



Track & Field

2018 Handbook

Thank you for your participation on the New Hanover High School Track & Field team this season. Over the past few decades, our program has transformed from one of the smallest in the area to a large, competitive team on the local, regional and state level. We are blessed with dedicated athletes and an increasingly spirited competitive culture. It is an honor to have the opportunity to lead this team and to help continue a tradition of excellence within our program.

As your coaches, it is our goal to make you the best possible athlete and more importantly person, that you can be. We look forward to the opportunities ahead, the milestones we will set, and the goals we will accomplish. Remember to embrace the process of our sport and prioritize your training, but also remember that balance in your life is vitally important. Track & Field is an incredible sport, outlet, and stress reliever, and when done correctly should bring increased happiness to your daily life. Remember that our main goal for each team member as an individual is to be the best “you” that you can be on a daily basis. At practice and in races we will strive to do the best we can given those daily conditions. Results in this sport take a consistent, disciplined effort, but will be one of the most rewarding experiences that you will ever have. You will always remember your time with this team, the successes, and the road traveled together. With hard work, a vision for greatness and mental toughness there is nothing that we cannot accomplish as a team. We are looking forward to a memorable season!

Sincerely,

Your Coaches

A. One Team, One Vision

Practice Schedule

The general practice schedule will, most weeks, look like the following example:

Weekdays

Monday- 3:55-5:30 PM

Tuesday- 3:55-5:30 PM

Wednesday- 3:55-5:30 PM

Thursday- MEET or 3:55-5:30 PM

Weekends:

Friday- 3:55-5:30 PM and/or

Saturday-9:00-10:30 AM or MEET

(Friday/Saturday Practice Opportunities will be announced each week)

Practice/Meet Procedures

1. **Be at the track building by 3:50 dressed and ready to go. We will start promptly at 3:55 pm. Locker rooms will be locked at this time. Athletes that arrive late should bring a note and need to already be dressed out.**
2. **Attendance will be taken in event groups, and athletes will be responsible for being on time, communicating with their event coach, and giving their very best effort each day.**
3. **Athletes must attend all mandatory practices during the week to be eligible for meets.**
4. **At all practices and meets, athletes are expected to represent their school in a positive manner including respect for their themselves, teammates, opposing teams, coaches. All school rules and expectations apply at track related activities.**
5. **Athletes must compete in all events entered at a meet. Skipping an event, leaving early, and lack of communication with coaches could result in loss of future meet privileges.**
6. **Athletes must qualify for weekend/overnight meets, typically meeting entry standard requirements. These meets are EARNED.**
7. **Support and motivate your teammates! This is a team sport that also celebrates individual achievement. Be the best you can be every day, and help your teammates do the same.**

Excused Absences

Athletes may have to miss practice for valid reasons during the season. If you have to miss practice you must have a parent make contact with the athlete's primary event coach to excuse you. Each coach will provide their email as tryouts begin. Please monitor your excused absences during the competitive season. As coaches we will respect your health, family, and school related needs but also must keep the integrity of our practices. Thank you for your understanding.

Unexcused Absences

For unexcused absences we will operate on a three strike policy. Unexcused absences will include leaving practice early without permission, skipping out on a workout during practice without permission, missing practice with no parent excusal etc. The strike policy will operate as listed below:

Strike 1- Athletes are given warning, no travel to the next meet, will have meeting with coaches after next practice

Strike 2- Second warning, no travel to the next meet, parent meeting will be requested

Strike 3- Dismissal from team

-Coaches discretion will be used within this policy, and extenuating circumstances will be considered.

***Our team will abide by all school and county rules at practice and at meets. We expected all of our athletes to represent New Hanover High School in a positive manner. Violations of school rules could additionally result in loss of privilege or dismissal from the team.**

Tardies

Practice times are setup with a purpose and all of this time is needed to accomplish our daily goals. Please make sure to be on time! Tardies will result in work related tasks for the team at meets. Frequent tardies could result in loss of meets privileges.

B. Maximize Your Potential

Mental Toughness

Finding your mental edge is just as important as your physical ability. Here are ways to improve your mental focus and alertness during workouts and meets:

- **Set Goals- Set individual goals throughout the season**
- **Preparation- Know what you need to do to reach your goals**
- **Imagery- Spend time imagining what your event will look like and see your meet plan through. Find confidence and realization in this mental planning.**
- **WANT IT- Visualize success and go after it!**

Training Shoes

Invest in a quality pair of training shoes. You will use this pair every day (or rotate with another pair). They need to provide cushion and support. By keeping up with your shoes (and logging your runs/workouts), you will prevent many injuries. We recommend Omega Sports or Fleet Feet Sports in town for running specific knowledge and guidance. Coaches are always available after practice to provide consultation.

Spikes

Racing or competition spikes are lighter and provide better grip on the track surface. Spikes are essential for peak performance. Each step you take in a lighter racing shoe adds up to precious time in a race. Talk to your coaches about recommended spike styles for sprints, field, throws and distance events.

C. Tryout and Letter Standards

Boys Regional, Tryout, and Letter Standards

Event	3A Region Standard	Hanover Standard	Fresh/First Standard	Letter Standard
Shot Put	47'0	32'0	26'0	40'0
Discus	132'0	90'0	65'0	120'0
Long Jump	21'0	18'0	16'0	20'0
Triple Jump	43'0	34'0	30'0	40'0
High Jump	6'2	5'6	5'0	5'10
Pole Vault	12'0	N/A	N/A	9'0
4x800	8:35	N/A	N/A	8:40
110 Hurdles	15.5	18	21	16.3
100 Dash	10.9	11.9	12.9	11.2
4x200	1:32	N/A	N/A	1:35
1600 run	4:35	6:00	8:00	4:50
4x100	44	N/A	N/A	44.5
400 Dash	50.8	60	66	54

300 Hurdles	41.5	50	58	45
800 Run	2:04	2:25	2:50	2:08
200 Dash	22.5	24.4	25.4	23.4
3200 Run	10:15	13:00	16:00	10:30
4x400	3:35	N/A	N/A	3:40

Girls Regional, Tryout, and Letter Standards

Event	3A Region Standard	Hanover Standard	Fresh/First Standard	Letter Standard
Shot Put	32'6"	26'0	22'0	28'0
Discus	98'0"	70'0	50'0	85'0
Long Jump	16'0"	13'6	11'6	15'6
Triple Jump	34'6	28'0	22'0	32'0
High Jump	5'0	4'4	4'0	4'8
Pole Vault	8'6	N/A	N/A	8'0
4x800	10:30	N/A	N/A	10:40
100 Hurdles	16.8	19	24	17.5
100 Dash	12.7	13.9	14.9	13.2

4x200	1:50	N/A	N/A	1:51
1600 run	5:40	7:15	9:00	5:59
4x100	51.5	N/A	N/A	52
400 Dash	1:01.5	1:12	1:18	1:05
300 Hurdles	50	56	66	52.6
800 Run	2:30	3:10	3:45	2:40
200 Dash	26.5	30	32	27.6
3200 Run	12:15	16:00	19:00	12:59
4x400	4:20	N/A	N/A	4:20

**Tryout standards and outcomes will allow coaches to place athletes in the appropriate event groups. Qualification for the team and for meets will be based off of athlete's times/distances/jumps, effort at practice, and transportation availability. Athletes will be notified by Wednesday each week of their meet status, and event entries for that meet.

-To Letter in Track and Field athletes must meet the automatic qualifying time and/or score points for the team at the Conference Championship in that specific event.

D. The Record Book

NHHS Track and Field- Girls School Records

100

Ashley McCoy 11.80, 2009

200

Ashley McCoy 24.75, 2009

400

Paige White 57.94, 2008

800

Shelby Howell 2:11.99, 2012

1600

Shelby Howell 5:03.95, 2012

3200

Shelby Howell 10:54, 2011

100 Hurdles

Amy Lee 15.39, 2015

300 Hurdles

Amy Lee 47.71, 2015

400 Hurdles

Amy Lee 1:09.12, 2014

4x100

Autumn James, Imani James, Desiree Preston, Ashley Woodward 50.38, 2014

4x200

Shinique Brown, Allie Hodges, Shiniqua Locke, Ashley McCoy 1:43.24, 2008

4x400

Lachone Harrison, Tameisha Sumpter, Shelby Howell, Ashley McCoy 4:02.02, 2009

4x800

Meagan Thompson, Shelby Howell, Emma Norris, Brie Sciales 10:12, 2009

High Jump

Alyesha Grady 5'4", 2010

Long Jump

Ashley McCoy 17'10", 2009

Triple Jump

Autumn James 38'6.5", 2016

Shot Put

Sydney Bens 37'01, 2005

Discus

Sydney Bens 100'10", 2005

Pole Vault

Brittany Pate 8'6", 2004

NHHS Track and Field- Boys School Records

100

Jermaine Jones 10.70, 2009

200

Jermaine Jones 21.8, 2009

400 meters

Jacen Murphy 49.78 2013

440 yards

George Marshall 48.9, 1974

800

Jackson Denton 1:54.40, 2015

1600

James Bache 4:23.21, 1993

3200

Barton Strawn 9:34, 2006

110 Hurdles

Tray Brown, 14.48, 2009

300 Hurdles

Jackson Denton 39.83, 2014

400 Hurdles

Jackson Denton 58.07, 2014

4x100

43.03, 2003

4x200

Courtney Clinton, Alex Tomlin 1:28.04, 2003

4x400

Jackson Denton, Jeremy Burgess, Nigel Barnes, Shaffer Lisle 3:29.45, 2014

4x440 relay

3:22.7, 1973

4x800

Shaffer Lisle, Henry Kunz, Jack Markovich, Will Parker, 8:02.65, 2016

High Jump

Jermaine Jones 6'7", 2009

Long Jump

Jermaine Jones 22'.05", 2009

Triple Jump

Jayhlen Washington 45'1.25", 2014

Shot Put

Alge Crumpler 57'8.5", 1996

Discus

Alge Crumpler 176'1" 1996

Pole Vault

James Deseraux 10'6", 1999