



Paula Evans holds the oldest GISH Girls Track & Field School Record with her discus throw of 141-03 in 1976.

Girls Track & Field Athlete/Parent Handbook

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Athlete/Parent Handbook

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Mission Statement

The mission for Grand Island Senior High School athletic programs is to develop self-confidence, self-esteem, a strong work ethic, and a sense of sportsmanship and fairness in each student- athlete. This will be accomplished by:

- A qualified, innovative, student-centered coaching staff who support all school programs.
- Using facilities and equipment that enables students to reach their maximum potential.
- Creating opportunities for student athletes to compete at the level best suited to meet the student-athlete's needs.
- Providing guidance in academic, athletic, and personal goal setting.
- Encouraging each student-athlete to participate in a wide variety of student activities.

Philosophy & Goals

The girls track program exists to provide female students at Grand Island Senior High with the opportunity to participate in an athletic extracurricular activity in which they can:

- Learn and develop basic athletic abilities of speed, strength, power, and agility.
- Learn and develop skills related to track & field events.
- Learn to set goals.
- Develop attitudes and behaviors associated with sportsmanship, team unity, responsibility, and a strong work ethic.
- Develop personal qualities of self-confidence, self-awareness, and self-discipline.

This is accomplished by:

- Hiring a qualified, innovative and student-centered coaching staff who can provide athletes with skill instruction, workouts and performance feedback suitable to the athlete's emotional and physical needs.
- Developing and maintaining an organized program structure.
- Developing rules and expectations for athletes' behavior.
- Providing a system of recognition for individual and team accomplishments.
- Maintaining accurate individual and team records.
- Providing activities and promoting attitudes and behaviors which encourage team unity.
- Providing instruction in event rules.
- Providing and maintaining quality equipment and facilities.
- Providing three levels of competition (freshman, jr. varsity, varsity) to best meet the emotional and physical needs of athletes.
- Promoting attitudes and behaviors associated with sportsmanship and fairness.
- Providing guidance in academic, athletic and personal goal setting.
- Encouraging athletes to participate in a wide variety of school activities and multi-sports.

- Promoting participation in off-season programs—weight training, summer Performance Improvement Program, Winter Conditioning Program.
- Promoting participation in track & field at the elementary and middle school level.
- Promoting participation in athletics as a life-long endeavor.

Important Phone Numbers & E-Mail Addresses

GISH Athletic/Activities Office	385-5950	
Chris Ladwig - Activities Director	385-5950	cladwig@gips.org
Kip Ramsey - Head Girls Track Coach	385-5950 (school) 379-3793 (home)	kbramsey@gips.org
Montie Fyfe - Head Boys Track Coach	385-5950 (school) 384-1128 (home)	mfyfe@gips.org

Track Coaching Staff

Boys Head Coach	Montie Fyfe
Girls Head Coach	Kip Ramsey
Boys Sprints	Jayson Gregory
Girls Sprints	Jeff Stern
Boys Hurdles	Jackson McInturf
Girls Hurdles	Mike Lynn
Boys Middle Distance	Mike Thonmpson
Girls Middle Distance	Kip Ramsey
Boys & Girls Distance	Megan Roach
Boys Long Jump & Triple Jump	Justin Goodwin
Girls Long Jump & Triple Jump	Dave Jorgensen
Boys High Jump	Steve English
Girls High Jump	Jeff Stern
Boys & Girls Pole Vault	Jacob Morrow
Boys Throws	Jeff Tomlin
Boys Throws	Scott Miller
Boys Throws	Brady Anderson
Girls Throws	Jacob Myers

Trainer

Izaak Kitsmiller

Trainer

Carly Hirschert

Practice

1. Practice begins promptly at 3:45. Please report to the Middle Gym and check in with your event group. Team meetings are normally held 1-2 times weekly. It is important that athletes check in each day to be sure of getting important announcements and information.
2. Daily Practice Schedule.

3:20-3:40	Training Room (if necessary)
3:45-3:55	Check-In & Announcements
3:55-5:30	Event Practice
3. Athletes are expected to participate in all parts of a practice unless excused by the athletic trainer.

Injury Management

1. Athletes with injuries will be referred to Izaak Kitsmiller. No athlete is allowed to manage their own injuries or prescribe a rehabilitation plan for themselves.
2. Mr. Kitsmiller will determine the extent of the injury and develop a rehabilitation plan for the athlete, or, contact the athlete's primary physician.
3. In all cases, Mr. Kitsmiller will be in charge of managing rehabilitation and will keep the coaching staff advised of progress.

Attendance Policies

1. Athletes are expected to check-in with their event group each day as they arrive for practice. If you are late, please check in with Coach Ramsey.
2. If you anticipate missing a track meet please let Coach Ramsey know as much in advance as possible.
3. Absence from two or more practices during any week of the season will result in disqualification from participation in track meets for the following week.
4. Excessive absence, regardless of reason, may result in removal from the team.
5. Absences not reported to the Attendance Office are considered unexcused until the athlete provides a written note explaining the reason for the absence, or, I am able to confirm your absence by phone or e-mail. Athletes with unexcused absences are not allowed to participate in track meets until the unexcused absence is resolved.

NSAA Uniform Rules

1. Each competitor's uniform shall consist of shoes that can be securely fastened to the foot, shorts worn with the waistband above the hips, and a jersey that is tucked into the shorts.
2. Any visible shirt worn under the jersey must be unadorned and of a single color. Visible apparel worn under the shorts must be unadorned and of a single color. Visible items worn under both the jersey and the shorts do not have to be the same color. In relay events, visible apparel worn by more than one team member must be the same color, but not necessarily the same length.
3. Headbands and/or pre-wrap may be worn for hair control. In either case, the headband/pre-wrap must be of a single color and unadorned (no writing or decoration).

Competition & Practice Equipment

1. Athletes may check out a uniform jersey and uniform shorts for use during competition. The school-issued uniform jersey and shorts are to be worn for competition only—please do not wear a school-issued uniform jersey or shorts to practice. Please be advised that you are responsible to pay for the replacement of a lost or damaged uniform/shorts.
2. Athletes may check out a lock for use on a school athletic locker. Locks are to be checked in at the end of the season.
3. Athletes are expected to have the following equipment.
 - Practice clothing. Clothing worn for practice should be in proper repair and designed for the events you participate in. All GISH dress and grooming policies will be strictly enforced.
 - Training shoes.
 - Competition shoes. It is strongly recommended that sprinters, hurdlers, jumpers, and middle distance runners wear spikes for competition. Replacement spikes will be provided by the school.
 - Cold weather gear (headbands, gloves, tights).

Uniform Care

1. Please help care for team uniforms:
 - Never put a wet or perspiration-soaked uniform in a gym bag. Always allow the garment to dry out by hanging or laying flat.
 - Avoid wearing make-up while wearing your uniform.
3. Washing Instructions. Machine wash with like colors. Use mild detergent. Do not use fabric softeners or bleach. Remove from the washer immediately—do not allow it to lay on itself when wet. Line dry or use an 'air only' setting on the dryer.

Guidelines for Participation in Track Meets

1. The head coach, under advisement of his assistant coaches, will determine entries for all meets. Several factors influence entries for meets including:
 - Type of meet—varsity, jr. varsity, 9-10, freshman.

- Number of participants allowed per event.
 - Athlete's rank on the depth chart.
 - Readiness of an athlete to compete in one or more events.
 - Attendance at practice.
 - Providing help at home track meets the athlete is not entered in.
 - Effort in all aspects of practice.
 - Behavior at school, practice, and track meets.
 - [Grades. Athletes failing one or more classes will not be allowed to participate in track meets until cleared by the course instructor.](#)
2. No athlete may participate in more than nine track meets involving four or more teams. This does not include the District Meet or the State Meet. Athletes wishing to enter a district, or state contest shall have been available to participate in at least 30% of the school's varsity interscholastic contests prior to the district, or state contest.

Track Meet Policies

1. All athletes are expected to travel to and from track meets with the team on school-provided transportation. If you anticipate the need to go home with a parent/guardian, please arrange to have your parent/guardian sign you out when you are ready to leave the meet. Please be aware that a coach is not able to release athletes to anyone other than the parent/guardian.
2. Athletes may not leave the meet site unless given permission by a coach.
3. Athletes are expected to know and abide by the rules and regulations governing their event(s), uniform, and equipment.
4. Athletes are expected to conduct themselves in a manner consistent with all NFHS, NSAA, and GISH regulations.
5. Athletes are responsible for bringing their own food and snacks.

Awards

1. **Personal Record Certificate.** A Personal Record Certificate will be awarded each time an athlete achieves a personal record in an event. Personal records are considered official if established in sanctioned competition.
2. **Meet Record Certificate.** A Meet Record Certificate will be awarded to an athlete who ties or breaks a meet record.
3. **School Record Certificate.** A School Record Certificate will be awarded to an athlete who ties or breaks a school record. In addition, the athlete will have her name added to the record board in the Commons area of the school.
4. **Varsity Letter Awards.** All athletes who have met the following requirements for lettering receive the school's official monogram and letter certificate. Athletes who think they may be eligible for a varsity letter award are asked to complete a Varsity Letter Award Application.

- The athlete has participated in at least five track meets, three of which must be varsity track meets. Varsity meets include the Elkhorn South Invite, Concordia Invite, Lincoln Northeast Relays, Columbus Invite, GI Invite, Papillon South Invite, Norfolk Invite, Gretna Invite, Heartland Athletic Conference Meet, District Meet, and the State Track & Field Meet. At the discretion of the head coach, this requirement may be waived in cases of meet cancellation and/or long-term injury.
- The athlete has abided by all attendance policies. Excessive absence, regardless of reason, will disqualify athletes from lettering.
- The athlete has demonstrated commitment to self-improvement by participating in all aspects of the training regimen required by their event coach.
- The athlete has demonstrated a commitment to self-improvement in the off-season by participating in at least two of the following: other sports, off-season strength training, Islander Power Program, one-on-one work with her event coach in the off-season, and attending camps offered by state colleges and universities.
- The athlete has abided by all team rules and policies.
- The athlete has given back to their community, school, the Booster Club, and the track program by completing each of the following:
 - Working one event at the Al Keinker Invite.
 - Providing a minimum of two (2) hours of service to the Booster Club. Opportunities for meeting this requirement include helping at Husker Harvest Days and helping at HoopsMania.
 - Providing a minimum of one (1) hour of service to a community organization, for example, the Humane Society.