

Franklin Girls Track and Field 2020

SEC Conference Champions 2019

Head Coaches: Jack Hervert(Sprints/Jumps),
Event Coaches: Coach Pelkey (distance), Coach Larry Fleuschaus (pole vault), Coach Chris Krolick (hurdles), Coach Dyron Russ (throws), Coach Nathan Penn (HJ)

IMPORTANT CONTACT NUMBERS FOR:

COACH HERVERT: WORK 262-521-5464
CELL 414-418-7565
E-MAIL hervert@uwm.edu

****First Practice:** Monday, March 9th, all forms and fees must be turned in to the office prior to first day. All of these documents are on the high school web site. Until outdoor season we will meet each day at 3 pm in the multi-purpose room across from the weight room.

TEAM SCHEDULE: This will be on the team web site, and I will hand out calendars to everyone with meets and special practice days. **NOTE:** athletes will not be competing in every meet.

Season Rules and Requirements:

Cuts: We have a no cut policy, meaning everyone who comes out for track will be on the team. Track is a sport that will put some challenges and demands on you physically. You will be required to perform the workouts scheduled for your events. Should you decide not to perform the workouts, you will not be allowed to participate in meets. We have meets each week for all athletes in the beginning, some JV athletes will run V as well. We have two age level meets also.

Practice: (Begins March 9th officially)

1. Practice will begin at 3:00pm sharp and end at 5:15pm most days. **SOME EVENTS AREAS WILL GO LATER** (Example: Pole Vault, High Jump) **WE WILL ALWAYS HAVE SOMETHING FOR YOU TO DO UNTIL 5:00pm** (abdominal work, watching film from meets, weight lifting, nutrition lectures)
2. Be prepared to practice inside and outside. **Not having warm clothing is not an excuse to miss practice.** In your bag/locker you will keep pants, long sleeve shirt, gloves, hat, shorts, tank tops, extra socks, watch, sweatshirt, and a jacket to wear in cold or wet weather.
3. Leaving early without a valid excuse could result in the suspension from participation in one meet.

Water Bottles: We do not have water on the track at times, so please always bring something to hydrate yourself during workouts.

Attendance: A record of attendance will be kept each day. As mentioned, practice will begin at 3:00 pm each day. You must be in the gym at that time prepared for practice. Daily practice is required. Excused absences are allowed for things such as:

- Illness or Emergency
- Study table or getting help (Bring a note from the teacher when done)
- Doctors appointments or school functions with the use of our absence forms.

Unexcused: *After 2 unexcused absences, you will not be allowed to compete in the next meet. Further unexcused absences may result in dismissal from the team

Meet Attendance: *When entered* in a meet you are expected to stay throughout the duration of the meet to support your teammates. You are allowed early dismissal from some low key meets and **one meet** during the season. Club sports are not excused, the same rule applies. After all events are done at any meet, if you would like to leave with your parents, you must have the parents fill out the **TRAVEL FORM**.

CELL PHONES: Cell phones should not be out at practice or meets. CELL PHONES AT MEETS WILL ONLY BE ALLOWED ON THE BUS BEFORE AND AFTER THE MEET IS COMPLETED OR IN FRONT OF A COACH WITH PERMISSION. YOU ARE NOT TO USE YOUR PHONE DURING THE MEET.

Meet Entries and Information: It is your responsibility to know what events you are entered in and when the bus leaves. These will be posted outside the locker room, down by the track and when possible, will be in the parent letter. THE BUS LEAVES ON TIME, KNOW WHEN THAT IS. The bus will not wait after the scheduled time for someone who is late.

Other Important Points:

1. Our team wears school colors at meets (Coaches would prefer FRANKLIN TRACK gear). Black tights or a black top may be worn under your uniform if it is cold. They may only have 1 logo on them.
2. YOU ARE NOT TO USE YOUR PHONE or other recording devices DURING MEET COMPETITION our team would be DQ'd.
3. I WILL SEND OUT A PARENT/PLAYER EMAIL EACH WEEK. MAKE SURE I HAVE ALL UPDATED EMAILS AND PHONE NUMBERS.
4. Keep your warmup gear in a small carry bag at all times when not being worn. This is especially important during meets before you compete in your events.

Awards and Letter Requirements:

JV athletes will receive the JV award upon successful completion of the season. Varsity athletes, who score a minimum of 32 varsity points, competed in the state meet or 75 percent of the season varsity meets will earn a varsity letter.

Awards will be given out for Most Valuable Performer, Most Improved Performer, and Sportsmanship- these awards will be voted on by the coaching staff and the varsity team members. The Athletic Director Award, Scholar Athlete Award, and Captains Awards determined by the coaches will also be given out at the end of the season.



Franklin Competes in the South East Conference in Track (SEC)

Kenosha Bradford Franklin	Kenosha Indian Trail Racine Case	Kenosha Tremper Oak Creek
Racine Horlick	Racine Park	

Return this immediately before you leave! Or put into Coach Hervert's mailbox

ATHLETE NAME _____ GRADE _____ LOCKER # _____

Events you want to try _____ (not set in stone- we may ask you to try things)

EMAIL _____@_____ CELL (____) _____-

RESOURCE TEACHER _____ HOURS OF FREE BLOCK/AIDE _____

The coaching staff is very excited for this season; we have a long history of successful Track and Field teams, which include 6 SEC CHAMPIONSHIPS IN THE PAST 10 YEARS. This is due to parents and athletes being involved and maintaining a positive attitude.

PARENT/GUARDIAN NAME(S) _____

Player EMAIL(S) _____@_____ CELL (____) _____-

Parent EMAIL(S) _____@_____ CELL (____) _____-

Parents: Concession sales: please indicate where you can work for about 2 hours:

Circle one time slot

Friday, April 17th Franklin Varsity invite Early Shift Middle Shift Late Shift

Thurs. April 30th SEC JV Relay meet Early Shift Middle Shift Late Shift

Thurs. May 7th Franklin JV invite Early Shift Middle Shift Late Shift

Tues. May 26th WIAA Regional Early Shift Middle Shift Late Shift

For the most part our help would be in concessions, but we could at times help in field events.

_____ I will help organize the **banquet** in **June!**

