

Turpin Track & Field Policies

Note to Athletes

Welcome to Turpin Track & Field 2026. We're glad you've decided to join, and we're excited for what we can accomplish as a team. Nobody goes into coaching because they love making and enforcing policies, we coach because we love the sport and to see athletes grow. The thing that separates good track teams from great track teams is getting everyone working in one direction.

Track & Field is a unique sport that brings together athletes from lots of other sports to compete as one program in varied disciplines across 17 different events. Turpin is the smallest school in the ECC, yet we are consistently competing to win the Conference All-Sports championship. If we have the athletes to compete in all those other sports, we have the athletes to compete for the championship in Track & Field.

Communication

The number one thing that will get in the way of you having a productive season as a member of our team is poor communication. We will communicate in a positive and proactive manner. This requires you to listen and read, hence the seven page document that lays before you. This also requires you to be proactive with your communication to your coaches. Know your schedule, send the emails, get someone to cover for you at work so you don't miss a meet. Someday soon you will be out on your own and your boss doesn't want to be getting emails from your parents.

- Email
 - Everyone will receive a weekly email where I attempt to provide a complete preview of the week ahead.
 - Most questions I receive have already been answered in the weekly email.
- GroupMe
 - GoupMe will be used for day to day stuff that arises.
 - Boys Athletes - https://groupme.com/join_group/105893822/mUArP5CI
 - This should be a positive group chat where teammates support each other in a respectful manner.
 - Inability to communicate in a respectful manner will result in being moved to a separate chat and other disciplinary actions as deemed appropriate.
 - Boys Parents - https://groupme.com/join_group/105893918/po2wAKGY

Administrative

Before the first day of practice on February 23rd at 3 p.m., the following needs to be completed:

- FinalForms - <https://foresthills-oh.finalforms.com/>
 - Coaches cannot see an athlete's status unless a parent has indicated that a student will be participating in track.
 - All forms must be completed by both athlete and parent
- Current Physical on file with the athletic department
 - Physicals should be uploaded directly to FinalForms
 - Email karenbraun@foresthills.edu to notify her it has been uploaded, so she can update the date of the physical which is not automatic in FinalForms
- Pay to participate - <https://www.locallevevents.com/events/details/39879>
 - Must be completed before our first competition
 - If there is financial hardship please contact the athletic department directly

Event Groups

There are 17 different events in Track & Field. Our goal as a coaching staff is to help athletes be competitive and successful in the events that interest them. As a default, athletes will be in the event group(s) of their choice:

- Sprints - 100, 200, 400, 4x100, 4x200, 4x400
- Mid-Distance - 400, 800, 4x200, 4x400, 4x800
- Distance - 800, 1600, 3200, 4x400, 4x800
- Hurdles - 100/110 and 300m
- Jumps - Long Jump and/or High Jump
- Pole Vault
- Throws - Shot Put and/or Discus

There will be crossover between groups and it is highly encouraged. The more versatile you are, the more opportunities you will have to compete, and the more valuable you will be to the team. We may ask athletes to explore other event groups if we see potential for an athlete in another event to help the team.

The core of any Track and Field program is the 400m for a few reasons:

1. Running a good 400 makes you versatile - a good 400 runner has range that will make you competitive in 7 different events (200/400/300H,800,4x200,4x400,4x800)
2. Running a good 400 means you have good speed endurance - this means you will can compete in multiple events per meet without being overly fatigued
3. Running a good 400 means you can run on the 4x400 - nothing beats the feeling of running under the lights in the last event with the meet on the line with your teammates

The 400 will be a focus of our program, and most runners should expect to compete in the 400 in some capacity this season.

Equipment

Practice:

- Footwear
 - Anyone who will be running needs new, properly fit running shoes
 - Spikes or other event specific footwear are highly recommended. Sprinters should bring their spikes every day.
 - Appropriate socks - extra short socks can cause blisters on the heel
 - The team always receives a good discount at Buckeye Running Company on Beechmont.
- Large filled water bottle => 32 oz (disposable bottles are a menace to society)
- Weather appropriate clothing for practice - be prepared to practice outside every day
- Running watch is highly encouraged for anyone who will be running, required for Mid-Distance/Distance groups

Meet Day - everything above, plus the following:

- Uniform & warmup jacket
- Team issued t-shirts
- Spikes or other event specific footwear (recommended especially for Varsity)
- Extra socks
- Towel
- Trash bag - in case it is raining
- Healthy snacks/post-race meal (see resources for ideas)

Schedule

Our meet schedule can be found [HERE](#)

Practice

Starting Monday, February 23rd, practice will run from 3 p.m. to 5 p.m.¹. Monday through Friday, and 9 a.m. to 10:30 a.m. on Saturdays². The track season runs through early May for everyone, but could extend through the first Saturday in June if an athlete were to advance all the way to the state meet. During Spring Break we will hold practice in the morning at 9:00 am unless an event group makes the decision to practice at a different time.

¹ The weekday schedule may be modified for Pole Vault athletes who may meet with their event coach later.

² Saturday practice times may be subject to change at an event coaches discretion and based on weather. The general practice will not start later than 10 a.m.

Meets and Other Events

Generally speaking there will be a meet every week for both JV and Varsity runners. There will be other volunteer events athletes may be asked to help with. The most important being the Flying Pig marathon which is our only team fundraiser. Attendance for this is considered to be mandatory. If you cannot attend, an alternate volunteer opportunity will be assigned. An up to date schedule for all meets and events is included on the last page, but is subject to change..

Meet Assignments

Meet assignments will be published by Sunday for meets the following week. These assignments are based on the input from athletes, but ultimately made at the discretion of the coaches.

- Distinctions between Varsity and JV will primarily be made based on past performances, but could also be influenced by attendance, attitude, and availability.
- JV and Varsity athletes change week to week; some will compete in JV & V meets within a single week - talk to coaches if planning around work, etc.
- Varsity athletes will have less flexibility in meet assignments compared to JV runners due to the limit on entries in each event
- Coaches will try to make sure athletes compete in a variety of events across the season.

Flexibility is important. As the Philosopher King Mike Tyson said “everyone has a plan until they get punched in the mouth.” People will get sick, meets will get canceled for lightning, etc. and we have to be adaptable.

Meet Expectations

When we are at a meet, we are there to compete and represent Turpin in a positive manner. This starts with showing up with the appropriate equipment (see above). Once we are at the meet, coaches are responsible for multiple events, therefore it is imperative that the athlete be responsible for warming up, checking in, competing hard, showing sportsmanship and cheering for your teammates (don't forget about the throwers!). When we leave a meet, we will leave our team camp cleaner than it was when we arrived. The bus should also be left without trash as we should not expect our drivers to clean up after us.

Except for special circumstances communicated in advance with an alternate transportation form, you should plan on riding the bus with your teammates to and from the meet.

- Alternate transportation forms must be signed by the athletic department before being a coach can accept the form.
- Forms can only allow you to ride home with YOUR parents
- They can be filled out for “All Meets” so you only have to submit one per season, they do not carry over from season to season.

Attendance Policy

Athletes will be expected to be at practice on time and ready to train in order to be considered in attendance.

- Attendance Communication
 - Communication regarding attendance is critical for a successful team.
 - All absences for the following week must be communicated by the athlete via [this form](#) prior to the start of Saturday practice.
- Attendance Points
 - All athletes will accumulate one attendance point each practice or meet. All athletes must have 50 attendance points by the ECC JV Championship meet (5/9) to be included on the final team roster used for sports recognition and gym credit.
 - Athletes who advance beyond the ECC JV meet (varsity) must be in attendance at least four days a week while they are still competing.
 - If an athlete joins the team after official practice, but before the first official meet, an adjustment to the 50 point requirement may be considered by the Head Coach.
 - Multi-sport athletes who have existing athletic commitments to Turpin or Club teams should meet with the Head Coach prior to the start of the season. After comparing schedules, the head coach may allow other athletic practices and games to count towards attendance points.
 - Spring Break/Camp Kern
 - Provided the athlete has communicated their absence in compliance with the attendance communication policy, absences during Spring Break or Camp Kern will be excused, but no attendance points will be accumulated while they are absent.
 - Once it becomes mathematically impossible to accumulate enough attendance points, an athlete will be dismissed from the team.
- Unexcused Absences
 - If an athlete fails to communicate an absence on time, this will be considered an unexcused absence
 - Depending on circumstances, exceptions may be made but will generally not apply to reasons that have been scheduled in advance (Doctor appointments, therapy, work, ACT/SAT Prep, Driving school, etc.)
 - On the third unexcused absence, an athlete will be removed from the team.
- ECC Meets
 - Whether they are competing or not, all athletes are required to attend the ECC JV meet and ECC Championship meet to support their teammates.
- Arriving late/Leaving early
 - If an athlete arrives late or leaves early, but communicates this in accordance with the attendance communication policy, they will receive half an attendance point.
 - An athlete needs to attend a minimum of 45 minutes to qualify

- If an athlete arrives late or leaves early and does not communicate this in accordance with the attendance communication policy, this will be treated as a minimum of one half of an unexcused absence. No attendance points will be awarded.
- Exceptions will be made for students who have to stay after for a class and have a signed note from a teacher.

Injuries and Illness

Injury prevention is a top priority, but injuries in sport are inevitable.

- Injured athletes are still required to attend practice unless directed otherwise by coaches
- Must see the athletic trainers at Turpin so coaches have a direct line of communication with care providers
 - Some injuries will need more specialized attention. If that care occurs outside of the OrthoCincy network the athlete will need a note clearing them for practice/competition from the care provider.
- When an athlete cannot practice/compete, that time should be used to go to the trainer and complete rehab.
- Communication in these situations is very important, listen to what the trainer says so it can be relayed to coaches. Always ask the trainer about cross training!

If an athlete is sick:

- Please do what you can to notify coaches in the event you miss school or leave school early due to illness.
- If you are at school, you are expected to be at practice. A coach may dismiss you from practice, but you need to check in with the coaches first.

Policy Compliance

Once athletes have read the policies, fill out the five question [policies quiz](#) to prove you followed directions.

Parental Support

Parents play an important role supporting our athletes. There are several opportunities to help:

- Help your athlete to plan & communicate
 - Your child will move into the real world in a few years
 - They can do this on their own with direction
- Have nutritious meals and snacks available for your child at home and school
- Volunteer at our co-hosted meets at Anderson
 - Signups will come out as we get a little closer to the meets
 - Save the date for
 - 3/20 - Intrasquad at Turpin

- 3/27 - Anderson/Turpin Quad Meet
 - 4/20 - Anderson/Turpin JV Meet
- Signup to provide healthy snacks for meet days
 - Coming soon
- Turpin Boosters
 - Join Boosters - <https://www.goturpin.com/athletic-boosters/join-1/>
 - Support by volunteering for concessions - information forthcoming
 - Attend Spartanrama - <https://turpinathleticboosters.ptboard.com/annlist?ann=76bb3653-b759-427d-8f64-ee479d785a95~n.9223370265505988785>
 - Boys Team Booster - Carlen Kline

Coaches Contact Information

Staff Coaches

Boys Head Coach - Marshall Remmele - MarshallRemmele@foresthills.edu

Girls Head Coach - Nicole Gaskins - nicolegaskins@foresthills.edu

Sprints Coach - Megan Sullivan - megansullivan5501@gmail.com

Pole Vault - Dennis Rusche - dennisrusche@foresthills.edu

Throws - Andy Walker - andywalker@foresthills.edu

Volunteer Coaches

Hurdles - Chris Costanza

High Jump/Long Jump - Michelle Rogers