

*PEACHTREE RIDGE  
HIGH SCHOOL*

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*2017 TRACK & FIELD  
TEAM HANDBOOK*



# COACHING STAFF

Coach	Assignment	Phone Number	Email
Wendell Early	Head Coach	404-583-5120	Wendell_early@gwinnett.k12.ga.us
Shawn Nix	Sprints	770-374-7635	Shawn_nix@gwinnett.k12.a.us
Jordan Raettig	Sprints	404-772-4990	Jordan_raettig@gwinnett.k12.ga.us
Antoine Peck	Jumps	404-484-9001	pollock3720@yahoo.com
Robert Pollock	Throws	404-944-3849	atlaphopper@gmail.com
Matt Adams	1 mile, 2 mile	678-994-2876	peachtreeridgerunning@gmail.com
Randy Adams	800, Pole Vault	770-265-6464	Randy_Adams@gwinnett.k12.ga.us

# BOOSTER CLUB

Coach	Assignment	Email
	President	
	Co VP/Meet Director	
	Co VP/Meet Director	
	Secretary	
	Treasurer	

# MEET SCHEDULE

\*\*SUBJECT TO CHANGE

## Varsity Meets

February 18 <sup>th</sup>	Parkview Invitational	Parkview
February 25 <sup>th</sup>	Archer	Archer
March 4 <sup>th</sup>	Ridge Relays	P. Ridge
March 8 <sup>th</sup>	Lambert (tri meet)	Suwanee
March 11 <sup>th</sup>	<u>Battle of the branch Longhorn/Big Orange Relays/Jerry Arnold</u>	
March 17/18 <sup>th</sup>	Coach's Invitations/Archer Tiger Creek Classic	Archer
March 25 & 27	County Championship	Mill Creek
April 1	TBA	
April 11	Grayson Invite	
April 22	Region	
April 29 <sup>th</sup>	Sectionals	
May 11-14	Girls/Boys State	

## Junior Varsity Meets

February 25 <sup>th</sup>	Archer	Archer
March 2nd	Mill Creek 9th and 10th grade meet	Mill Creek
March 8 <sup>th</sup>	Lambert Tri Meet	Suwanee
March 16 <sup>th</sup>	Parkview Whitley Freshman	Parkview
March 25-27	County Championship	Mill Creek
March 30th	Mill Creek JV Meet	Mill Creek
April 15	PR Distance Carnival	P. Ridge

# EXPECTATIONS: TEAM MEMBERSHIP

1. Pay your Team Fee of \$125 ASAP. This covers a team shirt, transportation, entry fees and banquet award expenses.
2. Participate in any and all fund raising activities.
3. Drugs, Alcohol & Tobacco are not tolerated.
  - Zero tolerance for drugs - removed from team for 1 year
  - 1st offense of Alcohol or Tobacco use - held out of a meet
  - 2nd offense of Alcohol or Tobacco use - dismissed from team
2. Abide by all practice and meet expectations.
3. Honesty & Integrity with Teammates & Coaches is required at all times.
4. Communication should be between Athletes & Coaches. Be your own advocate.
5. Three unexcused absences will result in being held out of a meet. More than 4 unexcused absences may result in dismissal from the team

# EXPECTATIONS: PRACTICE

## Required Items for Every Practice

1. Proper running shoes & weather-appropriate clothing.
  - We recommend going to Big Peach Running Co. at the Suwanee Towne Center to get fitted for running shoes. They will get you set up with the proper running shoe for *specific events*.
  - **This helps minimize the risk of injury. Mention that you're with Peachtree Ridge to get a discount.**
2. Water bottle - hydration before and after the run or workout is key.

## Expectations regarding Practices

1. Drugs, Alcohol & Tobacco are not tolerated.
  - Zero tolerance for drugs - removed from team for 1 year
  - 1st offense of Alcohol or Tobacco use - held out of a meet
  - 2nd offense of Alcohol or Tobacco use - dismissed from team
2. Malingering is not tolerated. Be on time and complete the full workout or training session as prescribed by a coach, every time. Some groups' workouts may be longer than others, so check with your coach prior to leaving.
3. Be on time to all practices; dressed and ready to work at 2:30 on the track is expected.
4. Attend all workouts (Mondays thru Fridays unless otherwise directed) during the season.
5. If you need to miss practice or you will be late, you need to let a coach know via text AS SOON AS YOU KNOW ABOUT THE ABSENCE. The sooner we know about it, the better we can adjust the plans and the more likely the absence will be excused.
6. If you're injured, you still need to come to practices and meets unless you have a doctor's appointment for treatment of the injury.
7. If you need to attend a club or tutoring session, let a coach know about it ahead of time and get a pass signed by the teacher or sponsor.
8. Three unexcused absences will result in being held out of a meet. More than 4 unexcused absences may result in dismissal from the team

# EXPECTATIONS:

## MEETS

### **Required Items for Every Meet**

1. Proper running shoes & weather-appropriate clothing.
  - ALL clothing will be team appropriate gear. There will be no UGA, FSU, etc warm-ups or sweats...**ONLY TEAM GEAR WILL BE PERMITTED.**
  - ALL clothing must adhere to GHSA rules. This includes all uniforms (throughout groupings) AND includes any compression gear, etc.
2. Water bottle - hydration before and after events is key to recovery.

### **Commitment from Athletes**

1. Drugs, Alcohol & Tobacco are not tolerated.
  - Zero tolerance for drugs - removed from team for 1 year
  - 1st offense of Alcohol or Tobacco use - held out of a meet
  - 2nd offense of Alcohol or Tobacco use - dismissed from team
2. Be on time and compete in the events as prescribed by a coach, every time.
3. Honesty & Integrity with Teammates & Coaches is required at all times.
4. Communication should be between Athletes & Coaches. Be your own advocate.
5. Be on time for bus departures and you **MUST** ride with the team unless previously arranged with the Head Coach.
6. Attend all meets you are scheduled for unless otherwise directed by a coach.
7. If you need to miss a meet or you will be late, you need to let a coach know via text **AS SOON AS YOU KNOW ABOUT THE ABSENCE.** We must know if you will be unable to attend in order to schedule an alternate athlete.
8. If you're injured, you still need to come to meets unless you have a doctor's appointment for treatment of the injury.
9. Three unexcused absences will result in being held out of a meet. More than 4 unexcused absences may result in dismissal from the team

### **Commitment from Parents**

1. Schedule vacations before or after the season
  - Season starts Jan. 18 and runs through State Championship (May 13)
2. Schedule doctor/dentist appointments, tutoring sessions, driver's education, etc. after 4:30 whenever possible on a Tuesday or Thursday during the school year (unless there's a meet that day).
3. Pick your child up promptly after practice or arrange for a ride
4. Respect the Athlete/Coach Zone at meets (aka: No Parent Zone).
5. Sign up for a duty station at our Relays Meet in March.

# Lettering Policies:

1. ALL fees paid
2. Athlete must be in “good standing” on the team.  
(Attendance, attitude, etc.)
3. Athlete must compete in at least 5 varsity meets.
4. Athlete must obtain the letter qualifying mark in at least one event.

<b>Letter Qualifying Marks 2017</b>			
<b>Girls</b>		<b>Boys</b>	
<b>Event</b>	<b>Mark</b>	<b>Event</b>	<b>Mark</b>
<b>100</b>	<b>13.0</b>	<b>100</b>	<b>11.4</b>
<b>200</b>	<b>27.5</b>	<b>200</b>	<b>22.9</b>
<b>400</b>	<b>62.0</b>	<b>400</b>	<b>52.0</b>
<b>800</b>	<b>2:30</b>	<b>800</b>	<b>2:10</b>
<b>1600</b>	<b>5:50</b>	<b>1600</b>	<b>4:50</b>
<b>3200</b>	<b>13:15</b>	<b>3200</b>	<b>11:00</b>
<b>100/110m hurdles</b>	<b>17.50</b>	<b>100/110m hurdles</b>	<b>16.50</b>
<b>300m hurdles</b>	<b>49.00</b>	<b>300m hurdles</b>	<b>42.00</b>
<b>Long Jump</b>	<b>15'6"</b>	<b>Long Jump</b>	<b>18'6"</b>
<b>Triple Jump</b>	<b>30'0"</b>	<b>Triple Jump</b>	<b>42'0"</b>
<b>High Jump</b>	<b>4'8"</b>	<b>High Jump</b>	<b>5'10"</b>
<b>Discus</b>	<b>85'</b>	<b>Discus</b>	<b>110'</b>
<b>Shot</b>	<b>30'</b>	<b>Shot</b>	<b>42'</b>
<b>Pole Vault</b>	<b>7'6"</b>	<b>Pole Vault</b>	<b>10'6"</b>