

Bishop England Track and Field Information

Spring 2012

Dear Parents and Athletes,

The start of the spring semester means the start of a new Track and Field season. I look forward to seeing you again and meeting many of the new comers to our sport. We had a very successful season last year and we hope to continue that this year.

For those who are new to track and field, let me tell you a little about our sport. There are 17 events in track and field. We have sprint events from 100m to 400m and distance events from 800m – 3200m. We also have 3 relay events and two hurdle events. In the field events we have high jump, long jump, pole vault, shot put, discus and triple jump.

Preseason conditioning will begin on **November 8th**. These conditioning sessions will run from 3:15- 4:30. Attendance at these conditioning sessions is not required but athletes are strongly encouraged to attend if they wish to do well in the upcoming season. You must be in full sweats to participate.

Early season track practices

Athletes will get to try many different events and we will be concentrating on the field events

The week of

Nov 7th M-F and Nov 14th M-F

Preseason conditioning schedule will be as follows (3:15-4:30)

Nov 21	M T	Jan 3 rd	T W Th	Jan 24	M W TH
Nov 28	M W Th	Jan 9 th	M W Th		
Dec 5 th	M W Th	Jan 17 th	T W Th		

Practices will be held daily after school from 3:30 – 5:30ish and may be canceled due to inclement weather, but do not count on it. The start of the official track season is January 31st. Athletes are reminded that full sweats are required, no matter what the temperature is. If you do not have full sweats, you will not be allowed to practice and it will be considered an unexcused absence. Don't count on the weatherman for an accurate weather prediction, come prepared for cold weather.

The track season will include weekday and weekend meets. The weekday meets will be local and all most athletes will have the opportunity to compete. The weekend Invitationals will be all around the state and have limited entry so not all athletes will compete in these meets. Please be aware that we choose only those athletes who are able to compete at a high level to compete at the Invitationals.

Eligibility: Before an athlete will be allowed to participate, he/she must have

- 1. Physical: signed by physician.** If a physical is on file from this year please indicate that on the physical form that is included. Parents must sign the physical regardless of whether one is on file or not.
- 2. Catastrophic Insurance Form**
- 3. \$5 check for Catastrophic Insurance**
- 4. Athletic Department Drugs, Alcohol, Tobacco and Misrepresentation form**
- 5. Transportation form**
- 6. Bishop England Sports Medicine forms**
- 7. Original Birth Certificate** to show to Athletic Director
- 8. \$30 check/cash.** For team food at meets
- 9. \$90 check for warm-ups.** Only if you want warm-ups.

YOU MAY WRITE ONE CHECK TO COVER ALL EXPENCES

An athlete will not be allowed to do track if they do not have these forms in before **January 24th** .

Because Track and Field is not a revenue-generating sport each athlete is asked to bring \$30.00 cash or check before January 24th. This money will be used for team expenses only. This will include food and beverages for meets and replacement spikes. If you are unable to provide the \$30.00 please let me know.

Team warm: These are high quality warm-ups that will be embroidered. You are not required to purchase warm-ups but they do come in handy on those cold January and February days. If your athlete would like a set of warm-ups the cost will be \$90.00. Please make the checks payable to BEHS.

Our Coaching staff has many years of experience competing and coaching at both the high school and college level.

Head Coach: Tony Colizzi

Coach: Mike Kenny

Coach: Laurie Borden

Coach: Dave Taylor

PARENT MEETING: We will be having a meeting on Wednesday, January 25th for all Track and Field parents. The meeting will be held in the PAC at 7:00pm. I encourage everyone to attend this meeting. We will be discussing important information about track and field, our Daniel Island 5k run, and it will give you a chance to meet the coaching staff.

Our annual **Daniel Island 5k Race** to raise money for the track team will be in March. We need help organizing this event and finding sponsors and donors. This event is the only fund raiser for the Track and Field team. It helps pay for the track and all of the equipment. We need all the help we can get over the next two months so please help out.

We also need help with the Turkey Day run. Each year our athletes help with the running of this race and the Knights of Columbus give us a very sizable donation for our efforts. We need as much help as we can get with this venture. If you are in town on Thanksgiving Day we ask for your help as the money raised all goes towards the track team.

ALL FORMS MAY BE FOUND ON MY WEBSITE AT

<http://teacherweb.com/SC/BishopEngland/Colizzi/photo3.aspx>

OR YOU CAN LINK TO IT THROUGH THE SCHOOL'S WEBSITE

INDIVIDUAL INFORMATION SHEET

Track

NAME: _____

(as it appears on your Birth Certificate)

ADDRESS: _____

GRADE: _____ DATE OF BIRTH: _____ AGE: _____

Did you attend BEHS last year? Y N Date that you entered BEHS: _____

If not where did you attend? _____ How long were you there: _____

Address of last school attended: _____

Fill out the following if you moved into the attendance area for this school year:

Status of former residence: Sold ____ Renting ____ Vacant ____

Date of change of residence into BEHS attendance area: _____

New address: _____

How many classes did you TAKE in the FALL semester? _____

How many did you pass: _____ (put a number)

Father's Name: _____ Home number _____

Work/cell number _____

*Email: _____

Mother's Name: _____ Home number _____

Work/cell number _____

*Email: _____

Do you want warm ups? Y N size S M L XL

The cost of the warm ups is \$75, please make check payable to **BEHS**

The following forms and checks must be included with this form

10. Physical: signed by physician. If a physical is on file from this year please indicate that on the physical form that is included. Parents must sign the physical regardless of whether one is on file or not.

11. Catastrophic Insurance Form

12. \$5 check for Catastrophic Insurance

13. Athletic Department Drugs, Alcohol, Tobacco and Misrepresentation form

14. Transportation form

15. Bishop England Sports Medicine forms

16. Original Birth Certificate to show to Athletic Director

17. \$30 check/cash. For team food at meets

18. \$90 check for warm-ups. Only if you want warm-ups.

Your signature on this form indicates that you have read all of the forms provided and will comply with the **attendance and lettering, transportation, cell phone and drug policies of the team.**

Parent's Signature: _____ Athlete's Signature: _____

Athletic Insurance Report

My son/daughter _____ has adequate health coverage with:

Name of Insurance Company _____

Insurance Co. Policy Number _____

Dates covered _____.

INSURANCE: Student accident insurance is provided to all students at no cost. This policy insures the student to and from school, during school, and while participating in school-sponsored programs. A separate brochure explaining this coverage was included in each student's orientation package. Students participating in competitive sports, including football, will be covered.

A twenty-four hour policy is available to students-information may be obtained through the school office.

ALL ATHLETES AND CHEERLEADERS MUST PAY A \$5.00 FEE (per year) to cover THEIR PARTICIPATION in CATASTROPHIC INSURANCE COVERAGE. This particular coverage has been mandated by The High School League, and DOES NOT SERVE IN PLACE OF MEDICAL COVERAGE. The catastrophic coverage begins at \$10,000 and continues to \$5,000,000.

I accept full responsibility for any emergency medical service which may be deemed necessary by the coaching staff arising from his/her participation in athletics.

_____ date _____

Please list any allergies to medicine that your son/daughter might have or any medication he/she might be taking:

Parent Phone Numbers

Emergency Contacts/Phone Numbers

BISHOP ENGLAND HIGH SCHOOL 363
SEVEN FARMS DRIVE CHARLESTON, SC
29492-7534

Athletic Department Telephone {843}849-
9599 Ext. 53

BISHOP ENGLAND ATHLETICS CONDUCT POLICY

The BEHS Athletic Department subscribes to a department-wide policy on alcohol, drugs, tobacco, integrity, and misrepresentation.

Athletes at BEHS are expected to have "zero tolerance" for these types of behaviors. BEHS athletes are to take full responsibility for their actions. This list of behaviors is not meant to be exhaustive. Any conduct deemed detrimental by the coach or the Athletic Director is subject to this policy.

GUIDELINES

- All athletes are expected to immediately consult their coach(es) in the event of an offense.
- Any offense is grounds for suspension or expulsion if deemed necessary. If an expulsion seems warranted, a committee consisting of the AD, the coach, and a 3rd coach designated by the AD will make the final decision. .
- In order to make the best decision about an offense, the BEHS Athletic Department reserves the right to request the police report or other relevant legal paperwork associated with the situation.
- These guidelines apply once a student becomes an athlete at BEHS and are applicable at all times (not just during the season).

CONSEQUENCES

- First Offense - subject to suspension plus added discipline by that sport's coach
- Second Offense - subject to suspension and / or expulsion plus added discipline
- Third Offense (during a given school year) - termination of athletic eligibility until the following school year.
- If an athlete accumulates 5 offenses during his/her career, his/her athletic participation at BEHS will be terminated permanently.

Signing below signifies that you understand and will abide by this policy.

NAME (PRINT)

PARENT / GUARDIAN (PRINT)

SPORT

SIGNATURE / DATE

SIGNATURE / DATE

Bishop England High School



Home
of
the
Battling
Bishops

Athletic Program Student Transportation Waiver

As the parent/guardian of _____, a _____ grade student
(Student's name) (Grade)
at Bishop England High School and participant in _____,
(Sport)

I give my permission for her/him to use transportation, other than school-provided transportation, to travel to and from practices and games/matches.

I understand that Bishop England High School cannot be responsible for assigning or monitoring with whom my child rides, and I hereby waive and fully and forever discharge the Diocese of Charleston, Bishop England High School, and all of its administrators, teachers and staff, supervisors, agents, and coaches, from liabilities, claims, demands, suites and causes of action of every kind in any way relating to or arising out of her/his participation in the above activity.

(Signature of Parent/Guardian)

(Date)

Track and Field Attendance and Lettering Policy

All athletes are expected to attend every practice and all weekday meets.

Policy:

- If you know you are going to miss a practice, you must give notice to Coach Colizzi before you miss the practice. These notices must be in writing and signed by your parent.
- If you miss a practice you must have a written excuse from your parents and give it to Coach Colizzi at the beginning of the next practice
- You are allowed one unexcused absence. The second unexcused absence will result in dismissal from the team.

To letter in Track and Field you must meet the requirements below.

- Place in the top 4 in an event at the region meet.
- Each point scored in a varsity meet will count as one point towards a letter
- Every regular practice attended will count as 1 point
- Every local meet participated in or attended will count as two points
- Every out of town weekend meet participated in or attended by a team member will count as 5 points
- Attendance at spring break practices will count as 10 points
- You must attend the region meet and Lower State meet
- Points are deducted for unexcused absences or team rule violations
 - ✓ 10 points for unexcused absence
 - ✓ 20 points for skipping a meet
- One point for every track and cross country season in which an individual has participated prior to this season

Skipping a meet will result in points being removed from your season's points total.

Absences may also result in points being removed from your season's points total. Your signature on this form indicates that you will comply with the attendance and lettering policies and that you have read all information included in this packet.

CELL PHONE POLICY SHEET

Policy:

- Cell phones are not to be used or visible in my classroom before 5:00pm
- Cell phones are not to be used or visible on the bus ride to a meet, practice or team function
- Cell phones are not to be used or on your person at a meet
- Cell phones are not to be used or on your person at a team function.
- Cell phones are not to be used or on your person at any time or place deemed unacceptable by a coach

Consequences:

- **1st Offense:**
 - A coach will take your cell phone and you may ask for it back at the end of the meet or practice.
 - 5 hours of after-school team detentions
 - Parents are contacted
 - Possible suspension from team
- **2nd Offense:**
 - Cell phone taken by a coach and you may ask for it back at the end of practice
 - 10 hours of after-school detentions
 - Parents are contacted
 - Suspension from team
- **3rd Offense:**
 - Dismissal from team

Acceptable times to use your phone:

- On the bus ride home from a meet
- On the bus ride to an out of the Charleston area weekend meet
- At a meet to call parents, if and only if you get pre-approval from a coach