

February 7, 2023



Dear Spring Track & Field Candidate,

Thank you for your interest in participating on this year's Spring Track & Field Team. There are no cuts of team members in Spring Track & Field, and all members are eligible to compete in the events offered. However, like any varsity sport, to be a member of the Winter Track & Field team each participant is expected to adhere to the Great Valley Athletic/Activity Guidelines that can be found in the Student Handbook and the procedures for practice/meet attendance provided in this packet. If there are any questions or concerns about either the athletic or team rules, please speak with any member of the coaching staff. **Booster Club information is on the second to last page. Athletes and parents/guardians must sign and return the last page of this packet stating that they understand the rules and procedures of participation.**

In the proceeding pages, you will find information for your parents from our athletic director regarding activity fees, eligibility, sportsmanship, and parent/coach communication. You will also find the team expectations, the practice and meet schedules along with the attendance guidelines and procedures. Joining a sports team is a commitment, please review the expectations and guidelines and share the packet with your parents or guardians.

To participate in practice on **Monday, March 6th** each athlete must turn in the following to Keith Johnson, our athletic trainer/assistant athletic director. <https://app.formreleaf.com/organizations/great-valley-high-school> **THE REQUIRED FORMS CAN BE FOUND ON THE ATHLETIC WEBSITE.**

1. **PIAA Comprehensive Initial Pre-Participation Physical Evaluation Form** It is very important that you have your physical forms signed in all appropriate places by you, your parent(s)/guardian and physician. Download the Form to ReLEAF (directions on website)- **Physicals for the school year 2022-23 must be dated after June 1st, 2022.**

OR

2. **Fall athletes must Recertify** using a Form on ReLEAF with the email and password used for fall and/or winter sport.

AND

3. Pay the activity fee of \$95 per student/athlete for each sport in which they participate. There is a cap of \$285 per student/athlete and \$750 per family. More information can be found on page 2 of this packet. Checks should be made out to **Great Valley High School** and must include the student/athlete's name and sport on the memo line. Cash is not acceptable as payment for this fee. **Fees must be paid to begin practice on March 6th.** The district is also accepting online payments through a link on the high school website to <https://www.payschoolscentral.com/>
4. Athlete must complete **Hazing Awareness Training** <https://nfhslearn.com/courses/hazing-prevention-for-students> and print or email certificate to Keith Johnson at kjohnson@gvsd.org **prior to practice on March 6th.**

The Spring Track & Field coaching staff wishes all of you a most successful Winter Track & Field season and is looking forward to the beginning of the 2023 season!

Sincerely,
Nicole Jones
Head Winter Track & Field Coach



Dear Parent/Guardian:

In an effort to maintain our programs and extracurricular student offerings, all Great Valley schools will be assessing (or increasing) activity fees for the school year. The fees for activities will help to offset the expenses of our extracurricular programs. Below are details for the secondary level.

At the secondary level:

Secondary students are required to pay a fee of \$95 per activity. Fees will be collected between March 11-18th.

Level and Family Caps:

To assist families with multiple students, the District has imposed caps on activity fees as follows:

- Secondary – Individual student cap at \$285; family cap at \$750;
- District-wide – No family will be required to pay more than \$750 per school year.

Parents who believe they have exceeded these financial limits should contact their child's principal.

All activity fees will be waived for students who qualify for our free or reduced lunch program. If your child qualifies for free or reduced lunch, please contact your child's principal so arrangements can be made. Strict confidentiality will be maintained.

Please be aware of some additional details:

- Fees will be collected by each activity sponsor/advisor;
- Fees may be paid by check or money order (no credit card payments or cash);
- Students may not participate in the activity(ies) until the fee for the activity is paid;
- Fees are non-refundable except in cases that involve roster limitations and try-out situations (Note: If a student is not selected to participate in a try-out activity, checks and money orders will be destroyed and not returned.);
- Refunds will not be issued when students quit, transfer schools, sustain injury, or are dismissed from a team/activity.

If you have specific questions regarding activity fees, please contact your building principal, Dr. Edward Souders, Middle School Principal at 610.644.6440 or esouders@gvsvd.org or Dr. Heidi Capetola, High School Principal at 610.889.1900 or hcapetola@gvsvd.org so that we can assist you. Thank you.

Sincerely,

Heidi Capetola, Ed.D.
High School Principal

Edward Souders, Ed.D.
Middle School Principal

Great Valley High School
225 North Phoenixville Pike
Malvern, PA 19355
www.gvsd.org/gvhs



February 7, 2023

Dear Parent:

Your son/daughter's participation in Great Valley Athletics is very important to us. The privilege of participating in Great Valley's athletic program carries with it a high level of responsibility on the part of the student-athlete. Standards of behavior, attitude and academics require athletes to exceed the ordinary. Through athletics, student-athletes are exposed to various situations that enhance the development of; self-esteem, cooperation, responsibility, sportsmanship, responsible decision-making, and the ability of working toward worthy goals.

While participating on any team, students must meet PIAA and Great Valley School District academic requirements. All students must be passing at least 4.0 credits in order to be eligible to compete. **If a student is not passing 4.0 credits of classes, they will be ineligible for the period of one week, (Sunday through Saturday).** Official weekly grades are pulled every Friday morning. These standards can be found in the Great Valley High School Student Handbook. The Student-Parent Handbook which contains the Athletic/Activity Guidelines can be found on the high school website. Please review these rules with your child.

We are very proud of our athletic program. We enjoy working with your son/daughter and we appreciate your support. If you have any questions about these issues or other items of interest, please feel free to contact me.

Sincerely,

Michael Semar

Michael Semar
Director of Athletics

Great Valley High School
225 North Phoenixville Pike
Malvern, PA 19355
www.gvsd.org/gvhs



February 7, 2023

Dear Parents,

The role of the parent in the education of a youngster is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school in the classroom and through co-curricular activities.

There is a value system—established in the home, nurtured in the school—that young people are developing. Their involvement in classroom and other activities contributes to that development. Integrity, fairness and respect are lifetime values taught through athletics, and these are the principles of good sportsmanship. With them, the spirit of the competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

Working to that end, we are joining with PIAA in support of a program called “SPORTSMANSHIP: The Only Missing Piece Is You!” This is a program designed to positively change behavior in our schools and reinforce and reward the need for sportsmanship as one of the values taught through educational athletics.

A good sport, whether a student or a parent, is a true leader within the school and the community. As a parent of a student, your sportsmanship goals should include:

- Realizing that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a contest.
- Encouraging our students to perform their best, just as we would urge them on with their classwork, knowing that others will always turn in better or lesser performances.
- Participating in positive cheers that encourage our athletes; and discouraging any cheer that would redirect that focus.
- Learning, understanding and respecting the rules of the game, the officials who administer them and their decisions.
- Respecting the task our coaches face as teachers; and supporting them as they strive to educate our youth.
- Respecting our opponents as students and acknowledging them for striving to do their best.
- Developing a sense of dignity under all circumstances.

You can have a major influence on your son/daughter’s attitude about academics and athletics. The leadership role you take in sportsmanship will help influence your child, and our community, for years to come.

We look forward to serving you in the year ahead and appreciate your continued support.

Sincerely,

Michael Semar

Director of Athletics

Parent/Coach Communication

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests. (Parent attendance at practices should be minimal and only with the Athletic Director in conjunction with the coach.)
4. Team requirements, i.e. special equipment, off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline that results in the denial of your child's participation.

Communication coaches expect from parents:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at Great Valley, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate to discuss with coaches:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach, the procedure you should follow:

1. Call to set up an appointment.
2. The Great Valley High School telephone numbers are: High School Main Office 610-889-1900 and the Athletic Office 610-889-1920.
3. If the coach cannot be reached, call the Athletic Director. They will set up the meeting for you.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided makes both your child's and your experience with the Great Valley athletic program less stressful and more enjoyable.

Go PATRIOTS

The success of our track & field team depends on your motivation toward the meeting of these objectives and goals.

The team objectives are to:

1. Appreciate the values of training and get in the best possible physical shape.
2. Develop character--A person of character is responsible, mature and strives to do and be his/her best.
3. Understand the "team" concept.
4. Accept and carry out the responsibilities of team membership.
5. Acquire the fitness and skills necessary to compete in the various track and field events.
6. Understand the strategies of the various track and field events.
7. Apply physical and mental preparation strategies learned in practice and competition to pressure situations.

The team goals are to:

1. Give 100% in practice and competition.
2. Improve times and distances during the course of the season. Strive to qualify for post-season competition.
3. Be competitive in league competition. Our team works to be in contention for the Ches-Mont American Division Championship each year.
4. Attain best performances during post season competition- Ches-Mont League Championships, District I Championships, and PIAA State Championships.
5. Develop a mental attitude toward competition that allows all team members to do and be their best.
6. Have total participation of all team members.
7. Have FUN!

Great Valley Spring Track and Field -Practice and Meet Attendance Guidelines

I. Practice Attendance Guidelines and Procedures

All athletes are expected to attend every practice. We have some flexibility built in to help you meet with teachers and deal with doctor's appointments, etc. **Any missed practice must be communicated to Coach Jones in ADVANCE in writing (parent note or parent email). This is important.** We are responsible for knowing where you are during practice time. You and your parents/guardians must help us with that by communicating absences.

ALL PRACTICES WILL BE OUTDOORS! Please dress accordingly and bring water. A mask is required. You must have your ride at GV when practice is over, which should be around 5:30 PM. Athletes cannot wait indoors. Athletes should check their remind.com and Teams messages to look for cancelations due to weather.

1. The following procedures should be followed for practices missed due to illness or emergency.

- If you are absent from school your name should appear on the attendance sheet and you are excused from practice. You MAY NOT participate.
- If you are in school, become ill, and must be sent home, have the school nurse email Coach Jones. If you bypass the nurse and go home on your own, you will not be excused.
- If an emergency arises and you must leave school, see Coach Jones in room 93 or send an email or Remind.com message to a coach before the end of the school day.
- All injuries should be reported to your area coach who will refer you to the athletic trainer. If you see a doctor for an injury, you MUST bring a note for the athletic trainer to be allowed to return to practice.

2. The following procedures should be followed for practices missed for other reasons:

An athlete must attend at least 95% of the scheduled practices, unless they are excused due to illness or emergency. 95% attendance means you are allowed to miss ~3 practices for reasons other than illness (i.e. doctor or dentist appointment, family function or trip, school trip, makeup work). **THIS INCLUDES SPRING BREAK AND OTHER DAYS THERE IS NO SCHOOL.**

- For an absence to be excused, they must be communicated in writing via a note or email from your parent/guardian prior to the missed practice.
- Notes or emails received AFTER a missed practice is considered UNEXCUSED. *Unexcused absences from practice (or any part of practice) will result in a one meet suspension.* More than one unexcused absence may result in a suspension from the team for the remainder of the year.

- If you are going to be late for any reason, including make-up work and help with a teacher, please communicate with a coach prior to practice. This is your responsibility. Come to practice with a note from your teacher.

II. Meet Attendance Guidelines and Procedures

All athletes are expected to attend league meets.

There scrimmage, open, and championship meets this season in the Ches-Mont League. Attendance is required for those meets. Our team **may attend** invitational meets this spring. These meets provide opportunities to compete in "big meet" conditions against larger fields of competitors. Invitationals are the best way to qualify for post season competition. Entries into invitationals during Covid restrictions would be extremely limited. Attendance at every invitational is not mandatory, but an athlete should do his/her best to make themselves available for every lineup. **Athletes may not compete in athletic events outside of the team schedule without consultation with coaching staff (i.e. local 5K, half and full marathons, club events, soccer, field hockey, etc.)**

1. The following procedures should be followed for meets that cannot be attended due to *illness or emergency*.
 - If you are sick the day of a meet and cannot attend, please have your parents/guardians email a coach as soon as possible so we can fill your spot.
2. The following procedures should be followed for meets that cannot be attended due to any other reason:
 - While we hope that you are available for every meet, if you have a conflict with any of the scheduled meets, please provide a note or email to the coaches as far in advance as possible.
 - Changes to the lineup that need to be made due to late notice for a reason other than illness or emergency may result in an athlete's loss of competition privilege in future meets.
 - Missing a meet where you were in the lineup for any reason other than illness or emergency is considered UNEXCUSED. The athlete will receive a one meet suspension. More than one missed meet may lead to dismissal.

III. Travel Policies

- **This season we may still have to use self or parent/guardian transport to some of our meets to due to shortages with bus transportation.** Athletes are always expected to cool down and stretch before leaving a meet and are encouraged to stay to cheer on their

teammates. We appreciate all of the efforts being made by families for athletes to have opportunities to train and compete.

- When we do travel by bus, coaches will provide notice to call rides when we are 10-15 minutes away from Great Valley. Parents/guardians should leave promptly to pick up their children. Athletes must be masked on the bus. No eating is allowed on the buses.

IV. Personal Conduct

1. **Cell phones must be used responsibly during practice for attendance, filming starts, throws, jumps, or looking up core routines and contacting parents/guardians for rides.** Texting, video games, watching YouTube and taking pictures or videos of others without their permission during practice time is not allowed. Phones should be safely stowed away when not needed for practice activities.
2. Your behavior has a direct impact on the team, your teammates, and Great Valley High School. Therefore, **any conduct by a member of the team that causes detriment to the team or individuals on the team can lead to suspension or dismissal from the team.** Please consider what you do and say in public, online, and through social media carefully.
3. **Lockers in the team rooms may NOT be decorated.** Student-athletes will be financially responsible for the repair to any damaged or decorated locker. **Athletes are also financially responsible for all equipment that is not returned or damaged, including uniforms.**
4. **Students must be in school by 10:30 AM** to participate in practices and games. Resting from, or for competitions is not an acceptable as an excused late. Athletes are expected to be in school on time after a late meet. It is one of the extra responsibilities of student athletes.
5. **Hazing in any form is not condoned in any way by Great Valley High School and is prohibited at all times from occurring in any and/or all forms/ways by Great Valley High School.** Hazing is considered as grounds for dismissal from the team. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates. Hazing, bullying, and putting down your teammates will not be tolerated.
6. **All team members will abide by the drug and alcohol policy as outlined by Great Valley School District (see student handbook).** Team members are subject to disciplinary action at the coach's discretion (up to and including dismissal from the team) for participation in any activity unbecoming to a player/team member.

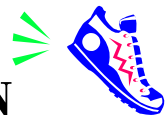
V. Earning a Varsity Letter

To be considered for a varsity letter, each athlete must meet the following requirements:

1. **Practice Attendance:** Present at 95% of all scheduled practices.
2. **Meet Attendance:** Participate in all scheduled Ches-Mont League meets. This includes the Ches-mont Championship.
 1. **Making Ches-Mont Championship Standards** in any event.



IMPORTANT BOOSTER INFORMATION



To: All Parents

From: Coach Nicole Jones, Great Valley Track & Field

Re: Spring Track & Field Meeting

The Spring Track and Field coaches invite you to a brief meeting on **Thursday, March 9th, 2025 at 5:45 PM**. This meeting will give the coaches a chance to meet with all of you and answer any questions you may have. In addition, members of the Great Valley Track & Field Booster Club will be present to tell you about the many ways that you can become involved with our team. Parent involvement is critical to our program. We need your support by attending our meets to cheer on our student-athletes, but especially in running the Great Valley Invitational on April 23rd and our Chesmont Open Meet on May 3rd. We take great pride in running successful events. Over the years, the Great Valley Invitational has been a tremendous success, thanks in great part to our parents. We have hosted as many as 80 teams in a fantastic exhibit of athletic competition and raised thousands of dollars over the years, which has been used to purchase new uniforms, field equipment, meet entry fees, as well as to provide a gift for each team member at the end of the season picnic.

At the March 10th meeting, you will find many different ways to volunteer at the Great Valley Relays ranging from working in the food concession, set up and take down, as well as help the officials run field events like long jump or shot put. The latter is a great way to get out on the field and learn more about this terrific sport. No experience is needed....we will train you! This is our biggest area of need-without workers to rake pits, pull tapes, and retrieve implements, the meet cannot happen! Volunteers are needed in shifts from 8:00 a.m. to 3:00 p.m. Volunteering for as little as 2 to 3 hours is extremely important to the success of the meet. I can tell you that our student-athletes and our coaches really appreciate your help and involvement. It does make a difference. In all, I think you will find that helping out in any way will make you really feel a part of our team.

If you have any interest at all in being involved with a committee for the planning of one of our events, please contact Booster parent Jim Hanlon at C-885-8160 or jmhanlon98@verizon.net

Our goal is to include as many parents as possible by offering volunteer opportunities that do not involve large blocks of time.

Please fill out the attached Great Valley Volunteer Form and bring it to our meeting on Thursday, March 9th. If you cannot attend, have your child return the form to Coach Jones at the High School.

◆ **GREAT VALLEY TRACK & FIELD** ◆
PARENT PARTICIPATION FORM

Please complete this form and return it to Jim Hanlon via mail or return to Coach Jones through your athlete at practice.

Booster Meeting: Thursday March 9th at 5:45 PM

Booster Club donations can be sent to:

Jim Hanlon
7 Pine Rd.
Malvern, PA 19355

If you have any questions, please contact:

Jim Hanlon at C -484-885-8160 or email: jmhanlon98@verizon.net

Student Name(s) _____

Parent's Name(s) _____

Evening Telephone Number _____

Parent/Guardian Email _____

Parent/Guardian Email _____

____ **I would like to make a \$25.00 donation for the Great Valley Track & Field Booster Club**

____ **I/we would like to volunteer at:**

◆ **The Great Valley Invitational– Saturday, April 22nd.**

meet worker _____, set up or take down _____, no preference _____

____ **I am/we are not available to help at this event**

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PROCEDURES for SPRING TRACK & FIELD PRACTICE and MEET ATTENDANCE

I have read the Great Valley Spring Track and Field Practice and Meet Attendance Guidelines and Procedures and the Athletic/Activity Guidelines in the Student Handbook. I understand them and agree to abide by them. I also understand that by choosing to compete in track & field, I am making a commitment to the coaches and my teammates to do my best to be successful.

Student Signature

Date

I have read the Great Valley Spring Track and Field Practice and Meet Attendance Guidelines and Procedures and the Athletic/Activity Guidelines in the Student Handbook.

Parent Signature

Date

I would like a meeting to discuss the practice and meet attendance guidelines and/or the athletic rules and regulations.

_____ Yes

_____ No

GREAT VALLEY HIGH SCHOOL TRACK & FIELD ELIGIBILITY

Last Name

First Name

M.I.

Grade

Date of Birth _____

Month

Day

Year

Present Age _____

Email Address _____

Parent email Address _____

Homeroom No. _____

Homeroom Teacher _____

Home Address _____

Home Phone No. _____

Events _____

What grades did you participate in Spring Track & Field - including this season). (Example: 7, 8, 9, 10, etc.)
