

Mason City Mohawk Girls Track and Field



2012

2012 Meet Schedule

Indoor Season

Tuesday, March 6 th	Wartburg Co-Ed	(Varsity)	Waverly	3pm
Monday, March 12 th	ISU Classic	(Varsity)	Ames	4pm
Tuesday, March 20 th	State Indoor	(Varsity)	UNI -DOME	11am

Outdoor Season

Thursday, March 29 th	Waverly Co-Ed	(Varsity)	Waverly	5pm
Tuesday, April 3 rd	Waverly Invite	(JV/Varsity)	Waverly	5pm
Saturday, April 7 th	Valley Co-Ed	(JV/Varsity)	Des Moines	11:30am
Tuesday, April 10 th	Waverly Quad	(JV/Varsity)	Waverly	5pm
Saturday, April 14 th	Jim Duncan Co-Ed	(Varsity)	Drake Stadium	8:30am
Tuesday, April 17 th	Cedar Falls Invite	(JV/Varsity)	Cedar Falls	4:45pm
Thursday, April 19 th	Fort Dodge Invite	(JV/Varsity)	Fort Dodge	5pm
Monday, April 23 rd	Marshalltown Invite	(JV/Varsity)	Marshalltown	5pm
Thursday, April 26 th	Waverly Co-Ed	(9 th and 10 th)	Waverly	5pm
Thursday, April 26 th	DRAKE RELAYS	(Qualifiers)	Drake Stadium	TBA
Friday, April 27 th	DRAKE RELAYS	(Qualifiers)	Drake Stadium	TBA
Saturday, April 28 th	DRAKE RELAYS	(Qualifiers)	Drake Stadium	TBA
Tuesday, May 1 st	MOHAWK RELAYS	(JV/Varsity)	Mohawk Stadium	5pm
Friday, May 4 th	CIML Iowa Conf.	(JV/Varsity)	Fort Dodge	5pm
Thursday, May 10 th	Regionals	(Varsity)	TBA	TBA
Thursday, May 17 th	STATE MEET	(Qualifiers)	Drake Stadium	TBA
Friday, May 18 th	STATE MEET	(Qualifiers)	Drake Stadium	TBA
Saturday, May 19 th	STATE MEET	(Qualifiers)	Drake Stadium	TBA



Drake Stadium in Des Moines

February, 2012

Dear Parents and Guardians:

Welcome to the 2012 Mason City Girls Track and Field Season!! My coaching staff and I are looking forward to the season and are extremely excited about the potential of this season. As a staff, our most important goal each year will be to do everything in our power to help make Mohawk Girls Track and Field an enjoyable and memorable experience for your daughters. We obviously will have other goals we will be striving for, but if the girls are having fun and working hard we believe everything else will fall into place. I can assure you that your daughters will be treated with great respect and fairness all season; anything else is unacceptable within the philosophy we have for our program. We ask the girls each day to give us their very best. They, in turn, deserve the very best we can give THEM as coaches.

I feel it is extremely important to have great communication between coaches, parents, and athletes. If you ever have a question on something please feel free to contact me and I will get back to you as soon as possible. Hopefully many of your questions will be answered in this booklet or on the Mohawk Track and Field Website. The site will have schedules, results, pictures, and other important information and is updated frequently throughout the year. www.mohawktrack.com

I want to just touch on a few areas that will be very important this season. Attendance for practice is mandatory each day unless there is a legitimate reason for your daughter to be gone and it is cleared through a coach ahead of time. Excused absences would include things such as serious family health issues, a death, family vacations, medical/dental appointments, school field trips, making up school work with a teacher, and optional practices. Examples of unexcused absences would include things such as missing track practice to go shopping, tanning, a hair appointment, to go to a concert, going out to eat, and other similar reasons. Some of you may have laughed when reading a few of those but those are excuses that have been used over the years.

Practice will begin each day at 3:45 and will be through by 5:30 on most days. On days the girls lift weights it may be 10-15min later. At the same time, it is also possible that early in the season when we can't get outside we may finish 10-15 min earlier. It is very important that the girls are at practice on time each day.

Spring is an extremely busy time of the year and many high school students are involved in multiple activities, which is great! As a coaching staff we understand this and will do our best to support your daughters and work with their schedules when conflicts arise. Some of the girls are cheerleaders, dancers, ice skaters, involved in theater, music, have part-time jobs, and many other things. If you know of conflicts in advance please communicate them with me. Thank you :)

The girls' coaches this year include Tyler Ketelsen (middle distance/long jump), Katie Trask (distance/high jump), Jareese Williams (shot/discus for both girls and boys), and I have the hurdlers and sprinters. Booster rep this year is Linda Rush and she will be assisted by Sandy Schupanitz. More information will follow in this booklet but as mentioned above, please feel free to contact me if you have further questions. Looking forward to meeting all of you!!

Sincerely,

Jim Lee - Head Coach

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Lettering Policy

- *Athletes need to earn 40 varsity points throughout the season in meets.
- *An athlete will earn 1 point for each varsity meet they run in.
- *For individual events they will earn whatever their place gets. For example a 1st place finish in an individual event would be worth 10 points, 2nd place would be worth 8 points, and etc.
- *For a relay the athlete would earn ½ of the points earned by place of the relay... so for a 1st place finish the athlete would earn 5 points, 2nd place 4 points, and so on.
- *All seniors who finish the season in good standing will earn a varsity letter.
- *Coach's discretion
- *If a letter is not earned a participation award will be awarded.

Attendance Policy

*Attendance at practice each day is mandatory. If there is a legitimate reason you need to miss practice you must clear it with a coach. Examples of excused vs. unexcused absences are covered in the letter in this booklet so please refer back to it. Consequences for missing practice are as follows:

- 1st unexcused absence = 1 meet suspension
- 2nd unexcused absence = 2 meet suspension
- 3rd unexcused absence = removal from the team

- *Medical/dental excuses need a note from the doctor.
- *Staying after school with a teacher needs a note or e-mail from that teacher.

Spring Break

You will not be punished if you go away on a vacation during this time as long as you bring me back something. :) Just kidding~ You are excused!!! Go enjoy yourself and have fun. If you would like a coach to make up a few workouts for you while you are gone all you have to do is ask. Those athletes that are in town during spring break do need to come to practice. It will be a short week. That Monday of break (March 12th) we have a meet at Iowa State. We will then only have practice on Tuesday and Wednesday that week.....giving those athletes who are still in town Thursday-Sunday completely off.

Practice Expectations

- *Be on time and attend every day unless there is a legitimate reason and is cleared through a coach.
- *Be coachable and be flexible.
- *Be respectful of your teammates, coaches, and of yourself.
- *Give your very best each day.
- *Believe in each other and believe in yourself.
- *HAVE FUN AND SMILE EVERY DAY!

If you simply do those few things each day..... you can expect SUCCESS.

Final Thoughts

*Take care of yourself both physically and emotionally. Doing things that have the opposite effect will only damage your chances to have success in the program and will damage your reputation. The Good Conduct Code set by the Mason City School district will be supported and enforced. You can't reach goals if you can't participate. You are representing your town, your school, your team, your family, and yourself. Do it with class.

*Enjoy just being a kid. You grow up way too fast as it is. Once you are out of high school there are no do-overs.

*Surround yourself with people who only bring out the very best in you; not with those who bring you down.

Success in life can be attained if you.....

Care more than others think is wise.....

Risk more than others think is safe.....

Dream more than others think is practical....

Expect more than others think is possible.

