

Noblesville East Track and Field 2020

<p>Team Commitment Policy</p> <ul style="list-style-type: none"> ❖ By joining NEMS Track and Field, you are committing to a SCHOOL TEAM sport and agreeing to attend all practices and meets. If you have to miss a practice or part of a track meet to attend another team's practice or competition, you will RECEIVE a strike from our team. On the fourth strike you will be dismissed from the team. Missing an entire meet will result in immediate removal from the team. In the event of a schedule conflict with other sports at any point throughout the season, NEMS Track and Field will have to take priority. Thank you. 	<p>Coaching Staff</p> <p><u>Head Coaches</u> Brian Moon- Boys Head Coach brian_moon@nobl.k12.in.us Sarah Stuart- Girls Head Coach sarah_stuart@nobl.k12.in.us</p> <p><u>Assistant Coaches</u> Lathan Stuart Sarah Bowyer Ted Munson Emily Strong</p>
<p>Eligibility/Athletic Paperwork</p> <ul style="list-style-type: none"> ❖ Visit NEMS website→Athletics→Athletic Documents & Forms ❖ Athletic physical form must be completed on paper by a physician before March 16th and submitted to NEMS office (cannot use physical from last track season) ❖ Complete all other athletic paperwork by visiting www.rankonesport.com ❖ Pay the \$25 transportation fee in main office (cash or check)- due Monday, March 16th 	<p>Absences: Anytime your athlete is absent from school, please email the head coach. Coaches do not receive attendance reports from the office, and having this information in advance helps us ensure your athlete is safe after school.</p>
<p>Team Practices</p> <ul style="list-style-type: none"> ❖ First practice is Monday, March 16th- report directly to the locker room at 3:40. Coaches will confirm your Rank One status online. Remember to always pack plenty of warm clothing & bring a labeled water bottle. ❖ Practices are MANDATORY! Refer to our team calendar- times vary throughout the season. 	<p>Remind: Remind is a notification service. You need to join this in order to receive communications from coaches. Text this phone number: 81010 Send this code: @49hfe2</p>
<p>Track Meets</p> <ul style="list-style-type: none"> ❖ Coaches will try to post meet rosters at least 24 hours prior to each meet. Athletes are required to communicate which events they are participating in to their parents. Coaches will fill as many spots as possible in every meet, but it is not possible for all team members to compete in every meet. ❖ All athletes are required to stay until a meet's conclusion (including home meets). Attendance will be taken to ensure safety and accountability. 	<p>Team Rules: Athletes must follow the rules of conduct set forth in the NEMS Student Handbook. An NEMS student-athlete should be a respectful citizen at all times. Inappropriate behavior will not be tolerated. Disobeying team rules will result in dismissal from the team.</p>
<p>Strikes: To handle disciplinary issues, coaches use a "three strikes, you're out" system. Disciplinary issues include, but are not limited to, unexcused absences from track practices or meets, inappropriate behavior or language, or disrespecting a coach or another athlete:</p> <p><u>Strike 1:</u> Verbal warning from head coach- athlete is required to inform their parent.</p> <p><u>Strike 2:</u> Second verbal warning from the head coach, a parent will be notified by the head coach.</p> <p><u>Strike 3:</u> Athlete will be dismissed from team.</p>	

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<p>Event Qualifying Process</p> <ul style="list-style-type: none">❖ Coaches hold time trials/evaluations during the first two weeks of practice. Athletes must make a qualifying time/height/distance in order to train as a sprinter, mid-distance runner, jumper, hurdler, or thrower.❖ Please refer to the separate “Event Qualifying Process” document for more info.	<p>Uniforms: Each team member will receive a school uniform. They should be returned in the same condition. If lost or damaged, the replacement fee is \$45. Always machine wash cold and hang up to dry (never put uniforms in the dryer).</p>
<p>Injuries</p> <p>If an athlete becomes injured during practice or a meet, they should first seek help from our athletic trainer. The athletic trainer will notify parents of any recommendations to see a doctor or specialist. Athletes may be told to NOT report to practice in order to rest and heal. Athletes may not be able to participate in track meets if on the injured list.</p>	<p>Team Website: Our team website features important information for parents as well as all team documents. If a practice or meet is canceled, an email and Remind message will be sent to parents.</p>

Order of Track Meet Events

1. Girls 4 x 800m Relay
2. Boys 4 x 800m Relay
3. Girls 110m LH
4. Boys 110m LH
5. Girls 100m
6. Boys 100m
7. Girls 1600m
8. Boys 1600m
9. Girls 400m Relay
10. Boys 400m Relay
11. Girls 400m
12. Boys 400m
13. Girls 800m
14. Boys 800m
15. Girls 200m
16. Boys 200m
17. Girls/Boys 2400m (together)
18. Girls 1600m Relay
19. Boys 1600m Relay

**NEMS Track and Field
Event Qualifying Process**

Girl Qualifications

The NEMS track and field team has a qualifying process in order to train for certain events (but everyone will still make the team). Noblesville East Track and Field is striving to become a highly competitive and successful team in Hamilton County. This process will help determine the most appropriate event(s) an athlete should focus on and maintain a competition level where athletes can be appropriately challenged and successful.

In order to train as a sprinter, mid-distance runner, jumper, hurdler, or thrower, athletes will need to make the cut for that group. However, the event qualifying process may be adjusted to balance the strength of the team at the head coach's discretion only. In track and field, there can be an unlimited number of participants for individual long-distance events. Training as a distance runner can help you reach your goals in the sprints, jumps, mid-distance, hurdles, and throws if you do not immediately achieve them. We will have trial/evaluations throughout the first two weeks of practice, and will continue to evaluate throughout the season.

Sprinters (100m, 200m, 4x100m)

Girls must make the 100m Dash Cut Time in order to train as a sprinter

Girls Cut Time: 15.1 seconds

Mid-Distance (400m, 800m, 4x400m, 4x800m)

Girls must make the 400m Dash or 800m Run Cut Time in order to train as a mid-distance runner

Girls 400m Cut Time: 1 minutes 25 seconds

Girls 800m Cut Time: 3 minutes 22 seconds

Long Distance (1600m, 2400m)

No cut times needed. An unlimited number of athletes may train for these two events.

Hurdles

Girls must make the below 100m Dash cut times- maximum 6 hurdlers

Girls Cut Time: 15.4 seconds

Long Jump

Girls must be in the top 6 during LJ trials, which will consist of a measured LJ competition

Top 6 Jumpers: minimum 9 foot trial jump

High Jump

Girls must be in the top 6 during HJ trials

Top 6 Jumpers: clear 3 heights in competition

Shot Put

No cuts needed for distance thrown. If you do the workouts and show up to practice you can train for these two events.

Discus

No cuts needed for distance thrown. If you do the workouts and show up to practice you can train for these two events.

NEMS Track and Field Event Qualifying Process

Boy Qualifications

The NEMS track and field team has a qualifying process in order to train for certain events (but everyone will still make the team). Noblesville East Track and Field is striving to become a highly competitive and successful team in Hamilton County. This process will help determine the most appropriate event(s) an athlete should focus on and maintain a competition level where athletes can be appropriately challenged and successful.

In order to train as a sprinter, mid-distance runner, jumper, hurdler, or thrower, athletes will need to make the cut for that group. However, the event qualifying process may be adjusted to balance the strength of the team at the head coach's discretion only. In track and field, there can be an unlimited number of participants for individual long-distance events. Training as a distance runner can help you reach your goals in the sprints, jumps, mid-distance, hurdles, and throws if you do not immediately achieve them. We will have trial/evaluations throughout the first two weeks of practice, and will continue to evaluate throughout the season.

Sprinters (100m, 200m, 4x100m)

Boys must make the 100m Dash Cut Time in order to train as a sprinter

Boys Cut Time: 14.9 seconds

Mid-Distance (400m, 800m, 4x400m, 4x800m)

Boys must make the 400m Dash or 800m Run Cut Time in order to train as a mid-distance runner

Boys 400m Cut Time: 1 minutes 17 seconds

Boys 800m Cut Time: 2 minutes 59 seconds

Long Distance (1600m, 2400m)

No cut times needed. An unlimited number of athletes may train for these two events.

Hurdles

Boys must make the below 100m Dash cut times- maximum 6 hurdlers

Boys Cut Time: 15.1 seconds

Long Jump

Boys must be in the top 6 during LJ trials, which will consist of a measured LJ competition

Top 6 Jumpers: minimum 13 foot trial jump

High Jump

Boys must be in the top 6 during HJ trials

Top 6 Jumpers: clear 3 heights in competition

Shot Put

No cuts needed for distance thrown. If you do the workouts and show up to practice you can train for these two events.

Discus

No cuts needed for distance thrown. If you do the workouts and show up to practice you can train for these two events.

March 2020

March 2	March 3	March 4	March 5	March 6
March 9	March 10	March 11	March 12	March 13
March 16	March 17	March 18	March 19	March 20
First Day of Practice 4:00-5:30	Practice 4:00-5:30	Practice 3:30-5:00	Practice 4:00-5:30	Practice 4:00-5:30
March 23	March 24	March 25	March 26	March 27
Practice 4:00-5:30	Practice 4:00-5:30	Practice 3:30-5:00	Practice 4:00-5:30	Practice 4:00-5:30
March 30	March 31			
Spring Break	Spring Break			

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April 2020

	April 1	April 2	April 3
	Spring Break	Spring Break	Spring Break
April 6	April 7	April 8	April 9
Spring Break	Spring Break	Spring Break	Spring Break
April 13	April 14	April 15	April 16
Practice 4:00-5:30	Practice 4:00-5:30	A Meet Creekside & West @ West 5:00pm	Practice 4:00-5:30
April 20	April 21	April 22	April 23
Practice 4:00-5:30	B Meet Clay & West @ Clay 5:00pm	A Meet Hamilton Heights & Pendleton @ Hamilton Heights 5:00pm	Practice 4:00-5:30
April 27	April 28	April 29	April 30
A Meet Fishers Meet @ NEMS 5:00pm	B Meet Creekside @ NEMS 5:00pm	B Meet Pendleton/NWMS @ West 5:00pm	Practice 4:00-5:30

Weekly Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Sprint Distance Hurdles Throwing	Sprint Distance Long Jump High Jump Throwing	Sprint Distance Hurdles Throwing	Sprint Distance Long Jump High Jump Throwing	Sprint Distance Hurdles Throwing

Mid-distance will practice with

Sprinters on: Monday, Wednesday, Friday

Distance on: Tuesday, Thursday