

## TRACK AND FIELD 2011-2012

Welcome to the 2011-2012 Lassiter High School Track and Field program. We coaches are very excited about the upcoming year as the expectations for the team continue to increase.

### Girls previous results

Date	Cobb County Championship	6AAAAA Region Championship
2006-2007	1 <sup>st</sup>	2 <sup>nd</sup>
2007-2008	1 <sup>st</sup>	1 <sup>st</sup>
2008-2009	3 <sup>RD</sup>	4 <sup>TH</sup>
2009-2010	2 <sup>nd</sup>	1 <sup>st</sup>
2010-2011	7 <sup>th</sup>	4 <sup>th</sup>

Girls finished 17<sup>th</sup> at the state meet

### Boys previous results.

Date	Cobb County Championship	6AAAAA Region Championship
2006-2007	5 <sup>th</sup>	5 <sup>th</sup>
2007-2008	9 <sup>th</sup>	8 <sup>th</sup>
2008-2009	9 <sup>th</sup>	7 <sup>th</sup>
2009-2010	8 <sup>th</sup>	10 <sup>th</sup>
2010-2011	8 <sup>th</sup>	5 <sup>th</sup>

Boys finished 5<sup>th</sup> at the state meet

Both girls and boys: Your goals this year is to finish in the top 4 at the county meet and the top 4 in the region meet and to finish in the top 10 at state.

You must have a physical on file with the school prior to participating in any program associated with track and field.

### Coaching Staff:

Coach Doyle - Distance, middle distance,

Coach Reichenbach – Sprints, Hurdles and Horizontal Jumps

Coach Clark -Pole Vault

Coach Steinke- Shot Put and Discus

Coach Christopher- High Jump Coach

All runners should start to train now, so when the season starts in January, we can reduce injuries and be ready to start working hard at that time. Sprinters and field event athletes should also plan on lifting weights. If you want a workout, see Coach Reichenbach in room 300 or Coach Doyle in room 1107.

### **MANDATORY PRACTICE BEGINS for both Boys and Girls: January 23, 2012**

Any athlete that is not participating in a winter sport must report by the first day of mandatory practice.

An athlete that is participating in a winter sport will be expected to start practice on the third day after completing the winter sport.

An athlete cut from another spring sport may come out for track; however, you are expected to start practice the day after being notified of the cut.

**ALL ABSENCES** must be approved prior to the absence. Failure to do so will result in an unexcused absence. An athlete will be allowed 3 unexcused absences for the entire track season. Excused absences are: sickness (if you are in school, you should be at practice), death in the family, making up a test or receiving extra help from a teacher, and others to be determined. Plan on doctor's appointments etc, for some other time besides practice time. All missed practices will be made up for conditioning purposes. The event coach will determine the time and the workout. Being tardy to practice will not be tolerated and will be handled by each event coach. Leaving practice prior to approval from a coach will be considered an unexcused absence. Missing more than 3 unexcused absences will result in missing of meets determined by the event coach. **The use of alcohol, tobacco or any illegal substance will result in an indefinite suspension from the team. School conduct and academic standards are very important to members of the Lassiter Track and Field Team. If any school discipline is enforced on an athlete, then the consequences for the track and field team will be determined at that time.**

We will have a mock meet on February 15. At this meet we will have the 60-meter dash, 300-meter dash, and the 1200-meter run. All field events will be contested. At this meet, the coaches will decide who makes the sprint team, the middle distance team, and the long distance team. It is my desire that all who try out will make the team. , I expect you to be dedicated, participate in practice and meets and stay with the program through the region/ state meet and banquet. Most meets will be on Wednesday and Saturdays. The Wednesday meets are mostly for the Junior Varsity and Varsity members who do not make the traveling squad for the Saturday meets.

We will have a meet on the weekend prior to Spring Break and one at the end of Spring Break. Those top athletes who will be competing in the region meets, must plan on attending the meets on these two weekends. The boys and girls region meet will be combined this year and will be the weekend of April 21 and this year we will have a sectional meet on the weekend of April 28. Top 4 in each event will advance from the region meet and go to the sectional meet where the top 8 in each event will continue to the state meet. Girls state meet will be May 3-5 and boys state will be May 10-12.

**COMMITMENT, DEDICATION, DETERMINATION, HARD WORK, DESIRE TO WIN.** You must be able to do the above from January to the middle of May if we are going to continue to be a very good track and field team. In order for us to continue in the tradition, you must make that decision.. Let's start out right and start conditioning now so we will be ready for practice in January. **WORK HARD AND STAY FOCUSED. HAVE A GREAT SEASON.**

Website for track is a link off of [lhsxc.org](http://lhsxc.org)

Dues will be determined after I have some idea how many athletes will be participating.

Uniforms will cost about \$40 for those new to the program

Parents meeting Thursday February 2, 2012 in the theater at 6:00

Banquet Friday May 19, 2012 in the cafeteria

Track work day February 4, 2012 at 10:00

Complete schedule to follow as soon as it is finalized.