



# ATHLETICS

## *Track and Field*

Girls Head Coach: Gabrielle Johnston

Boys Head Coach: Fritz Bushnell

Assistants: Krystal Perez, Isaac Ochoa

Volunteers: Will Leslie

# Present~Respectful~Ownership~United~Determined

Welcome to our Decatur High School Athletic program! Athletics and activities provide participants additional opportunity to learn, develop skills, grow as an individual and as a member of a team. Our Gator Athletic program will strive toward a united culture that fosters a high work ethic, accountability, outstanding sportsmanship, teamwork and respect for all.

During any season, there will be a wide range of emotional highs and lows, challenges that require perseverance, problem solving, wonderful celebrations and many lifetime memories. We consider ourselves partners with each role clearly defined:

Participants Compete, Parents Support, Coaches Coach, Officials Officiate

Decatur is a member of the North Puget Sound League (NPSL) with fifteen other schools resulting in extremely competitive contests. As Golden Gator's we will support the NPSL sportsmanship code and commit to: *Show pride, class, spirit and respect. Display modesty in victory and graciousness in defeat.*

The North Puget Sound League website contains all the information important to participants, coaches, parents, and spectators. Please always refer to our NPSL website <http://www.npslathletics.org/> as the Decatur Athletics master contest schedule. Our NPSL site provides the opportunity for people to sign up and receive emails when a contest is changed. Find the orange Subscribe button to follow any of our programs. You will find the most current contest schedules as well as locations and directions to all of the venues for our NPSL opponents. To assist participants and their families in planning for practice and contests during our season, coaches provide additional documents. Viewing the NPSL site on a regular basis is encouraged.

I am excited about the opportunity to lead the Decatur High School Athletic Program. Since my hiring in June I have confirmed many of my observations of the Gator culture. I have admired from the opposite side of the field/court the spirited support for Gator Athletics. I appreciate the district emphasis on developing scholar-athletes. I am determined to expand the Decatur Family through positive athletic experiences.

Go Gators!

Terry Jenks

Director of Athletics

[tjenks@fwps.org](mailto:tjenks@fwps.org), (253) 945-5216 AD office

253-945-5303 Athletic Dept. Office

**Coaching Staff:**

- Coaches:
- Head Coach
  - Gabrielle Johnston – Hurdles & Asst. Sprints/Relays
  - Fritz Bushnell – Horizontal Jumps
- Assistant Coaches
  - Isaac Ochoa – Sprints/Relays
  - Krystal Perez - Distance
  - Will Leslie – Pole Vault

**Philosophy of our program:**

Each student athlete has a personal reason for participating in a varsity sport. Whatever your reason, it is important to remember that your first priorities are academics and family. It is also important to remember that while track and field is primarily an individual sport, you are still a member of a team. Be a good teammate. Remember, extracurricular activities should enhance your high school experience.

**Determining factors for level of competition in our program:****Decatur Athletic Program Philosophy:**

Varsity is committed to compete and win while demonstrating PROUD characteristics.

JV is designed to develop and retain participation numbers while demonstrating PROUD characteristics.

**Varsity (V):** All participants have the opportunity to compete at the Varsity level if they are capable, can be competitive. Competition decisions are dependent upon PROUD characteristics, talent, commitment, punctual, in attendance, work ethic, and attitude. In addition, our Varsity team has the highest emphasis on competing at the state level. We will focus on outcome-based results which may lead to an inequity in the number of events one competes in at the Varsity level.

**Lettering Requirements:**

To earn a varsity letter in Track and Field an athlete must accomplish a minimum of three of the following:

1. Achieve at least one event standard below while competing in the varsity division.
2. Serve a minimum of three team volunteer hours.
3. Have no more than five unexcused absences from practice and must compete in every meet that you are entered in.

4. **Score** on average, at least one point in all the meets scheduled. Points for scoring in relays will be divided up. For example, if you are a member of a relay team that places in a dual meet, the 5 points will be divided by 4 and you will have earned 1.25 points.
5. All **Seniors** that have completed the entire season and are in good standing on the team will letter.
6. Maintain a 2.5 GPA and score minimum of 15 meet points.
7. If the below **Standards** are met in any of the following events you will have earned a letter:

Event	Men's Team Criteria	Women's Team Criteria
100	11.29	12.98
100/110H	15.02	15.55
200	23	28.13
300H	41.99	47.92
400	51.98	1:01
800	2:10	2:32
1600	5:15	6:00
3200	11:50	13:50
Long Jump	20'5"	15'6"
Triple Jump	39'6"	31'9"
High Jump	6'0"	4'10"
Pole Vault	11'0"	9'0"
Shot Put	45'1"	31'0"
Discus	142'0"	91'6"
Javelin	149'1"	80'0"

All participants must consistently demonstrate **PROUD** characteristics throughout the entire season. In addition, participants will:

- meet the 80% attendance requirement throughout the season which includes all practices and matches
- be academically eligible at the end of the season
- have returned all issued equipment or gear before the banquet
- have paid all fines through the finance office before the banquet

If in case there is a behavior standard or a situation that falls short of our **PROUD** characteristic standard, it is possible that this could impact their receipt of a Varsity letter.

**Junior Varsity (JV) team:** Our JV team will focus on the development and retention of participants with the intent to prepare them to eventually compete at the Varsity level.

## **Program Expectations**

### **Practice Standards:**

1. Practice is every day after school from 2:45 to 5:00pm. We ask that students clear their schedules for this time daily in order to be with their team and working with their coaches. Athletes are expected to be at all Mon - Fri Team events, whether it is practice or a meet. Saturday morning practices will be offered at times, but these are not considered mandatory, but we do suggest that our athletes take advantage of these extra times. If coming late becomes a problem then you will not be able to compete in upcoming meets or you will be suspended from the team.
2. If you are not able to attend practice, you must notify an on-campus coach or one of the team captains. If you are unable to contact anyone please call or email (or have your parents email or send Remind 101 text) **gjohnston@fwps.org or Remind 101 @d76gc9** and leave a message so we know where you are.
3. Absences from practice must be excused by the coaching staff. If coming late to practice please come with a note from the place you are coming from; teacher, club, Doctor, etc. The above does NOT mean your absence will be excused.
4. Attendance at practice means completing the entire workout, including warm-up and cool down, as assigned by your coach. One may not leave practice until the coaching staff has dismissed the team!
5. WE WILL PRACTICE RAIN OR SHINE. IT NEVER RAINS OUT A PRACTICE AT DECATUR HIGH SCHOOL! Please note that not all practices are conducted till 5pm. There will be days that athletes are released early. Coaches will notify you when this happens.
6. Learn how to have mindful practices & practice self-discipline in order to get the most out of a practice that you can. Try not to complain during practice: hopefully you're there because you want to improve.
7. All team members must be dressed appropriately during practice. You should have the proper shoes, shorts, and shirt to work out in everyday along with some sweats for cold days.

### **Behavior Standards:**

**Core covenants of all Decatur Athletics are PROUD characteristics:**

**Present** – we show up every day, fully committed to learn and develop in our sport.  
**Respect** - of self, teammates, coaches, opponents, officials and all people and property.  
**Ownership** - of all decisions, being a dependable and trustworthy teammate.  
**United** - as a team, Decatur Athletic program and as a high school.  
**Determined** – to do our best every day, never give up and to represent Decatur at the highest level at all times.

1. Be on time (practice, meets, bus loading times and meetings, etc.).
2. Show respect for all authority; call your coach “coach”, actively listen during practices, be respectful of captains, officials, volunteers, trainers, guests and coaches of opposing teams. No one person is above the team. Fighting, “trash talking” to teammates or opponents, mouthing off, refusing to do the workouts, leaving meets early, showing disrespect for any adult, coach, members of an opposing team, or your fellow team members will not be tolerated. Everybody on the team is important – no matter how fast he runs, and deserves your respect and encouragement. If any of the above become a problem you will receive one warning and after that removed from the team.
3. Be selfless, there is no room for selfishness on a successful team.
4. Always retain greater poise than your opponent.
5. Any music played over a speaker larger than headphones is to be non-offensive and appropriate for all to hear. The volume must be kept at an appropriate level as not to disturb others nearby.
6. No indulging in alcohol or drugs. You will be automatically dismissed from the team if you are found to have been involved in this activity.

**Meet Standards:**

1. When a bus or other district transportation is provided all athletes will ride the bus or other district transportation that is provided
2. All athletes must stay for the duration of any meet and may not leave until all events are finished (thus supporting and being part of the TEAM and all of its members).
3. Failure to show up for any meet without the prior approval of the head coach means automatic competition suspension. You have a meet schedule; make sure your work schedule, academics, appointments, etc. work around it. Nothing will cause resentment, bitterness, and bad feelings more than leaving teammates without all their fellow DHS T&F athletes during a meet. If you are scheduled to compete in a meet, make sure you are there (your teammates and coaches are counting on you). **If you are scheduled to compete in a Saturday meet, make sure you are there!**

4. During a meet you cannot pull yourself out of an assigned event unless you receive permission from the head track coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head track coach.
5. Failure to compete in any end of season or post season meet the individual has qualified for is NOT COMPLETING your season and thus WILL BE SEEN AS QUITTING. You will forfeit any titles, or awards and will be removed from the team roster.
6. Keep Cell Phone use LIMITED upon arrival at race site...please put these devices AWAY during warm-ups, races & cool downs.
7. NO Cellular devices are EVER allowed within ANY Track Competition sites...you, you and your relay team, or you and your entire track team can be penalized and or disqualified by breaking this rule...this includes ear buds, head-phones, etc...don't do it!
8. ALL Decatur Track Athletes will be in Decatur Gear AT ALL times when boarding the bus for meets, at the meet site and on way home from meets DECATUR PRIDE...Note: these can advertise ANY Decatur sport (no street clothes...we are here to compete).
9. Pre-Race...WARM UPS ON at ALL TIMES prior to Racing and during your Cool Down.
10. Team Camp is the base of operation for our Squad at the meet site...water, foam rollers, medical supplies, and members of the coaching staff can always be found here...it is a team effort to keep this place clean and looking good...please lend a helping hand whenever possible to help set-up, take down and the cleaning of camp at the end of a meet.
11. We represent our school and our community when “on the road” with our team...from the course, to the bus, to any restaurant you may find yourself in...PLEASE act in a manner that would show PROUD behavior!

**Post-Contest Behavior Standards:**

1. Athletes should do their cool-down runs after race events.
2. Sports drinks, energy bars, and fruit for carbohydrate replacement.
3. Dinner should include foods high in protein to build muscle.

**Uniform Rules:**

1. You must wear the complete Decatur High School T&F uniform at all meets. This includes the singlet, shorts, and warm ups assigned to you. You may wear additional sweats underneath your uniform sweats to keep warm, as necessary, but your Decatur High School warm ups must be the outermost layer of clothing.
2. Warm-ups must be brought to every meet! Dress in layers or bring layers even if the day looks nice (extra socks and bottoms are a good idea).
3. You are responsible for any equipment assigned to you. If your uniform is lost or stolen you must reimburse and pay fees associated with the cost of replacement. If team is not reimbursed, a fine will be placed on your student account.

**Program Communication:**

Remind 101 – Sign up now! @d76gc9

ATHLETIC.NET - <https://www.athletic.net/TrackAndField/School.aspx?SchoolID=528>

NPSL bulletin board - <http://www.npslathletics.org/>

Email: Coach Gabby – [gjohnston@fwps.org](mailto:gjohnston@fwps.org)

The preferred method of communication is Remind 101. It comes directly to coaches to keep everyone up to date on real time situations.

#### **Problem Solving Steps:**

We encourage all participants to speak directly with coaches if there is a misunderstanding, clarification is needed or an issue arises. As parents, please encourage your children to speak directly with coaches. If the issue is not resolved with their coach one on one, the problem-solving chain will be:

- Athlete speaks directly with Head Coach in person when emotions are controlled
- Athlete and Parent speak directly with Head Coach
- Athlete, Parent, Head Coach and AD speak in person
- Athlete, Parent, Head Coach, AD and Vice Principal speak in person
- Athlete, Parent, Head Coach, AD, Vice Principal and Principal speak in person
- Athlete, Parent, Head Coach, AD, Vice Principal, Principal and District Athletic Director speak in person

Gator Head Coaches have high expectations and are developing competitive programs which naturally lead to intense emotion responses at times. As we work through emotional situations, Gator Head Coaches are committed to collaborative, healthy problem-solving interaction believing that our communication order provides a healthy framework for working through conflicts. If there is a situation of high priority, danger to participants and/or others of severe nature, these steps may be altered for the welfare of all involved.

#### **Team travel and transportation standards for contests:**

Our bus transportation standard is for everyone to ride to and from contests. Bus transportation is a great opportunity and time for building team culture and bonding. If parent/guardians opt to transport in their private vehicle, that process will be:

- Parent/guardian will sign out with the Head Coach on a document clarifying who will be privately transporting a participant after the contest has ended.
  - A FWPS district form is not required to transport your own participant.
- FWPS Form 121-A is required for a parent to drive someone else's child. This form is available outside the athletic office.
  - Form 121-A along with proof of insurance and a copy of a current driver's license must be returned to Decatur HS athletic office before any private transport. Please do not give these forms to any coach.
- We will travel with PROUD characteristics at all times.
- When we step off the bus, we will be ready to compete by our behavior and appearance.
- Participant safety is our paramount duty and highest priority. Please help us with communicating clearly and in writing about transportation of a participant home from contests.
  - Players are not to drive teammates to or from any practice or contest.



### **Injuries:**

Decatur Athletics has an ATI Athletic Trainer (AT) who provides care for our participants. Hours are posted on the entry door to the AT office which is located by the locker room entrances. FWPS has a detailed contract with ATI. We encourage all participants to utilize this resource for physical care.

- Injury defined is when a participant can no longer practice or compete in a contest. Our AT or anyone at ATI can reinstate a participant after an in-person review as long as an outside Dr. has not been part of the evaluation process.
  - It is not inside a coach's expertise of knowledge to determine a participant's physical status so they are not able to reinstate an injured participant. AT's or ATI has this responsibility.
- If an injured participant sees a physician he/she must then provide a written physician's note clearing the athlete for the referred injury before return to play to the AD or AT.
  - The AD or AT will communicate in writing to the coach that a participant is released for practice or competition.
- If a participant is removed from a practice or contest due to a suspected concussion, he/she must have approval from a medical professional before they return to play.
  - The participant must also be cleared through our AT who has specific return to play protocol for concussion.
- If an injury bridges seasons, a written physician clearance is required to participate in the second season.
  - ALL written notes are to be turned into the AD or the AT – not a coach. AD or the AT will communicate in writing to Head Coach that the participant is released for practice and/or contests.

### **Defining Roles:**

#### Role of a Decatur Coach:

- Encourage sportsmanship
- Lead by example
- Promote a family atmosphere
- Guide the team towards success and elevate the level of competitiveness
- Establish and develop a positive culture that is based on PROUD characteristics
- Help each participant be a better competitor and person
- Inspire participants to reach their full potential
- Foster a passion for competition and **their** respective sport

Commented [TJ1]: petition

#### Role of the Participant:

- Be coachable
- Display PROUD Gator characteristics and take PRIDE in your team
- Always give your best effort – be fully Present
- Keep control of your emotions at all times
- Always bring a positive attitude
- Show respect for your teammates and be the BEST teammate

- Work hard and compete with intensity
- Be enthusiastic, honest, dependable and loyal
- Earn the respect of your teammates by your actions
- Compete each day as if it is for the CHAMPIONSHIP (#wecompete)

**Role of the Parent:**

- Leave the coaching to the coaches
- Participate in the program where there is a need
- Support your participant with your presence and words
- Understand and support the goals/dreams of the program
- Communicate with the Coach when you have concerns (ideally with your child present)
- Always stay positive and enjoy your participants experience
- Encourage your participant and the entire program throughout the season

**Academic Requirements and Eligibility:**

Academic status will be monitored by the Athletic Director. FWPS has defined dates for academics to be checked as well as specific recovery process. Parents will not be notified if their high school scholars are academically ineligible. Our high school participants will be notified by the AD or Head Coach and they are responsible to communicate their status to others. Parents can view scholar grades through ParentVue. Please connect with your child's counselor if you need assistance to access ParentVue.

**Social Media Standards**

FWPS and Decatur Athletics supports Social Media sites as this is how information is shared in today's times. Decatur Athletics and Coaches commit to projecting an image that supports our PROUD characteristics - focusing and acknowledging our accomplishments. Once comments and information are posted on a social media site, they are difficult to retract. Therefore, we trust and respectfully request that our participants, parents and coaches are positive on all social media sites focusing on Gator accomplishments.

- Trash talking on any social media form is considered inflammatory and subject to athletic discipline.
- Inappropriate postings on any social media site is subject to athletic discipline.

We ask our entire Gator Community to avoid challenging or being critical of other schools, our own programs, our coaches/players, official's etc. on social media sites. Thank you in advance for protecting our Decatur image as PROUD and RESPECTFUL GOLDEN GATORS!

**Early Dismissal Days:**

During our season, there will be a few early dismissal days. Unless the Head Coach has scheduled supervised time in a specific location for team members, participants will need to leave campus and then return when coach supervision is present for practice/contests.

**Athletic Code for Alcohol, Anabolic Steroids, Illegal Drugs, Tobacco Products (including e-cigarettes) and Misuse of Prescription and Over the Country Drugs:**

Participants that violate any of the above will work through the language in both the FWPS Athletic Handbook (<https://www.fwps.org/Page/4920>) and policy 18.25.0 in the WIAA Handbook (<http://wiaa.com/conDocs/Con1690/Eligibility.pdf>) with the appropriate Decatur Administrators or Designee.

**Areas Parents can be involved/helpful:**

- A successful Track & Field season is possible only with the support of our parent volunteers. We will be asking for your help at both home and away meets throughout the season. We will ask that all families be involved by helping with our home meets (hospitality suite, admission gate or on the field). Volunteers will also be needed for our end of season banquet to decorate, assist with check in, and bring desserts.

**General information:**

- Please check [www.npslathletics.org/](http://www.npslathletics.org/) for league schedule, transportation departure times and standings.

**Additional Resources**

- NCAA Eligibility Center (EC): [www.ncaaeligibilitycenter.org](http://www.ncaaeligibilitycenter.org)
  - This is for ANY student who has the desire to continue playing in college.
  - The NCAA EC allows for any school you are recruited by or you contact, to track your transcripts, test scores and amateurism.
  - Without clearance from the NCAA you will not be allowed to participate on a college team.
  - There are 1,200+ NCAA Div. I, II, and III colleges and Universities across the country, there is a place for anyone who is interested.
- NAIA Eligibility Center [www.PLAYnaia.org](http://www.PLAYnaia.org)
  - There are 250 NAIA colleges and universities
  - Initial Eligibility standards are similar to NCAA Division II
  - Decatur Athletic Director or Counselors assist our scholars with NCAA or NAIA Eligibility. Please connect with them if you need assistance
- Washington Interscholastic Activities Association (WIAA): [www.wiaa.com](http://www.wiaa.com)
  - Provides in depth rule and policies that all high schools are required to follow.
- Federal Way Public Schools website – [www.fwps.org](http://www.fwps.org)
  - In depth athletic department rules and policies for all high schools in the district: <https://www.fwps.org/Page/4920>

PLEASE FILL OUT THE PAGE BELOW. MAKE SURE THAT YOU AND YOUR PARENTS OR GUARDIAN SIGN IT, AND RETURN THIS PAGE TO COACH JOHNSTON TO RECEIVE YOUR UNIFORM AND MAKE THE OFFICIAL TEAM ROSTER.

-----

We have read and agreed to abide by the rules and guidelines set forth for the Decatur High School Track & Field Program. We also acknowledge that there are certain inherent risks involved in participation in T&F competition as an athlete or as a volunteer. We are aware that by signing this document that we freely agree to take such risk. In addition, by signing below we agree that photographs of the DHS T&F athlete may appear on our team and our school webpage, our season banquet slideshow and our program promotional items.

\_\_\_\_\_  
Athlete's Name

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete's E-mail Address

\_\_\_\_\_  
Athlete's Cell or Contact Phone #

\_\_\_\_\_  
Parent or Guardian's Name

\_\_\_\_\_  
Parent or Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian's E-mail Address

\_\_\_\_\_  
Parent or Guardian's Cell or Contact Phone #

\*Any additional notes you wish the coaching staff to be aware of please write below.