student Handbook and the Athletic Academic Policies concerning the expectations of you both as a student and as an athlete. Discipline yourself to study. Study time will often be available during trips. Bring a light to study on the bus. https://docs.google.com/document/d/e/2PACX-1vTZ4LP9j0bK2aEjW3VVd-KixTwclEQGDBbiqopwBRngwpLENUbOB7ucVG2bg-p_bMAzK4hP8i1iiNTF/pub
8. Know the rules and order of events and when you will compete. See bulletin board, announcements, or weekly newsletter for meet information.
9. You are responsible for all of the equipment needed in your event (poles, implements, starting blocks, tape for relays, etc.). If you use it in any manner, make sure it is with us and make sure it is returned.
10. There are no boyfriend/girlfriend relationships during track & field practices or meets or en route. No holding hands, kissing, hugging, etc. during any track & field time. We ask that boys sit with boys on the bus and girls sit with girls. This is not a stand against relationships but a cultural team norm of appropriate focus.

11. Our apparel, behavior, and overall representation of you, your family, and TFS should be GREAT!

12. You may go on any school trip that does not conflict with practices or meets. **If a trip leaves earlier than practice is over, plan on not going on the trip.** The exception is to speak with Coach Neal well ahead of time to see if a different workout time would be ok.

13. Per GHSA rule, electronic devices (cell phones, MP3, walkie talkies, etc.) are NOT allowed at any meet event area; violation is subject to disqualification from the event. Watches are allowed, but any aspect of the watch cannot be electronically utilized. For ex/ you cannot set a beep to hear your cadence or pace.

14. Social networking sites can be a great way to stay in touch. Be VERY cognizant, however, that ANYTHING you post should not be considered private, that ANYTHING you post can be re-whateverd, that you are solely responsible for ANYTHING on your social media sites. Remember to conduct yourself appropriately and not put yourself in a compromising situation; what you think is private may end up on a site. Do not post anything that you don't want seen by everyone. Inappropriate use of social media may result in a range of consequences, including dismissal. Further, our culture is that of a team; inappropriate posts can easily tear down the unifying fibers of a team, so think thrice before hitting send.

15. **Athlete Absentee Policy**

Athletes must attend at least half of the day's classes (4 classes) to participate in that day's practice or contest. Any variation must be approved by the Academic Dean. Excused from this are doctor or emergency appointments that are communicated ahead of time.

NEW for 2024: You have 3 practices you may miss for whatever reason (like adults have "personal days"), BUT YOU MUST COMMUNICATE AHEAD OF TIME that you will miss (this can be a doctor appt, a birthday party, you are tired and want a break, basically whatever AS LONG AS YOU COMMUNICATE WITH COACH NEAL AHEAD OF TIME). Practices missed outside of these 3 days - other than illness - may cause you to miss meets, lose the privilege of lettering, or another consequence.

16. **The athletic academic standards are as follows:**

All grades will be reviewed after the first three weeks of the semester. The Academic Dean, teacher(s) and coach will collaborate on a plan for any student athlete with a grade of 70 or below in **one or more classes**. Students will be given a set time (often one week) to raise their grades. Students will attend mandatory tutorial during this time period. If after one week the student's grade has not improved to a passing grade, the following conditions will apply:

1 week - Student will not travel with their teams during the week.

2 weeks - Student will not travel or participate in team games.

3 weeks - Student will not participate in practices or games.

Grade reviews will occur weekly during season. If at any point a student's grade is above a 70, the student will resume normal team activities.

The Academic Dean and the Athletic Director may review a student on a case-by-case basis and make any changes that benefit the student's academic success.

Finally, we sincerely prefer principles over policies and responsibility over rules. The above reminders are simply to help you be aware of the Be GREAT culture we wish to develop and enjoy. Our track & field program desires to set standards, not just meet them. Champions Choose GREAT in all we do. You are choosing to be held to high behavioral expectations and leave a legacy of GREAT!

Tallulah Falls School Athletic Transportation and Day Student Pick-Up Policies

11-20-23 revised

Pick up of Day Student Athletes After PRACTICES

To enhance safety, reduce vehicle congestion, and improve traffic flow, parents of day students should pick up their child after practice at the parking lot below the academic building. Athletes at the field may be picked up at the practice/event site; however, students may NOT wait for a ride at the field without adult supervision. Once the coach releases the team, the next step is to be picked up at the day student parking lot.

PLEASE DO NOT PARK ON UPPER ROAD NEXT TO GYM/STUDENT CENTER.

Please pick up the athlete at the parking lot in front of the HS academic building or at the tennis courts or track parking lot.

Pick up of Day Student Athletes After CONTESTS

Estimated return times are on the sport's schedule. Athletes should contact the parent on the way home concerning the estimated arrival time. Coaches will provide as close as possible return time after the contest or at a place of eating, if the time is different than on the schedule.

Team Travel

We highly encourage parents, friends, and TFS community to support our teams, both home and away; however, transportation to and from contests on TFS vehicles is for team members only.

Athletic Student Transportation Policy:

- Students are allowed to go home with their parent after a contest if they request from the coach ahead of time. **The athlete must be checked out from the coach to the parent.**
- A student may ride with another parent IF BOTH parents request in writing ahead of time. We must have the okay from both parents and it must be in writing, not just verbal. Again, the students must be checked out from the coach to the driving parent.
- **Students are allowed to leave ONLY with the approved person.**
- Any deviation of team transportation must be approved by Coach, AD, and Dean of Students.
- Parents may pick up their child at a location on the team's route back to school as long as the bus doesn't have to wait on the parent. **If the parent is not there at the pick up, the bus will return to campus without waiting.**

If a contest occurs when school is not in session, transportation to and from the event will be specified by the head coach, but travel to and from the event is the responsibility of the parents. TFS may provide transportation depending upon the situation.

Tallulah Falls School TRACK & FIELD
CRITERIA FOR EARNING A VARSITY LETTER

11-11-2023

The athlete must meet the coaches' expectations in **ALL** of the following areas.

1. **ATTENDANCE** - This includes attendance at practice, at meets, team functions, and being on time.

2. **RESPONSIBILITY** - This includes sportsmanship at meets, team support, and the *prompt communication* of individual concerns to Coach Neal.

3. **WORK ETHIC AND INITIATIVE** - This includes the desire to consistently achieve excellence.

4. **Breaking a School Record** - Breaking a school record MAY earn the athlete a letter if the above criteria (#1-3) are also met.

5. **Placing in the top eight at Area** in an event MAY also earn the athlete a letter if the above criteria (#1-3) have been met. Relay members placing in the top four MAY meet the performance standard for lettering.

6. **LEGACY LIST RANKING OF TOP 3** will be taken into consideration but is not automatic.

7. **SENIORS** - Seniors who have been in program before (not first year participants at TFS) who meet the above #1-3 criteria but not the quality of performance MAY be considered on a different basis.

8. Athletes who have participated in the sport for **3 years** MAY earn a letter if the above criteria (#1-3) have been met.

9. Perform a mark on the **Event Performance Mark** list, presently TBD.

REMEMBER, THIS IS FOR A **VARSIITY** LETTER!