



2021 UAHS TRACK & FIELD

Meet the Team Information Packet

Track & Field Only Meet the Team – Thursday., Feb. 18

www.uaxctf.com

Things to do after meeting:

- Register on www.uaxctf.com and pay UATF Team Fees via website

Please complete all information.

- **\$235** - New Athletes AND Returning Athletes Needing full TF Uniform
- **\$145** - Returning Athletes Not Needing TF Uniform

- Order your Yard Sign on www.uaxcft.com website: \$45 payable on UAXCTF website
Order no later than Thursday, March 11.

Remember to also:

- Pay your \$100 UA Schools Play-to-Play Fee online through EZPay
- Order Spirit Wear online at BSN Sports - My Team Shop
Online Store Closes at Midnight, Thursday, March 11.
- Sign up for at least two volunteer slots.

UATF PROGRAM LEADERSHIP

COACHING STAFF

- **Boys Head Coach/Throws** - Bryan Ferres - ferresbj@gmail.com
- **Girls Head Coach/Mid-Distance** - Courtney Ruppert - courtneyruppert@gmail.com
- **Sprints/Hurdles** – Phil Wright
- **Sprints** - Elena Schmitt
- **Distance** – Allison Ewing
- **Mid-Distance** - Adam Oliver
- **Jumps** – Dan Rohrs
- **Pole Vault** – Becky Szabo
- **Throws** - Kyle Roberts

TEAM LEADERS

- There will be 6-8 captains for both teams this season.

UAXCTF PARENT ASSOCIATION BOARD

- **President** – Ross Sanford - rosssanford@mac.com
- **Vice President** - Joe Armstrong - h.joe.armstrong@gmail.com
- **Secretary** - Erin Smith – Smith_Erin_E@yahoo.com
- **Treasurer** - John McHugh - treasurer.uaxctf@gmail.com

COMMITTEES & VOLUNTEERS

It takes many volunteers to keep a program of this magnitude running smoothly. We ask that each athlete have a parent or guardian **sign up for at least two volunteer slots**. The **UATF Sign-ups** will be sent via 8to18 and are available on www.uaxctf.com.

- **UA Track Invitational (April 2)** – UA is responsible for providing all meet volunteers including event check-in, exchange officials, hurdle crew, concessions, announcer, field event crews and more!
- **Larkin/Crosten Invitational (May 7)** – UA is responsible for providing all meet volunteers including event check-in, exchange officials, hurdle crew, concessions, announcer, field event crews and more!
- **Senior Recognition** – coordinate senior poster, senior night at the Larkin Invitational and more
- **Awards Night (TBD)** – coordinate end of season awards, set-up, decorations, refreshments
- **Team Photography** – take pictures at meets and help coordinate end of season video
- **T&F Yearbook** – work with coaches to collate new season summary booklet, results, PRs, etc.
- **Middle School Outreach** – coordinate pizza party following Jones/Hastings meet
- **Team Meals** – coordinate meal pickup and delivery for invitational meets

INFORMATION & RESOURCES

Up-to-date Season & Practice Schedule – available at www.uaxctf.com

Team Expectations & Guidelines - available at www.uaxctf.com

Varsity, JVA, JVB Accomplishment Standards & Gym Waiver Requirements – included in this packet and at www.uaxctf.com

Line-ups & Results – UA line-ups & results are posted on www.atheltic.net and linked on www.uaxctf.com. Other websites such as www.baumspage.com, www.timingfirst.com and www.finishtiming.com are utilized for invitationals and post-season meets providing live results.

UATF COMMUNICATION

8to18 – <https://uahs.8to18.com/accounts/login>

All athletes are required to register on 8to18 for each sports season ... *every year*.

IMPORTANT: All coaches' communication to parents/families will come through 8to18.

NEW THIS YEAR: Sports Engine App

Google Play:

https://play.google.com/store/apps/details?id=com.sportngin.android&hl=en_US&gl=US

App Store:

<https://apps.apple.com/us/app/sportsengine/id499597400>

IMPORTANT: All coaches' communication to students will be transitioning to Sports Engine App. Coaches can send push messages directly to athletes' devices when they install app.

UAXCTF Website – www.uaxctf.com

Season and practice schedules as well as team expectations, accomplishments standards, line-up/results links, volunteer sign-ups, and meet links can be found here.

Follow us on Facebook @ UAHS Cross Country/Track & Field

Follow us on Twitter @TrackUpper

Conflict Resolution – Athletes and/or parents should address any program concerns according to the guidelines set forth by the UAHS Athletic Department. Athletes are encouraged to first express any concerns directly to a head coach. A follow up meeting can be arranged at that point if needed.

FEES & FUNDRAISING

REQUIRED FEES

UA Board of Education Fee - \$100 (must be paid online using EZPay)

More commonly referred to as the “pay to play” fee, this fee is set by the Upper Arlington School Board and used to defray costs such as coach’s compensation, meet officials, school transportation, and facilities management.

Team Fee

- **\$235** - New Athletes And Returning Athletes Needing full TF Uniform
- **\$145** - Returning Athletes Not Needing TF Uniform

Payable during registration on the team website.

Team Fees, which are set by the UAXCTF Parent Board, fund annual program expenses such as booster fees, team transportation to events outside school range, team apparel selected by coaches, Senior Recognition, Awards Night, and team administration (such as website, records board, and legal filings). Team fees are also used to purchase and maintain equipment such as implements, team tents, flags, tarps, water coolers and more. While not all of these items are replaced every year, we keep some reserve on hand to always be prepared for any unexpected expenses.

The standard team fee of \$225 includes the team uniform, which consists of a running jersey and shorts that the athlete will keep. Returning athletes who do not need a uniform or who need only a partial uniform pay a reduced Team Fee, as appropriate. Note: XC and T&F Uniforms are different and may not be substituted.

IMPORTANT NOTE:

An official team uniform is required to participate in any official Varsity, JVA, or JVB meet. Athletes will receive their uniform once team fees are paid.

OPTIONAL EXPENSES

● **Team Photo - Picture Date TBA**

While everyone will be in the team photo for the yearbook, purchasing team or individual pictures is optional and NOT included in Team Fees. Order forms will be distributed at practice.

● **Spirit Wear – Online Store closes at Midnight on Thursday, March 11**

Athletes, parents, friends & fans may order optional UATF spirit wear through our online team store at **BSN Sports - My Team Shop**. *Watch for more information coming via 8to18 soon!*

● **Yard Signs – \$45 Order Deadline is Thursday, March 11** payable on UAXCTF website

2021 TRACK & FIELD SEASON SCHEDULE

For the most up-to-date Schedule go to www.uaxctf.com

- **Thursday Feb 18th @ 7pm**- Track ONLY Meet the Team Night
(information about sign ups, yard signs, spirit wear, and team fees)
- **Mon 2/24** - First Day of Outdoor Season per OHSAA
- **Mon 3/1** - Weekday practices daily at 3:45pm (All practices are MANDATORY while we are IN season)
- **Wed March 10th @ 6:30pm** - ALL sports Meet the Team Night in the UAHS Auditorium (mandatory attendance). This is the final day to sign up for the 2020 Track Season.
- **3/10/21** **Black and Gold Meet** **Upper Arlington High School**
- **3/15-3/22** UAHS Spring Break
- **3/15-3/22** Practice 3:45-5:30pm for those not away on break
- **3/27/21** **Cincinnati LaSalle Invitational** **LaSalle High School**
- **3/29/21** **St.Charles & W. Kilbourne** **Upper Arlington High School**
- **4/2/21** **Upper Arlington Invitational** **Upper Arlington High School**
- **4/7/21** **Westerville North** **Westerville North High School**
- **4/9/21** **Panther Invitational** **Hilliard Darby & Davidson High Schools**
- **4/10/21** **Panther Invitational** **Hilliard Darby & Davidson High Schools**
- **4/14/21** **QUAD: TW / CC / NA** **Upper Arlington High School**
- **4/17/21** **Dublin Coffman Invitational** **Dublin Coffman High School**
- **4/20/21** **JV Relays** **Hilliard Darby High School**
- **4/23/21** **Fulton Relays** **Lancaster High School**
- **4/28/21** **Freshman & Sophomore Invite** **Olentangy Orange High School**
- **4/30/21** **Olentangy Invitational** **Olentangy High School**
- **4/30/21** **Port Clinton Invitational** **Port Clinton High School**
- **5/3/21** **Dublin Jerome** **Dublin Jerome High School**
- **5/7/21** **Larkin Invitational** **Upper Arlington High School**
- **5/10** **JV Invite** **Hilliard Darby High School**
- **5/10 - 5/15** **OCC Championships** **TBD**
- **5/17 - 5/22** **District Championships** **TBD**
- **5/24 - 5/29** **Regional Championships** **TBD**
- **6/4 - 6/5** **State Championships** **Hilliard Darby**

TRACK & FIELD ORDER OF EVENTS

Below is the Standard Order of Events for most HS track meets. Some meets may vary with the addition of special events. All running events will go girls first, then boys. Field events will vary who goes first. *Please consider arriving early or staying late so that all of our athletes have an audience cheering them on!*

- | | |
|------------------|-------------------|
| 1. 4x800 M Relay | 7. 400 M Dash |
| 2. 100 M Hurdles | 8. 300 M Hurdles |
| 3. 100 M Dash | 9. 800 M Dash |
| 4. 4x200 M Relay | 10. 200 M Dash |
| 5. 1600 M Run | 11. 3200 M Run |
| 6. 4x100 M Relay | 12. 4x400 M Relay |

UATF TEAM DESIGNATIONS

The team will be divided into three categories: **Varsity, Junior Varsity A (JVA), and Junior Varsity B (JVB).**

The Black v. Gold meet on 3/10 will be the first chance to “qualify” for which team the athlete will be placed on for practices and meets. We will take the top 6-8/event (or less if not enough meet the qualifying standards set by the coaching staff) to compete for the Varsity/JVA squad.

The team designations will remain fluid throughout the season allowing for athletes to “move up” if they improve enough to break into the top group. We hope this motivates athletes to keep getting better throughout the season and provide healthy competition among teammates.

PARTICIPATION EXPECTATIONS

Varsity & JVA Team athletes will be required to participate in all meets for which they qualify and/or in which they are asked to participate.

****All teams will practice together the first two weeks of the season from 3:45-5:30pm (3/1-3/11).***

JVB Team athletes will be required to participate in FOUR meets:

March 10 - Inter-Squad Meet @ UAHS

March 29 - Tri-Meet @ UAHS (Worthington Kilbourne/St. Charles)

April 14 -Tri-Meet @ UAHS (New Albany/Central Crossing)

May 3 - Tri-Meet @ Dublin Jerome (Jerome/John Glenn)

Team Practice Schedule starting Monday 3/22:

VARSITY/JVA: M-F 4:00-5:30 pm

JVB: M/W/TH - 3:30-5:00 pm Track Practice

GYM WAIVER CREDIT

In order to earn a Physical Education credit for Track and Field, an athlete must attend all practices with no more than three unexcused absences AND meet the accomplishment standards outlined for the team on which they have been placed. It is the responsibility of the student to let the coach know of any planned conflicts at least three practices before a meet occurs.

FLEETFEET/FRONTRUNNER DISCOUNT

Student Athletes are eligible for 20% off running shoes during the season at FF/FR. The store is located at 1344 W Lane Ave, Columbus, OH 43221 and is a specialty running shoe store. If you are looking for a properly fitted shoe, this is the place to go. Tell them at checkout that you run for UAHS to receive the discount. FF/FR will donate \$10 back to the team for every shoe purchased. Win-win!