



Jim Reichenbach
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LASSITER HIGH SCHOOL
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TRACK AND FIELD ATHLETES FOR 2008-2009

Welcome to the 2008-2009 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. The girls team continues to excel:

Date	Cobb County Championship	6AAAAA Region Championship
2006-2007	1 st	2 nd
2007-2008	1 st	1 st

Girls, you have won the Cobb County Championship the past two years and finished top 2 in the region for the past two years and top 15 at the state meet for the past two years. We want to continue this tradition and the rewards will only come with hard work and dedication to the program.

Boys, we have some work to do and we have the team this year to step it up.

Date	Cobb County Championship	6AAAAA Region Championship
2006-2007	5 th	5 th
2007-2008	9 th	8 th

State meet from 2008, boys finished 21st

We expect to improve on both of these meets and our goal is to be in the top 4 in both the Cobb County Championship and the Region Championships.

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

I am in the process of finalizing the coaching staff, but as of right now we have

Coach Hutcherson- Distance, middle distance, high jump

Coach Reichenbach – Sprints, Hurdles and Jumps

Coach Jones -Pole Vault

Coach Hodge- Shot Put and Discus

Coach Martin- Assistant Middle Distance Coach

Coach Dickerson- Assistant Sprint and jumps 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. This will only make you stronger and faster. If you want a workout, see Coach Hutcherson in room 610 or Coach Reichenbach in room 300.

MANDATORY PRACTICE BEGINS JANUARY 26, 2009 FOR THE BOYS. Meet in room 610 at 3:45.

MANDATORY PRACTICE BEGINS FEBRUARY 2, 2009 FOR THE GIRLS.

Meet in Room 300 at 3:45.

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 12. 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. If you are trying out for the sprint team and fail to meet a minimum required time for the 60 and 300-meter dash, you will be assigned to the middle distance team. It is my desire that all who try out for the track and field team make the team. If you elect to participate in track and field, 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 are looking for an out of state meet in either South Carolina or Tennessee either the weekend of April 4th or the weekend of April 11th. Those top athletes who will be competing in the region meets, must plan on attending the meets on these two weekends. The boys region will be the 24th and 25th of April and the girls region will be 1st and 2nd of May. We will have a varsity and junior varsity region meet. Boys state meet will May 7-9 and Girls state meet will be May 14-16.

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 the decision and then you will determine the outcome of this year. 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.**

COACH REICHENBACH

Website for track is a link off of 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 Wednesday January 28, 2009 in the theater at 6:00

Banquet Friday May 22, 2009 in the cafeteria

Track work day January 31, 2009 at 10:00

Complete schedule to follow as soon as it is finalized.