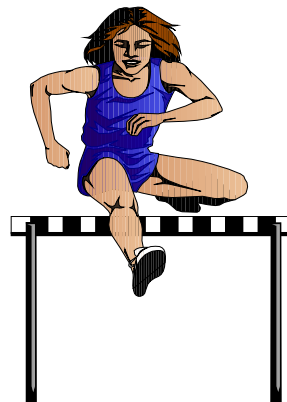
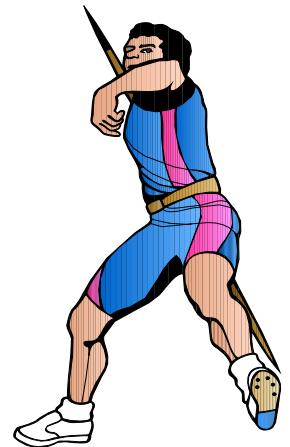


Tiger Track 2012



Jeff West Track and Field 2012

Important Track and Field Information:

- 1) Practice Begins Monday February 27th at the track.
- 2) You must have a physical on file in the office. It must be completed on the KSHSAA form.
- 3) You must have your participation fees paid before you can practice.
- 4) You must drive to the track or catch the ES shuttle bus to the track.
- 5) Practice will be over by 5:00 this first week or until the weather changes.
- 6) I have a limited supply of practice gear, so bring your own sweats.
- 7) No locker rooms are available for the girls for changing. I will open the restrooms so you can change in them. Otherwise you will need to change at the HS before coming to the track.
- 8) Lockers are available at the track. See Mr. Baker for a combination.
- 9) Emergency Medical and Team Rules and Guidelines forms are due Friday Mar 6th.

Track Coaching Assignments 2012

Head Coaches

John Riley - Track Program Coordinator/Head High School Coach

Shawn Dolezilek / Mary Naumann - Head Middle School Coach

- General Supervision
- Uniforms and equipment
- Entry Cards and personal records

Field Events - Shot - Discus – Javelin (HS only)

HS - Scott Campbell

MS - Mary Naumann

Distance Events - 4x800 Relay - 4x400 Relay - 3200 - 1600 - 800

HS - John Riley - Head event coach

MS - Dave Petesch - Head event coach

Sprint Events- 4x400 - 4x200 - 4x100 - 400 - 200 – 100 – MS/HS Sprint Medley

HS - Chris Baker - Head event coach

- Sara Becker - Assistant event coach

MS - Shawn Dolezilek - Head event coach

- ?? - Assistant event coach

Hurdles - 75/100/110 High Hurdles – 300 Intermediate Hurdles

HS - Chris Baker - Head event coach

MS - ?? - Head event coach

Jumping Events – High Jump – Long Jump – Triple Jump

HS - John Riley - High Jump

- Sara Becker - pole vault

- Chris Baker - Long Jump - Triple Jump

MS - Dave Petesch - triple jump

- Dave Petesch - long jump

- ?? - high jump

All coaches will help with the following:

- Monitor locker room and practice areas
- Make sure all equipment is properly used and stored at night.
- Always teach safety and produce a safe environment.
- Have suggested entries to the head coach on time.
- Report all injuries to the head coach when they happen.
- Stay until your kids are gone.

Substance Abuse and Attendance Policy 2012

1. Alcohol, tobacco, and drugs – We will follow the Board Approved Policy.
2. Attendance - To be competitive in the sport of track and field it takes a commitment to excellence. A lack of commitment is often displayed by poor attendance and chronic lateness. Those athletes that are habitually absent or tardy, whether it is excused or unexcused, are hurting themselves and the team and their meet participation will be affected.

Excused absentee - Must have a note or prior arrangements made. Your event coach will determine the workout for days missed.

Unexcused absentee - Disciplinary runs will be initiated and meet suspension may follow, or even team suspension may result. Penalties will increase in severity with repeated offenses.

Excused tardies - make up any missed conditioning.

Unexcused tardies - disciplinary runs may be initiated plus any missed conditioning.

Detention - will be treated as unexcused tardies and are totally avoidable. They reflect inappropriate behavior and lack of commitment to your studies. Being tardy or absent because of detention will result in disciplinary runs and may lead to meet suspensions. We will allow a student to make up tests for a teacher if they make arrangements with the head coach before they miss a practice.

Track Policies 2012

Failure to comply with the following policies may result in various responses by the head coach, and that response and action will be determined at the time of the infraction.

1. Treat all coaches and teammates with great respect.
2. Treat all parents, teachers, and elders with great respect.
3. Be ladies and gentlemen at all time.
4. Be "good" students, and maintain good grades and complete all class work on time.
5. Be at every practice on time, ready to participate.
6. Have a positive attitude at all times.
7. Complete all workouts to the best of your ability.
8. Use appropriate language at all times.
9. Take care of any equipment you are fortunate enough to use.
10. Be home by 10 the night before a meet.
11. Your track uniform (including slicks and warm ups) are for meets only, your practice sweats are for practice only. They are not to be worn as your school clothes.
12. Have required equipment at every practice and meet.
13. Keep the locker room clean and all equipment picked up.
14. Remember, there is a time and a place for everything. Track meets are not the time for boyfriends and girlfriends.
15. Report all injuries to the head coach.
16. You are responsible for your uniform and sweats. You will be required to turn it in at the end of the season.
17. Practice will begin at 3:35, this applies to middle school and high school. You must be at school by 11:00 to practice and/or participate in an after school activity.

Track Meet Procedures 2012

1. Travel to the meet with the team. Be on time, we will not wait for you if you are late. We must leave at the time listed to give the field event athletes time to prepare for their events.
2. Maintain a quiet and orderly bus.
3. No radios are to be taken to the meets. Walkman are allowed. The school, coaches, and bus drivers are not responsible for watching them.
4. Warm up for all events and cool down after competing. See your event coach for what you need to do.
5. Report to all events on time. You do not scratch yourself from an event. The head coach is the

only one that is allowed to approve a scratch from an event.

6. Prepare mentally and be ready to compete for each event.
7. Represent your school with pride. Compete at the best of your ability in every event.
8. When possible, watch the meet and support your teammates.
9. Do not leave the grounds that the meet is being held at.
10. Travel home with the team. If you must leave with a parent or guardian have them check out with your event coach or the head coach. You may only leave with a parent or guardian. All other arrangements must be authorized by the head coach and the principle.
11. Keep track of all your equipment and implements.
12. Respect others food and property. The penalty for theft will be severe.
13. Report all times, heights, and distances to the manager. This is the only way we can enter you properly in the following meets. It is not the responsibility of the manager to find you. You must find them.
14. Compete to the best of your abilities in every event in every meet.
15. You must be at school in order to compete.

Track Lettering Criteria 2012

1. Accumulate 10 or more points in varsity meets during the course of the season. Relay points are divided among the four runners. (Freshmen/Sophomore meets do not count towards lettering)
2. Meet or exceed the following standards. These standards must be performed during competition of a meet.

EVENT	GIRLS	BOYS
100 M DASH	13.3	11.6
200 M DASH	28.0	25.5
400 M DASH	65.0	55.0
800 M RUN	2:40.0	2:12.0
1600 M RUN	6:20.0	5:05.0
3200 M RUN	13:30.0	10:50.0
HIGH HURDLES	17.0	17.0
300 INT. HURDLES	52.0	45.0
DISCUS	95' 0"	115' 0"
SHOT	31' 0"	41' 0"
JAVELIN	100' 0"	140' 0"
POLE VAULT	7' 6"	10' 6"
LONG JUMP	15' 6"	18' 6"
HIGH JUMP	4' 8"	5' 8"
TRIPLE JUMP	30' 0"	38' 0"

Track Schedule HS

Date	Meet Name	Time	Site
3/30	HS Baldwin Inv.	3:30	Baldwin
4/3	HS League Quad.(SFT,RV,HOL,JW)	4:30	SFT
4/5	HS FR/SO	4:00	JW
4/10	HS ACCHS	3:30	ACCHS
4/17	HS Jeff West Inv.	2:30	Jeff West
4/20	HS KU Relays	TBA	Lawrence
4/24	HS League Quad.(NV,JW,HOL,HIA)	4:30	Nemaha
4/26	HS Wamego Inv.	3:30	Wamego
4/27	HS Seaman Relays	3:00	Seaman
4/30	HS FR/SO	4:00	Perry
5/3	HS Royal Valley Inv.	4:00	Sabetha
5/10	HS League Track Meet	3:30	Perry
5/18	HS Regional	TBA	TBA
5/25	HS State	TBA	Wichita

Track Schedule MS

3/29	MS Northern Hills	3:30	Seaman HS
4/5	MS Santa Fe Trial	2:00	Overbrook
4/12	MS Jeff West Invitational	4:00	Jeff West
4/16	MS Perry	4:00	Perry
4/19	MS Royal Valley	4:00	Royal Valley
4/26	MS Rossville	12:30	Rossville
5/3	MS ACCMS	4:00	Effingham
5/8	MS 7 TH & 8 TH League	4:00	Sabetha

Jefferson West High School
Boys Track and Field Records

Event	Record Holder	Year	Time/Distance
Running Events			
100M	Mik Barancik	2010	10.9
200M	Ray Tripp	1932	22.7
400M	Aric Cherry	2005	50.41*
800M	Aric Cherry	2005	1:56.44*
1600M	Robbie Golder	1981	4:29.0
3200M	Andrew Cherry	2003	9:58.1
110M HH	Richard Morris	1983	14.9
300M IH	Chris Shelar	1981	41.1
2K Steeplechase	Chad Stockham	1995	7:15.0
4 X 100 Relay	Justin Clark, Austin Siess, Chance Higgins, Mik Barancik	2010	44.2
4 X 400 Relay	Ben Naumann, Eric Zwygart Brady Rodecap, Aric Cherry	2003	3:28.52*
4 X 800 Relay	Nathan Wellman, Tim Wellman Eric Zwygart, Aric Cherry	2003	8:34.5
Field Events			
Shot Put	Dennis Grahem	1975	56' 4"
Discus	Steve Morriss	1964	161' 10"
Javelin (IAAF)	Nick Briney	2008	163' 0"
High Jump	Briar Ploude	2009	7' 2"
Long Jump	Cory Long	1994	21' 5.25"
Triple Jump	Dan Shirley	1998	42' 03.75"
Pole Vault	Brandon Butler	2003	13' 00.0"
Pentathlon	Dave Jensen	2002	3208 pts

*FAT
updated 2/22/11

Jefferson West High School
Girls Track and Field Records

Event	Record Holder	Year	Time/Distance
Running Events			
100M	Chris Fleeker	1983	12.68
200M	Becky Anderson	2003	26.4
400M	Staci Hall	1989	1:01.83
800M	Courtney Ross	2005	2:28.1
1600M	Taryn Brees	2009	5:27.7
3200M	Taryn Brees	2008	11:50.79*
100M HH	Christy Alspaw	1987	16.29
	April Cherry	1998	16.3
300M IH	Moriah Dowding	2007	47.25*
2000M Steeple	Ellen Zirkle	2010	10:13.03*
4 X 100 Relay	Sarah Mamoliti, Morgan Scott, BriAnna Ploude, Moriah Dowding	2007	51.7
4 X 400 Relay	Melissa Bigham, Heather Palmateer, Miranda Mullins, Roxanne Jensen	2004	4:13.6
4 X 800 Relay	Ashley Sutton, Amy Stadler Rebecca Knowles, Kristin Berry	1998	10:30.4
Field Events			
Shot Put	Laci Heller	2003	43' 10.5"
Discus	Laci Heller	2003	137' 8"
Javelin	Laci Heller	2003	129' 1"
High Jump	BriAnna Ploude	2010	5' 4.5"
Long Jump	Moriah Dowding	2009	17' 9.5"
Triple Jump	Taryn Brees	2011	33' 7.5"
Pole Vault	Samantha Gerry	2007	9' 2"
Pentathlon	Moriah Dowding	2007	2451 pts

*FAT
updated 2/20/12