

# Academie Lafayette 2nd-3rd Track & Field Handbook 2018

<http://www.academielifayette.org/student-life/athletics/track-field/>

Welcome to our 6th season of Spring Track at AL! We appreciate your trust in putting your children in our care. Please read the ENTIRE handbook, as we have tried to be thorough.

## **REQUIRED PAPERWORK**

To participate you **MUST HAVE** a *2017-2018 Sports Release Form* completed prior to the start of the first practice. If you already completed this form this year please **DO NOT** fill out a new one (unless there is an update to medical status)! The form can be downloaded here:

<http://www.academielifayette.org/student-life/athletics/>

**Students MUST HAVE** a *2017-2018 Quick Health Reference Form* completed prior to the start of the first practice. If you already completed this form this year please **DO NOT** fill out a new one (unless there is an update to medical status)! The form can be downloaded here:

<http://www.academielifayette.org/student-life/athletics/> (scroll to the bottom of the web page).

You can submit your completed forms several ways:

- 1) Bring your completed form to the first day of practice
- 2) Scan, complete and send back as an attachment to [brendakumm@gmail.com](mailto:brendakumm@gmail.com) or [edjiba@academielifayette.org](mailto:edjiba@academielifayette.org)
- 3) Return completed form to the Cherry campus front desk addressed to Coach Djiba, please use this as your last option.

On the forms, let us know if your child has any health conditions (i.e. asthma, diabetes, allergic to bee stings, special needs related to an IEP...) that may require special attention with regard to track conditioning.

We will have first-aid kits at practice for minor issues. If there is an emergency we will follow school procedures. The building will be open for the entirety of practice. All track volunteers will be briefed on emergency procedures.

## **BEHAVIOR EXPECTATIONS**

All students must meet the school's behavior expectations as stated in the Code of Conduct in the Student Handbook. Remind your kids that extracurricular activities are a privilege.

## **COMMUNICATION**

Email, the AL website and our CC/Track & Field Facebook Page are our primary modes of contact with our Track/CC families. You are also our main contact (outside of practice) to our student athletes. If this presents an issue for you call Coach Brenda at 816-500-4482. In addition, let us be your first stop for questions about Track, **DO NOT** call the front desk at Cherry (last resort) Check the website or FB Page often for cancelation notices, schedule updates, forms, meet results and much more!

**To contact us please call/text/email:**

Head Coach Brenda's cell (816) 500-4482 [brendakumm@gmail.com](mailto:brendakumm@gmail.com)

Coach Djiba's cell 816-604-9906 [edjiba@academielifayette.org](mailto:edjiba@academielifayette.org)

Webpage: <http://www.academielifayette.org/student-life/athletics/track-field/>

Team Facebook Page: <https://www.facebook.com/groups/747989321977667/> You must ask to join "Unofficial AL XC/Track & Field", as it is a closed group for safety reasons

### **NO TRANSPORTATION PROVIDED**

Bus service will **NOT** be provided after practice. Parents/Guardians are responsible for pick-up.

### **PRACTICE AND MEET SCHEDULES**

We use Google Calendar as it can be updated in real time and you see changes immediately.

You can use these links or download it here: <http://www.academielifayette.org/student-life/athletics/track-field/> If you have issues with the calendar contact Coach Brenda ASAP.

HTML:

<https://calendar.google.com/calendar/embed?src=nremupq1obm00plkgd3rji4pvo%40group.calendar.google.com&ctz=America/Chicago>

ICAL:

<https://calendar.google.com/calendar/ical/nremupq1obm00plkgd3rji4pvo%40group.calendar.google.com/public/basic.ics>

The schedule is subject to change due to the weather.

### **PRACTICE PROCEDURES**

#### **Check In**

Upon school dismissal track participants will be delivered by their teachers to the Cherry Gym and be seated by grade in the bleachers. They will be Checked-in by coaches and kept calm until the gym is clear. The kids will then be taken to the playground area for practice. They will be escorted at all times during practice. We need two volunteers per practice to help with check in and out, wrangle kids and escort them to the restroom if need be.

#### **Check Out**

At 4:50pm all kids will move to the outdoor steps for check out. Parent should enter through the back playground gate. If inclement weather arises during practice check out will be moved into the gym. A volunteer will be stationed by the front door at 4:50pm let parent/guardians in to sign out their children. We will have them organized by grade. Coaches will not leave until all children are picked up.

#### **Y CLUB**

Kids enrolled in Y-Club will be delivered there after practice by a coach. If your child is enrolled in Y-Club please contact **the Program Director**, YMCA Youth Development Services **for Academie Lafayette** to notify her of the change in your child's schedule on Tuesdays. We will provide the YMCA with a list of participants.

### **CANCELATION OF PRACTICE**

Practices **MAY BE** canceled for this age group due to inclement weather, depending on the severity of the weather. Canceled practices will NOT be made up. The decision to cancel must be made by 12:00pm per school policy; however exceptions are made in cases of severe weather popping up quickly, later in the day. Please **CHECK THE AL WEBSITE AND YOUR EMAIL**

**FREQUENTLY ON BAD WEATHER DAYS.** Once practice is canceled it will stay canceled, even if the sun begins to shine. Please plan to make other end-of-the-day arrangements.

### **Notification Process for Cancellations**

We first notify the front desk by 12:00pm, immediately followed by an email blast to parents, teachers and administration. An announcement will then be made at school to notify students. We will also notify the Y Club staff. We will post a notice of cancellation on the AL Website.

### **2nd-5th Grade MINI TRACK MEET**

**The 2<sup>nd</sup>-5<sup>th</sup> Grade Mini-Meet** will be held in May at the end of the season at IL Stadium at Southeast HS. Date TBD. Events will include the 100m/Standing Broad Jump/Two- Handed Softball Toss aka shot put/400m/800m. This meet provides an opportunity for our Middle School Team to demonstrate their planning, leadership and mentoring skills. They will help set-up, lead 2nd-3<sup>rd</sup> graders to their events and help our parent volunteers run the events.

### **“UNIFORM”**

Participants will receive an official red track t-shirt at the second practice. If you already have one from last year, please wear to the first day of practice! Our new kids should wear a red uniform shirt the first day. The kids have been given permission by Mme. Royce to wear these shirts all daylong on practice days. This will help us keep better track of the kids.

### **WHAT TO WEAR AND WHAT TO BRING**

Participants should wear their uniforms to practice, (shorts or pants are best) and their red track tee or AL Sweatshirt if cooler. Given the large numbers participating and logistics, they will not be given time to change. Be sure to wear tennis shoes to school on practice days. **Water bottles are a must.** They will have access to water fountains for refilling their bottles.

### **PROGRAM FOCUS**

The spring season focuses on introducing kids to basic track and field concepts through fun activities and providing them the chance to show off their new skills at the Fun Mini-Meet! Our approach for this group is all about the basics. It will be positive; promoting self-esteem, team-building and lifelong wellness. We will honor the core mission of Academie Lafayette in all that we do.

### **COACHING**

Your primary coaches will be Edouard Djiba (AD), Brenda Kumm (Head Coach) along with parent assistants. Our core philosophy is to assist with the development of well-rounded children. We encourage kids of all skill levels to participate and we will never use exercise as a negative reinforcement.

An important part of our team comes from our parent volunteers who assist with practices. We are very thankful for your time and energy!

### **VOLUNTEERS**

We will need 1 volunteer per each practice. Email Coach Brenda the practice dates you can assist. With this group we mostly need assistance with kid wrangling, no track experience required.

## **EXPECTATIONS**

We expect kids to come and go from track over these formative years, as we encourage them to try many different activities. If you are new “welcome” if you are returning “welcome back”.

We expect our student athletes to have respect and kindness for themselves, their coaches, their teammates and fellow competitors at all times. We are here to build each other up, learn and be healthy.

We expect our student athletes to prioritize academics.

We expect parents/guardians/faculty/staff to offer positive reinforcement and be supportive.

We expect open lines of communication between parents/guardians, students, coaches and the school.

We expect to have fun!