



Celtic Track and Field Dublin Jerome High School 2021



Welcome to the 2021 Season!

Boys Head Coach: Calvin McRae

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Girls Head Coach: Randi Beatty

Contact Info: beatty_randi@dublinschools.net
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Assistant Coach: Alex Jacobs

Assistant Coach: Beth Herchek

Assistant Coach: Dave Stroh

Assistant Coach: Dominique Garrett

Assistant Coach: Dre Cousin

Assistant Coach: Kaitlyn Willette

Team Communication

Website www.jerometrack.org
Please visit to register your athlete ASAP

Twitter @djhstrack

TeamSnap: **Contact a Coach to be Added to TeamSnap**

Please visit the website regularly and check your messages for important updates as we move through the season.

Team Goals

1. Athletes will **COMMIT** to the program and the team.
2. Athletes will **FOCUS** during all practices and team events.
3. Athletes will **COMPETE** when given the opportunity.
4. Coaches will field the best possible **TEAM** for the OCC Cardinal Division Championships.
5. The team will **ADVANCE** as many *individuals and relays* to the Regional and State Championship meets as possible.



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Team Expectations

1. In order to participate in practice beginning on March 1st, you must have all appropriate paperwork completed. Please see our team website to obtain access to these forms. All forms are now being completed online. Also, please make sure to sign up for the team on our website. This is essential for communication. Visit our website, ***jerometrack.org*** and click the red button on the right.
2. As of March 1st, 2021, Track and Field practice is mandatory for assigned practice days. Daily attendance will be taken. ***Excused absences must be approved by Head Coaches, Coach McRae or Coach Beatty.*** Communication prior to the absence is *vital*. An unexcused absence can affect your eligibility for that week's meet(s). After 3 unapproved absences, ***you may be dismissed from the team.*** Specific questions should be directed specifically to Coach McRae and/or Coach Beatty.

Obviously, this year is going to be different. It is going to be essential for you to pay attention to your practice days and make sure you know when you need to be at practice. This is going to be fluid, and you must pay attention to announcements. It is your responsibility to know when you are practicing.

3. Respect and Listen to your coaches. It is expected that you will follow directions and take instruction for your coaches at all times. This means giving your best effort and following through with workouts, practices, etc. It is expected that you will be a good teammate.
4. Track practice takes precedence over any club sport, out of season sport, private sports or music lessons, and/or work obligations. If you have questions, discuss this issue personally with your head coach.
5. Practice times will vary. Practice times will be communicated by coaches through TeamSnap, website, Twitter and other means. Be ready for all weather conditions!!! We live in Ohio. We never know what we might get! Always be ready. Not being dressed with appropriate clothing (ie. workout shoes, workout attire, track spikes, etc.) can result in an unexcused absence. Practices take place Monday-Friday, generally. Once meets begin, we will not practice on a meet day unless otherwise designated.
6. Your actions and appearance need to be team oriented. Your action or inaction does affect each member of the team. We expect you to represent the team in a positive and upright fashion. This includes dress, behavior and commitment to the team. It is expected that you will dress, behave and commit to this team in an upstanding fashion--if there is conflict in this manner, expect consequences to your choices.



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- Attendance at registered meets is **mandatory** (These are the meets that you are signed up for). Transportation to and from meets is anticipated to be provided with a few exceptions (ie. select invitationals, tournament meets, etc.). It is expected that you will ride to and from the meet with the team on the bus unless otherwise noted; permission will only be granted to ride home with a parent in special case circumstances. In the event of alternative transportation, a parent/guardian must be present to take you and it must be pre-arranged. If you have specific questions or conflicts, please address them with your respective head coach.

Obviously, the transportation piece may change as we move through the season based on the current situation. This is our general policy, which we will stick as closely to as possible. Again, please just pay attention to team communications.

- The use of alcohol, drugs and tobacco are strictly prohibited as a member of this team. Make the commitment to your teammates to keep your body in top condition.
- All Dublin City Schools and OHSAA rules will apply and be enforced.

*****Note that failure to follow through with these expectations may result in dismissal from the team and/or loss of PE waiver completion.*****

Team Organization

This year, we will form a Varsity/JV(A) Team. Space on this team will be limited.

Determinations of Teams

For the 2021 season, we have a limited number of athletes who can participate in each event. As a result, we will be limited to a Varsity/ JV A team. This will ensure that athletes are getting proper coaching in a safe environment. Additionally, at this time, we anticipate a cap on how many athletes we may enter in a given meet and/or event.

So how will all of this work? Athletes who met the qualifying standards in previous years will be on the Varsity/JV A team automatically. We will complete the rest of the Varsity/JV A roster based on previous times, and observations during tryouts, with a tentative range number of athletes per event (per gender). These are somewhat fluid numbers based on the guidance we receive from the OCC and OHSAA.

Once the roster is set, we will post a schedule of practice days. As of right now, all athletes should plan to practice each day at 3:00 until 5:00.



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2021 *Tentative* "V" Standards

Event	Boys Time/Distance	Girls Time/Distance
110H	19.5	20.5
100M	12.5	14.5
1600M	5:40.00	6:25.00
400M	1:02.00	1:12.00
300H	51.00	56.0
800M	2:30.00	2:50.00
200M	26	30
3200M	11:50.00	14:15.00
LJ	16'0"	12'6"
HJ	5'0"	4'4"
PV	8'0	6'0"
Disc	85'00"	62'00"
Shot	29'00"	22'00"

Meet Participation

1. A failure to attend a registered meet could result in such consequences as sitting out the next competition, or dismissal from the team. If you are not part of the squad competing on that day, you will not attend. It is expected that if you are invited to travel to the invitational that you will do so. As always, these cases will be dealt with case by case and will always be up to the coach's discretion.
2. All athletes should show up for the meet bus on time and dressed appropriately. Appropriate dress includes full warm-ups, regardless of weather, unless otherwise noted by the head coach. Purchase of these jackets is required for all athletes. If you have already purchased one in past years, you do not need to buy another one.
3. Invitational runners will be determined the week of the respective meet. Performance, attitude and attendance will all be considered when putting these teams together. Track is a team sport, and we will try to put the best teams together each week. If you ever have a question about the invitational lineup, these questions should be directed to your head coach. It is expected that when called upon, an athlete will be able and willing to compete in an invitational.



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4. Make sure to remain a good supportive teammate throughout the meet, even when your event is over. Watch your teammates or ask a coach what you can do to help!
5. All undergarments for meets (leggings, compression shorts, long sleeves) should be solid black! No colored stitching—no white—no more than 1 logo showing per garment!!!! NO EXCEPTIONS!!! This can lead to a disqualification.
6. No jewelry is permitted while competing. Communication through watches/electronic devices during competition is prohibited.
7. More information regarding COVID rules during meets, transportation, etc. is forthcoming.

Uniforms

- Varsity will have a separate uniform from JV A. We currently have 45 Varsity jerseys. These will be determined on a week by week basis. It is possible that you may have to switch your jersey based on the weekly roster.
- You will be issued a uniform top. Shorts can be purchased on our team store, or you may purchase them on your own. Any solid black shorts will work.
 - Black Girls Spandex Shorts (JV(A)--Under Armour Uniform; Varsity--Asics)
 - Black Boys Long Compression or Split Running Shorts (JV) (A)--Champion; Varsity--Asics)
 - **You do not need to get name brand shorts--we have provided the brands for you if you would like to match.
- It is required that all athletes purchase a team jacket. These jackets are a 1 time purchase and will be used throughout your high school experience. The jackets are available on the team apparel site.
- The link to the site is located on our team website, jerometrack.org.
- Additionally, all athletes must have black warm up pants. These can be chosen by the athletes and do not have to be identical. They do need to be solid black.

Letter Requirements

****In order to earn a varsity letter, you must finish the season in its entirety and in good standing. (i.e. If you are invited to compete on the District Team, it is expected you will participate.)*

Possibility 1--Athletes who place in the Conference, District, Regional and/or State Meets will automatically earn a letter.



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Possibility 2--Varsity Letter = Score 18 points for the season.

How to earn Letter Points

Full Team Meets Meets:

- 3 points = First place in a dual or tri meet
- 2 points = Second place in a dual or tri meet
- 1.5 Points= Third place in quad meet *only*
- 1 point = Third place in a dual or tri meet
- 1 point= Fourth place in quad meet *only*
- ½ point= Fourth place in a tri meet *only*
- ½ point= Fifth place in a quad meet *only*
- 1 point = Member of a winning relay team in a dual/tri meet

Invitational Meets:

- 1 point = Competing in an invitational meet
- Athletes earn as many points toward letter as they do in the meet itself.

Possibility 3

Achieve a letter qualifying time, height or distance at least twice throughout the course of a season. These times are based upon performances from last year's conference and district meets, as well as guidelines set forth by similar schools around the area.

2021 Letter Time Standards

Event	Boys Time/Distance	Girls Time/Distance
100H	15.8	17.5
100M	11.5	13.6
1600M	4:50.00	5:40.0
400M	52.2	64
300H	42.9	52
800M	2:10.00	2:40:00
200M	23.5	28.5
3200M	10:40.00	12:35.00
LJ	19'2"	15'0"
HJ	5'10"	4'8"
PV	11'0	8'0"
Disc	120'	80'00"
Shot	40'	29'00"



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Letter Awards

0-17 Points	Certificate of Participation
1st Year Varsity	Varsity Letter and Sport Pin
2nd Year Varsity	Certificate of Participation and Bar
3rd Year Varsity	Plaque and Bar
4th Year Varsity	Plaque and Bar

Your coaches are looking forward to a positive and fun season with all of you!

****This will be an unusual season, and as such Coaches Discretion could apply in unique situations.****

Final Thoughts and Considerations

We are beyond excited at the prospect of having a season this spring! With that, we are going to need your help along the way. Here are some things to consider as we move into the season:

- Your actions outside of school and track can impact not only your season, but the season of those around you. It is imperative that you are vigilant and smart in your outside interactions, activities, and actions.
- Communication is going to be really important this year. It will be up to you to follow up with Teamsnap and emails. Those will be the most important forms of communication.



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2021 Schedule

Date	Opponent / Event	Location
2/23	Parent/Athlete Q&A	ONLINE
3/1	"A" Day Team Meetings	Girls: Commons/ Boys: Main Gym
3/2	"B" Day Team Meetings	Girls: Commons/ Boys: Main Gym
Wed. 4/7	Hilliard Darby	Home
Fri./Sat. 4/9&10	Hilliard Track Classic	@Hilliard Darby and Davidson
Tues. 4/13	Olentangy Liberty	@Olentangy Liberty
Sat. 4/17	Coffman Invitational	@Dublin Coffman
Mon. 4/19	Marysville, Westland, Central Crossing	@Marysville
Fri. 4/23	Liberty Relays	@Olentangy Liberty
Mon. 4/26	Reynoldsburg	Home
Wed. 4/28	9th and 10th Grade Meet	@ Orange
Mon. 5/3	Upper Arlington and John Glenn (?)	Home
Fr. 5/7	Bradley Invite	@ Hilliard Bradley
5/13 &15	OCC	Thomas Worthington
5/17-22	Districts	Hilliard Darby