

Northwood High

School 2022

Track and Field Manual



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Welcome

Welcome to the Northwood High School Track and Field program and congratulations on your decision to join the 2022 team. The entire coaching staff looks forward to working with you and helping you to develop your skills and abilities in this fantastic sport.

Track is an individual-based team sport that provides unique opportunities for athletes to develop on a pace appropriate to that individual's physical abilities, emotional maturity, and level of social development. Within our team, we have room and the coaching expertise to accommodate not only those athletes that want to become the elite performers in league, CIF, and State competitions; but also those that wish to experience high school sports, become physically fit, and learn the skills to become future elite track and field performers.

The athletes on our past squads have valued the fun, excitement, and lessons learned during their time in track and field. They have used the discipline and self-confidence gained in this sport to succeed in the other aspects of their lives.

For more information please visit the Northwood Track and Field web page at:

<http://nhstrackandfield.org>

Registration and Paperwork Check List

In order to be allowed to train or compete the student-athlete must complete all of the following requirements.

☐ Enrollment

Each student-athlete must be enrolled in the class. If his/her name is not on the official school roster then her/she must speak with his/her coach to make sure they are enrolled in the class

☐ 2022 Track and Field Manual

Read and understand the 2022 Track and Field Manual (the "Manual"). By the Students participation in Track and Field the student and the parent agree to abide by the Manual.

☐ Pre-Participation Physical Exam (PPE) and High School Athletic Consent Form

Step one:

Complete the High School Pre-Participation Physical Exam (PPE) and Athletic Consent Form. If the student-athlete competed in a 2021/2022 fall or winter sport and has submitted these forms this academic year they need not submit them again.

Registration and Paperwork Check List (cont.)

☐ **Online Registration (two steps)**

Step one:

Online registration is required for each student-athlete. They may register by going online to <http://nhstrackandfield.org> and click onto "Online Registration" on the left side of the home page.

Step two:

Once the online registration is complete the student-athlete must print the form, have it signed by a parent or guardian, and return it to their coach.

Registration and Paperwork Check List (cont.)

☐ **Other**

While the following documents must be read and understood there is no requirement to submit a signature. By participating in Track and field the student-athlete and parents agree to abide by these handbooks.

☐ **Athlete's Handbook**

Each parent and student-athlete must read, understand, and agree with the High School Interscholastic Athletic Program Athlete's Handbook. The document can be found on the Northwood HS web page by selecting "Athletics" from the menu, then selecting "Athletic Documents", and then selecting "athhand/pdf".

☐ **Parents' Handbook**

Each parent and student-athlete must read, understand, and agree with the High School Interscholastic Athletic Program Parent's Handbook. The document can be found on the Northwood HS web page by selecting "Athletics" from the menu, then selecting "Athletic Documents", and then selecting "parhand.pdf".

Northwood Track and Field Objectives

The immediate and long-range objectives of the Northwood Track and Field program are:

1. To provide an enjoyable and fun experience for the student-athletes participating in the sport, while physically strengthening their bodies.
2. To provide the type of training that will enable each student-athlete to realize his/her maximum potential.
3. To provide the type of training and motivation that would produce league team championships, as well as individual league, CIF and State Champions.

As a member of the team the student-athlete should set their personal goals high and shoot for the top. They should depend on their achievements to pull the team through. They should expect to work hard if they want to perform well and do their best. Remember, there is no easy way. Their goals are the motivating forces that push them to their personal records and championship performances. If they are going to reach the championship level they will have to set both their goals and elevate their efforts to the championship level.

Our ultimate goal is to develop mature young adults while developing winners in the sport of track and field.

Grading Policy

It is assumed that all student-athletes are going to be fully compliant with all the team rules and will fully participate in all practices, dual meets, and invitationals; therefore, all student-athletes start the season with a letter grade of "A". However, in those cases where they fail to act in accordance with the rules – in addition to being subject to other disciplinary actions – they will receive a lesser grade.

Donations and Fundraiser

Donations

There are no required participation fees for involvement in any sports the Irvine Unified School District; however, in these difficult budgetary times the district's ability to fund the program beyond the most basic cost is very limited. Therefore, in order to make available to our student-athletes the best training equipment, meet environment, and invitational participation we are requesting that each family consider making the following donations:

Athletic participation donation: \$250.00

Fundraiser –

Earl Engman Relays March 5th. More information will be coming to have families help our school host the track and field relay invitational. Lots of help is needed to run this very important early season track meet.

Coaching Staff and Contacts

The Northwood Track and Field coaching staff for 2022

Coach	Position	Email
Louis Muniz	Head Coach	louismuniz@iusd.org
Dorian Johnson	Sprints/Hurdles	dorianjohnson@iusd.org
Zeff Dena	Throws Coach	zeffdena@iusd.org
Tony Muniz	High Jump	tonymuniz@iusd.org
George Varvas	Distance	georgevarvas@iusd.org
Michael Stewart	Sprints	michaelstewart@iusd.org
Mike Tipping	Jumps	miketipping@iusd.org
Scott Garner	Pole Vault	scottgarner@iusd.org
Megan Stuart	Distance	meganstuart@iusd.org

Administrative and Volunteers:

Peggy Odom NHS Athletic Booster Rep

Don Ledgard NHS Athletic Booster Rep

Levels

Northwood will field the following team levels:

Boys' Varsity,

Girls' Varsity,

Boys' Junior Varsity,

Girls' Junior Varsity,

Boys' Frosh/Soph, and

Girls' Frosh/Soph.

The level in which a boy or girl competes is based on an athlete's performance and the needs of the team. Prior to each meet the coaching staff will assign each athlete to a level and event(s) for the upcoming meet. The top 3 performers in any event may (but not always) compete in the varsity level and the rest in the lower levels. It is the goal that each athlete will be placed in a position to succeed and enjoy their participation in our sport while at the same time have the team compete successfully at a team level.

Practice and Attendance

Team practices are a very important part of our program. We do not give the athlete the option of coming to practice only when it is convenient or staying only as long as they wish. One of the lessons of life is that sacrifices must be made for the things that we make commitments to. Therefore, full participation in all practice is mandatory. Practices will begin at 2:15 PM each day and will finish between 4:15 PM to 5:15 PM. ALL STUDENT ATHLETES ARE REQUIRED TO BE AT ALL PRACTICES AT ALL TIMES. Just as a student must attend the entirety of every class, so the athlete must attend the entirety of every practice.

For dental, medical, or other appointments, keep the above times in mind and do not schedule appointments during practice times. The day prior to competition, our practices will be ending between 3:30 PM and 4:00 PM. After practice on these days is a good time to have dental, medical, or other appointments.

If a truly rare emergency arises that will cause the athlete to miss practice then the athlete needs to communicate with the coach as soon as possible.

If a student-athlete misses more than one practice in a week for any reason other than illness that requires absence from school they will not be allowed to compete in the next meet. If a student-athlete misses several practices over the season additional disciplinary action may be taken, including but not limited to suspension, reduction in the student athlete's grade, and/or dismissal from the team.

Meet Attendance

We require that every athlete participate in every invitational meet (when selected) and in every dual meet. The student-athlete's teammates rely on the student-athlete's participation in races, contributing team points, and as members of relay teams. It is hard for a coach to explain and justify why one teammate has not shown up to participate in meets to the other teammates who are depending on his/her participation. Just as a student cannot miss a class test without it impacting their grade in the class, an athlete cannot miss a competition without it impacting their grade in this class. And just as Northwood football players, soccer players, baseball players, and basketball players are expected to be available to participate in every game; track too requires all of our athletes to be available to compete in all meets.

If a student-athlete fails to attend and participate in a scheduled meet the student-athlete shall be suspended for competing in the next scheduled meet. If a student-athlete misses several meets additional disciplinary action may be taken, including but not limited to suspension, reduction in the student-athlete's grade, and/or dismissal from the team.

Parents may NOT pick-up athletes from home dual meets prior to the conclusion of the athlete's events. Parents may NOT pick-up athletes from away dual meets prior to the conclusion of the athlete's events. Track is a team sport and as with all team sports all team members should remain for the full contest in order to support and cheer on their team mates. Additionally, the student-athlete needs to be available to compete in events in addition to the event(s) to which they were initially assigned, as may be required to win a meet or earn points

Dual Meets

Dual meets bring together two or three schools and are scheduled to take place on weekdays. Dual meets start between 2:45 and 5:00 (see Competition Schedule for exact times) and typically finish around 6:00 and 6:30. While some individual athletes may compete in up to four events many athletes will compete in less. However it is a team requirement that every single student-athlete in good standing competes in at least one event in every dual meet. Athletes are to compete to the best of their ability in the event(s) to which they are assigned by the coaching staff. Athletes are not allowed to withdraw or enter into any event in a meet without the approval of the coach.

In dual meets the athletes are divided into five levels:

Boys Varsity,

Girls Varsity,

Boys Junior Varsity,

Girls Junior Varsity,

Boys Frosh/Soph., and

Girls Frosh/Soph.

Scoring for each level is kept separately. Scoring is as follows, in each of the 13 individual events a total of 9 points are awarded. The first place finisher wins 5 points for his/her team, the second place finisher wins 3 points for his/her team, and the third place finisher wins 1 point for his/her team. Additionally, each of the two winning relay teams wins 5 points for their team while the teams not winning receive no points. The team that totals the greatest number of points in the 15 events of their level wins the meet for their level. Often the winning team will only win by several points, so the contribution and effort by all the student-athletes is vitally important to a successful and winning team. The athlete who digs deep to finish third could be the difference between the team winning a meet or losing. Often in the running events in a dual meet there may be more competitors from the two teams than available running lanes. In these cases the coaching staff shall determine in which heat a student-athlete will participate. Only the seeded heat of each level shall be the scoring heat (the only heat capable of winning points).

No individual awards (other than winning points) are available at dual meets. However, in each of the levels the team's win/loss record in dual meets in addition to the teams performance at the league championship meet is what determines the league team championship. In addition, dual meets will allow the athlete to demonstrate improvement, possibly qualify for participation in invitationals, and influence how the athlete may be seeded in the league preliminaries or the league championship meet.

Dual Meet Order of Events

RUNNING EVENTS (times given are estimates only and assume a 3:00 meet start time)

3:00 GIRLS F/S 4 X 100 4:42 BOYS JV 100M
3:03 GIRLS JV 4 X 100 4:44 BOYS V 100M
3:06 GIRLS V 4 X 100 4:49 GIRLS F/S 800M
3:09 BOYS F/S 4 X 100 4:49 GIRLS JV 800M
3:12 BOYS JV 4 X 100 4:53 GIRLS V 800M
3:15 BOYS V 4 X 100 4:57 BOYS F/S 800M
3:18 GIRLS JV-F/S 1600M 5:03 BOYS JV 800M
3:28 GIRLS V 1600M 5:07 BOYS V 800M
3:38 BOYS F/S & JV 1600M 5:14 GIRLS F/S 300 LH
3:46 BOYS V 1600M 5:17 GIRLS JV 300 LH
3:58 GIRLS F/S 100 HH 5:20 GIRLS V 300 LH
4:00 GIRLS JV 100 HH 5:25 BOYS F/S 300 IH
4:03 GIRLS V 100 HH 5:28 BOYS JV 300 IH
4:10 BOYS F/S 110 HH 5:30 BOYS V 300 IH
4:12 BOYS JV 110 HH 5:35 GIRLS F/S 200M
4:14 BOYS V 110 HH 5:38 GIRLS JV 200M
4:16 GIRLS F/S 400M 5:41 GIRLS V 200M
4:20 GIRLS JV 400M 5:44 BOYS F/S 200M
4:23 GIRLS V 400M 5:47 BOYS JV 200M
4:26 BOYS F/S 400M 5:50 BOYS V 200M
4:29 BOYS JV 400M 5:55 GIRLS V, JV, JV 3200M
4:31 BOYS V 400M 6:10 BOYS V, JV, F/S 3200M
4:34 GIRLS F/S 100M 6:22 GIRLS JV & F/S 4 X 400
4:36 GIRLS JV 100M 6:25 GIRLS F/S, JV, & V 4 X 400
4:38 GIRLS V 100M 6:30 BOYS JV & F/S 4 X 400
4:40 BOYS F/S 100M 6:35 BOYS V 4 X 400

*** The home team will be assigned odd numbered lanes for all races, including relays.

*** Relays will be run in lanes 3 and 4

FIELD EVENTS (times given are estimates only and assume a 3:00 meet start time)

3:00 - BOYS HIGH JUMP (F/S & JV Boys will begin at their starting height and the Varsity Boys will enter as their starting height is reached)

F/S & JV Boys - 4' 10"

Varsity Boys - 5' 2"

*** The bar shall be raised in 2" increments until one competitor is left.*

*** THE BAR CANNOT BE LOWERED ONCE IT HAS BEEN RAISED TO A HEIGHT*

3:00 – BOYS SHOT PUT (Order: Varsity Boys, JV, F/S) *Each competitor shall be allowed four throws*

3:00 – GIRLS DISCUS (Order: Varsity Girls, JV, F/S) *Each competitor shall be allowed four throws*

3:15 - LONG JUMP AND TRIPLE JUMP (ALL COMPETITORS, BOYS & GIRLS)

*** Once competition has begun, no run throws or practice jumps*

*** Each competitor shall be allowed four jumps*

*** COMPETITION WILL END 2 AND ½ HOURS AFTER THE START OF THE MEET SHARP*

4:00 (or at the conclusion of the boys) - GIRLS HIGH JUMP (F/S & JV Girls will begin at their starting height and the Varsity Girls will enter as their starting height is reached.)

F/S & JV Girls - 4' 2"

Varsity Girls - 4' 6"

*** The bar shall be raised in 2" increments until one competitor is left.*

*** THE BAR CANNOT BE LOWERED ONCE IT HAS BEEN RAISED TO A HEIGHT*

4:00 – BOYS DISCUS (Order: Varsity Boys, JV, F/S) *Each competitor shall be allowed four throws*

4:00 – GIRLS SHOT PUT (Order: Varsity Girls, JV, F/S) *Each competitor shall be allowed four throws*

Invitational Meets

Invitational meets take place on Saturdays (some meets have pre-qualifying or field events starting on Fridays). These meets bring together 20 to 50 schools and are daylong affairs that provide individual and team awards (medals and trophies).

These meets provide competition outside of our area and/or CIF division and are extremely valuable to the development of our athletes – from the promising new competitor to the elite level athletes. We try to attend invitationals that provide the best showcase for the athletes and at the same time allow for the maximum number of athletes from our school to compete.

These competitions require various registration fees for each participating athlete, a cost paid by the program. Because of these costs and the qualifying requirements for these meets the number of individual event entries are usually restricted to the school's top two athletes in each event for Boys' Varsity, Girls' Varsity, Boys' Frosh/Soph, Girls Frosh/Soph levels. However, athletes not ranked as first in an individual event will also be invited to participate as a member of one or more relay teams.

Student-athletes will be notified three to four days prior to the invitational if they have been selected to represent Northwood in the upcoming meet. It is considered an honor and a privilege to be selected to participate in the invitationals that we have scheduled, as such it is required that invited athletes attend. Participation in invitationals, when selected and invited, is a mandatory requirement for any and all members of the team.

Lettering Policy

Athletes who meet the following requirements will be awarded varsity letters:

1. The athlete must not miss more than one meet, unless there is a long-term injury or illness that is documented. This includes SATURDAY invitational meets. Athletes who are injured or otherwise not able to compete must still attend the dual meets and help the coaching staff. Athletes who are ill and do not attend school should stay home. Athletes who miss more than one meet will be allowed to stay on the team IF their excuses are deemed validated by the coach; however, they will not be eligible for varsity letters, regardless of how many other standards they meet. Track and Field is a team sport, therefore, all athletes must be available to compete or help out in ALL dual meets, just as in all NHS sports.
2. And the athletes must finish the season in good standing. This means that the athlete was not suspended or removed from the team, competed in the League Championships Prelims/Finals, CIF meets if seeded, and met all academic and behavior expectations, as determined and set forth by the coaching staff and NHS.

Lettering Policy (cont.)

3. And the athlete meets one of more of the following standards:

- a. The athlete competed at the varsity level in at least one dual meet and scored a total of at least 5 varsity points in varsity dual meets.
- b. Or, the athlete placed in the top 9 in the varsity League Championship Meet Finals in an individual event,
- c. Or, the athlete placed in the top 3 in the varsity League Championship Meet Finals in a relay event,
- d. Or the athlete achieved any of the following marks during the competitive season. The running event marks must be an official, wind-legal marks achieved while competing at a varsity or open level. Times must be fully automatic timing (FAT) – hand times do not qualify.

Event	Boys	Girls
100	11.56	13.32
200	23.88	27.44
400	52.39	61.53
800	2:01.70	2:25.04
1600	4:36.37	5:19.61
3200	10:00	11:58.
110H/100H	16.96	17.19
300H	42.36	50.11

Event	Boys	Girls
Long Jump	20' 0"	16' 0"
Triple Jump	40' 0"	32' 0"
High Jump	5' 8"	4' 10"
Shot Put	42' 1"	28' 2.5"
Discus	134' 4"	88' 2.5"
Pole Vault	11' 6"	8' 6"

- e. Or, the athlete is a senior who has competed in at least one varsity meet as a senior, has completed four seasons on the NHS Track and Field team, has received four track grades none less than "B", and has finished all four track and field seasons in good standing.

Transportation

Transportation to all away dual meets will be provided by school buses. Team members must ride only on the bus assigned by the coaching staff. At no times are the students to drive themselves or others to a dual meet. If, due to a rare emergency, it becomes necessary for a student-athlete to use transportation other than the team bus then the parent must request so in writing to the coach prior to the meet.

Parents may pick-up athletes from away meets provided the coach has been informed ahead of time and the parent signs the athlete out. However, track is a team sport, and as with all team sports all team members should try to remain for the full contest in order to support and cheer on their teammates. Additionally, the student-athlete needs to be available to compete in events in addition to the event(s) that they were initially assigned, as is often the case in tightly contested meets.

Student-athletes and their parents shall be responsible for transportation to and from invitational meets, League Finals, and post league-CIF competition.

Uniforms

The school will provide the track uniform (running jersey and shorts) at no cost to the student-athlete. This uniform must be worn on the days of our competition. The student athlete may wear their own sweats to keep warm at team practices and meets. The athlete's uniform will be issued prior to the first dual meet to each athlete provided the athlete has met all the following requirements:

1. The athlete has completed and turned in all forms, permissions, and authorizations,
2. The athlete has been cleared to practice and compete in track & field, 3. The athlete is academically eligible (see Athletic Code for details), and 4. The athlete is in good standing with the team rules and the Athletic Code.

The uniform must be returned no later than one week after the student-athlete's season has ended. If the student-athlete does not return the uniform the student-athlete will not be allowed to participate in any award ceremony, receive a letter, or be allowed to play on any other athletic team until all uniform obligations have been met. The student-athlete's grade may also be held until they clear up any uniform obligations.

Shoes

The student-athlete must supply his/her own training and competition shoes. Running shoes are offered at local general sporting goods stores; however, track shoes (spikes) tend to be a very specialized shoe, not sold in great supply or variety by these stores. Three specialty running shoe stores that typically stock a wide variety of both training shoes and track shoes in a wide price range are:

RoadRunner Sports
Roadrunnersports.com
24291 Avenida De La Carlota
Laguna Hills, CA 92653
(949) 855-9252

Additionally, shoes can be purchased on-line directly for various manufactures and suppliers.

The proper practice shoes can help prevent injury and good spikes can help a runner or jumper's performance. However don't go overboard, just because an athlete buys an expensive, elite shoe the shoe alone will not make them an elite runner or jumper.

In addition to shoes the student-athlete should also acquire replacement spikes (the actual spikes, not the whole shoe). The maximum size spike permitted on many artificial surfaces is a 3/16-inch needle spike. Since we will compete on a number of tracks with artificial surfaces it is vial that runners have spikes of this size. Different runners have different preferences for the size of the dirt spike they employ, but most runners prefer 3/8-inch pyramid spikes. Since dirt tracks (such as Northwood's) quickly wear down spikes, reducing their effectiveness, it is important to have extra spikes on hand to replace dull or lost dirt spikes.

Meet shoes should be acquired as soon as possible but will be required before the first meet of the season on Feb. 18, 2022.

Injuries

When a student-athlete sustains an injury of any degree, they are to report it to Coach Muniz (as well as the event coach) immediately. Based on training and experience, the student-athlete will be advised as to the action to be taken with the injury. If the injury needs to involve a professional, the coach will recommend that the team trainer examine the athlete. In the cases of minor injury where the student-athlete cannot complete the scheduled team workout the coach may assign an alternative workout tailored as to not stress the minor injury but still continuing the basic training goals.

Common injuries and illnesses that could be prevented with the following precautions include:

Shin splints: Toe-towel exercises twice each night for 3-4 weeks, backwards running (4 x 50 meters daily), heel and Achilles stretches daily, calf raises daily, do as much of the running on soft surfaces or grass areas, and good shoes.

Knee soreness: Change shoes every 300 miles or when worn down, run with proper form, do a lot of hamstring and quad curls in the weight room, a lot of stretching, avoid running down hills very fast.

Common colds: Bring sweats to practice (even on warm days) so that after workouts the hot body is protected from the cool breeze that always comes in the afternoon. Don't share water bottles with others, take lots of vitamin C, and eat balanced meals that include all of the basic food groups.

Discipline

As a student and as an athlete, individuals are expected to act responsibly in the classroom as well as on the practice field. The student-athlete represents not only themselves but they also represent their team, school, and community; so they should always act with respect, pride, and sportsmanship. If everyone acts responsibly and works hard, there will be no need for discipline. However, if someone acts irresponsibly, disciplinary action will be taken. Disciplinary actions may include but not be limited to:

1. Verbal warning,
2. Reduction of grade received for the class,
3. Suspension from one or more meets,
4. Suspension from one or more practices and meets,
5. Denial of letter award or certificate of participation,
6. Loss of awards voted or earned during or after the season, and
7. Remove from the team and an "F" in class.

All track team members are expected to meet the following criteria or face disciplinary action:

1. Attend all practices that are scheduled for the team. These include Spring Vacation, holidays, and rain days. The only excused absences are when the athlete is ill and has not attended school. Family trips, dentist appointments, court appearances, etc. are not excused absences. If the student-athlete misses a workout due to a reason other than absence from the school day due to illness the student-athlete need to let Coach Muniz know at least 2 days ahead of the absence of time (this does not mean 10 minutes before the student-athlete need to miss practice) to make arrangements for the make-up workout. Dental and other types of appointments can be made for after practice the DAY BEFORE A MEET because practice will end between 3:30 and 4:00.
2. Attend all dual meets – home and away. If injured the student-athletes are still needed at the meets to help with timing, scoring, cheering, etc. If the student athlete is entered in an invitational, the student-athlete must attend. If the student athlete is not entered in an invitational, attendance is optional.
3. Behave responsibly while attending practices, classes, meets, school, and on the bus.
4. Be a positive influence through the student-athlete's attitude, effort, and enthusiasm at practices. If the student-athlete cannot say positive things, do not say anything. Don't try to bring people down to a lower level but rather encourage them.
5. Use proper language (the same the student-athlete would use around the student athlete's parents) at all times. The student-athlete needs to be a disciplined person

in all facets of the student-athlete's life: school, athletic, and personal. Be strong all of the time. The student-athlete is a WINNER.

6. Take care and be responsible for the team equipment and individual uniforms. We have the best equipment around and we need to keep it from being damaged and ruined. It is everybody's responsibility to care for the equipment of the entire track program.
7. No use of alcohol, drugs, or tobacco products will be tolerated. Anyone, regardless of age, found (by teachers, coaches, other students) to be using alcohol, drugs, or tobacco products will be immediately suspended and a hearing will be held with the athlete, coach, athletic director and parents to determine whether that athlete will be allowed to continue with the team.
8. In addition to meeting all other standards if the student-athlete is seeded in the League Preliminaries/Finals they must compete in order to receive an "A" in the class (except if they cannot compete due to injury). If after being seeded an athlete does not finish the season by competing in the League Preliminaries/Finals they will receive a grade no higher than a "C"
9. Hazing of students, fighting, and sexual harassments will not be tolerated. Any violation will result in the immediate removal of the athlete from participation in all athletic practices and contests during time of suspension. In addition, further consequences may be considered.

Discipline (cont.)

Most track-team members are good, talented, and dedicated student-athletes trying to improve themselves in their track events and help make the team successful. However, there might be a few "athletes" who demand attention and require stern disciplinary action. To emphasize: "No one above the team." The same action will be taken for any of the violators of any of the school or team rules. The student-athlete can help influence would be violators to act responsibly or encourage them not to come out for the Northwood Track Program.

Award Ceremony

There will be an awards ceremony held at the conclusion of the season. The exact time and date will be determined prior to the end of the year.

At the awards ceremony it is traditional to award varsity letters to those who qualify and to recognize all the athletes in all levels of the program. It is also traditional to bestow awards to those student-athletes who have performed exceptionally well and through their effort, hard work, and talent have excelled in the sport.

In the past awards have been presented to varsity athletes as:

Most Valuable Sprinter,

Most Valuable Hurdler,

Most Valuable Distance Runner,

Most Valuable Field Event Competitor, and

Most Valuable Athlete.

Additionally, sometimes Junior Varsity and Froh/Soph athletes will be presented with awards for exceptional, outstanding performances.

The seniors take an active role in the presentation and are encouraged to produce a senior retrospective of their years at Northwood. This can be a very special moment for them since this represents the completion of their athletic careers at Northwood High School.