



***FITCH TRACK & FIELD
TEAM HANDBOOK***

www.fitchtrack.com

OUR PROGRAM:

Fitch High School Track & Field is a program that competes at the highest levels throughout the state of Ohio and Nationally while running full indoor and outdoor seasons. We are proud to provide our athletes with skilled and knowledgeable coaches for every event group. We schedule the most competitive and well-run invitationals leading up to the State Championships while also providing our elite athletes with the opportunity to compete on the national stage at the New Balance Indoor Nationals in New York, NY and the New Balance Outdoor Nationals in Greensboro, NC.

PAPERWORK:

Our Athletic Department has partnered with FinalForms, an online application that will enable parents and students to complete and sign athletic forms online. FinalForms is available for all 7-12 grade athletes online at: <https://austintownoh.finalforms.com/>

The ONLY form that you are still required to actually print, complete and return the Athletic Department, is the OHSAA Physical form pages 3-4. The physical form must be completed by the doctor and by law we are required to have a signed copy on file. Once your student's physical is received by the athletic department we will input the expiration date into FinalForms and then you will receive automatic notifications when your student's physical and forms need to be updated.

Information is stored from season-to-season, year-to-year and also shared within families eliminating the need to enter the same info more than once. Your only annual requirement will be logging in to verify the existing information for your child by re-signing each form.

ATTENDANCE POLICY:

Practice is mandatory and not optional. If a practice is to be missed for emergency situations, a coach must be notified before the missed practice. Documentation must be provided for doctor appointments.

Being a member of the Austintown Fitch High School Track & Field team is up to a six-day a week commitment. Our athletes are expected to honor their commitment to the team and be at practice daily. In order to be eligible to practice and compete in meets, a student-athlete at Austintown Fitch High School must be in school 1/2 day (by 11AM). Medical or legal absences can be pre-approved by a grade-level principal. Eligibility for weekend events is determined by a 1/2 day of attendance the last day school is in session prior to the event.

Athletes are expected to be in attendance for all meets on the calendar. It is the responsibility of the athlete to plan their schedule so that there are no conflicts. This includes the week of Spring Break. If an athlete is to miss a meet, a note and/or phone call from a parent or guardian to the coach must be made well in advance stating the reason for the absence. Missing a meet without prior approval from a head coach can subject the athlete to suspension/removal from the team or removal of the varsity letter (if earned).

* Camps, competitions, AAU games, other sports, etc. are not acceptable reasons to miss practice or a meet. *

JOBS:

It is strongly suggested to not work during the season, but if one must, please do so sparingly. Athletes who are working must realize that it is not acceptable to miss/leave early from practice or meets due to their work schedule. Working an excessive amount of hours on top of school and training will be detrimental to performance due to lack of proper rest. We have seen too many athletes wear themselves down physically & mentally in situations like this & never reach their full athletic potential.

PRACTICE:

Normal practice sessions are scheduled for Monday-Friday, 3:00-5:30PM. Some event groups may hold practice sessions on Saturdays and/or Sundays or lifting sessions after the conclusion of normal practice times.

You are required to bring appropriate clothing and attire for outdoor practices daily regardless of how good or bad the weather is. This includes: hoodie/sweats, hats/gloves, compression tights and running/event-specific shoes. If you are unprepared, you will be sent home and it will be counted as an unexcused absence.

The coaching staff reserves the right to break the team into separate groups and assign different practice days/times for each group.

CUTS:

Athletes can be removed from the team in cases of grades, discipline, character, missed practices/meets, event-group limitations and violations of team rules.

TEAM MEETINGS:

During the outdoor season we will meet as a team prior to practice at least once a week to go over all pertinent information. These meetings are typically on Mondays to go over meet line-ups, expectations, goals and overall team progress for the week. We will also briefly meet as a team after each meet ends. All athletes are required to attend these meetings.

INVITATIONAL LINE-UP AND JUNIOR VARSITY:

The invitational lineup will be made up of the two top performers in each event and relays. In some cases the coaching staff may or may not use the top performers in each event on a weekly basis. A final decision on invitational athletes is a decision of the coaching staff and not of the athlete.

Junior varsity athletes will participate each week in the Tuesday meets as long as they are fulfilling their commitment to the team. In some occasions such as relays and or to fill in for injured athletes, JV athletes may have the opportunity to compete in a weekend invitational. At anytime a JV athlete may be moved into the invitational lineup if they have performed better than the athlete in the invitational position. Once again, these are decisions of the coaching staff and not of the athlete.

MEETS:

All athletes must travel to and from away meets in transportation provided by the school district. For exceptional situations (emergency's only) that prevents an athlete from doing so, a parent/guardian must provide advanced written documentation to the head coach to notify them of the situation.

All athletes participating in a dual meet, invitational, or championship meet are required to stay until all events are complete, cheer their teammates members to victory, and attend the post-meet meeting. Athletes will not be permitted to leave a meet until a proper cool down, stretching, team meeting and any other team activities are complete.

EVENT PLACEMENT:

Athletes will be entered in the events that are best for team success. At no time should athletes pull themselves out of an event without permission of a coach and failure to do follow these guidelines may result in suspension or removal from the team.

THERAPY/REHABILITATION

If an athlete needs assistance from our athletic trainer prior to a meet, please do so no later than 30 minutes prior to the start of your event-group's warmup. Check with your event-specific coach on the time your warmup is scheduled to begin (usually an hour prior to the scheduled start time of a meet). It is the responsibility of the athlete to report to the trainer earlier enough to be completed in time to warm-up with the team.

SPRING BREAK:

We will be practicing throughout the week of Spring Break with the possibility of multiple meets scheduled. Full attendance is expected.

POST SEASON EVENTS:

Individual event and relay entries may be subject to change at the coaching staff's discretion for all post season meets (ACC, District, Regional, State & National Championships). All decisions will have the interest of the team first and the individual secondary. Throughout the season, athletes should communicate with the coaching staff of any concerns regarding individual event placement and relay entries.

DRESS CODE, UNIFORM, AND EQUIPMENT:

If you choose to wear long-sleeve compression tops or long tights under your team-issued uniform, they must be solid NAVY. Undergarments may only have ONE logo according to OHSAA rules.

At meets, athletes must wear their team issued uniform and warm-up. If a proper uniform is not worn, the athlete will not be allowed to participate in the meet. Any additional apparel must be Fitch Track and Field team gear or other Austintown Athletics apparel.

Our uniforms and warmups are very expensive. Please take care of them as they are your responsibility throughout the season. You are responsible to wash them and return them to the head coach when requested.

Any student-athlete who loses or damages any part of the uniform or warm-up will be required to purchase a replacement at full cost.

It is strongly recommended that the uniforms and warm-ups are not machine dried. They are a dri-fit material that will last longer if they are hung dry.

No jewelry, cell phones or other electronic devices are permitted during practice or meets. Please keep these items in locked up in your lockers.

NOTE: Austintown Fitch High School and the Track & Field program are not responsible for lost or stolen items. It is the responsibility of the student-athlete to bring a combination lock and securely lock their belongings in the designated locker room.

TEAM WEBSITE:

Our team website is located at www.fitchtrack.com. Check the site regularly for schedules, announcements and other team-related news.

Thank you
Austintown Fitch Track & Field Varsity Coaching Staff

Fitch High School has a very strong tradition in Track & Field. Recent Success:

- Logan Kusky (2016)** - Scholarship track & field athlete @ Notre Dame University
- 5x indoor state qualifier and 3x indoor All-State, 3x national qualifier
- Holds our school record in the weight throw
- Has the 3rd farthest throw in Ohio history and 14th farthest throw ever in the United States.
- Joe Harrington (2015)** - Scholarship track & field athlete @ Akron University
- School Record Holder in 60m, 100m, 200m, 4x100m, 4x200m, 4x400m, Sprint Medley
- 11x Indoor State Qualifier, 7x Indoor All-State
- 3x All-American, 11x Outdoor State Qualifier, 7x Outdoor All-State
- 3x District Champion in 200m
- Darrin Hall (2015)** - Scholarship member of the Football team @ Pitt University
- School Record Holder in 4x100m, 4x200m, 4x400m, Sprint Medley
- 4x Indoor All-State
- 3x All-American, 6x Outdoor State Qualifier, 5x Outdoor All-State
- Ebony Davis (2015)** - Scholarship track & field athlete @ Point Park University
- School Record Holder in 4x100m, 4x200m, 4x400m, Sprint Medley
- 4x Outdoor State Qualifier, 2x Outdoor All-State
- Gabby Figueroa (2014)** - Scholarship track & field athlete @ Louisiana State University & Kent State University
- Indoor National & State Champion in Weight Throw
- Ohio Indoor State Record Holder in Weight Throw
- New Balance Nationals Outdoor Runner-Up & All-American in Weight Throw
- Billy Price (2013)** - Scholarship member of the Football team @ THE Ohio State University
- School Record Holder in Shot Put and Discus
- 2x Indoor State Qualifier, 2x Indoor All-State
- 3x Indoor State Qualifier, 3x Outdoor All-State
- Jay Jakovina (2012)** - Scholarship track & field athlete @ Youngstown State University
- School Record Holder in High Jump
- New Balance Nationals Indoor All-American in High Jump (runner-up)
- Indoor State Champion in High Jump
- Theresa Scott (2012)** - Scholarship track & field athlete @ Tiffin University
- NCAA Division II Indoor & Outdoor National Qualifier
- 3x Indoor State Qualifier, 2x Indoor All-State
- Outdoor State Qualifier in 4x100m
- 2012 Mahoning County, AAC and District Champion in 100m Dash
- Ali Tolich (2011)** - Scholarship track & field athlete @ Ashland University
- School Record Holder in Discus
- 3x Outdoor State Champion (1x Shot Put, 2x Discus)
- Indoor All-American in Weight Throw
- Indoor State Champion in Weight Throw
- Jen Shiley (2011)** - Scholarship track & field athlete @ Youngstown State University
- 8x Indoor State Qualifier and 2x Outdoor State Qualifier
- All-state and School Record Holder in 300m Hurdles
- District and Regional Champion in the 300m Hurdles
- School Record Holder in 300h

Who's Next?