



## Oneonta Outdoor Track & Field Parent Information 2024



Welcome to Outdoor Track & Field 2024! We are excited about the upcoming season. This letter provides information parents will need for the season.

**Parent Help:** We are very fortunate to have an impressive, new track and field facility. We will be hosting 3 meets – March 4 (Monday), March 21 (Thursday), and April 12 (Friday). These events will not be successful without parent help. We need volunteers for the concession stand and to help with events. Please sign up to help with meets on the volunteer sign-up.

**Fees:** We have been asked to participate in the school wide spring sports fundraiser. Instead of requiring an additional fundraiser, we are hoping that the money earned from hosting meets will cover our costs. For this reason, we are requiring parents to work meets or pay \$200. If there are any concerns or hardships, please discuss with Coach NeSmith or Coach Wallace.

**Uniforms:** Uniform orders and money are due to Coach NeSmith **by January 26 – no exceptions.** There are only 2 required uniform items: 1) shirt - singlet for runners or shirt for throwers and 2) one pair of shorts. Other uniform items (warm-ups, backpacks, etc.) are optional. **If your athlete has a uniform from track last year, they DO NOT need a new one. If they have a cross country uniform from this year, they WILL have to order a track uniform.**

**If you pay online, you must still submit the order form to Coach NeSmith so we know what you need.**

Link for all parent and uniform info: [oneontacityschools.com](http://oneontacityschools.com) > Athletics > Track & Field

**For required uniform, boys have a choice of 3 shorts, and girls have a choice of 2. They are only required to SELECT ONE. If girls order the compression shorts, these run small. Throwers can opt for a shirt instead of a singlet.**

**How to Stay Informed:** Sign up through Remind and follow on Instagram. It is the athlete’s and parent’s responsibility to keep up with meet and practice information. There will be notification at practice several times, parents and athletes will receive Remind texts, and info will be posted on the Instagram page. You can also email coaches.

Remind:                      on computer: [remind.com/join](http://remind.com/join)                      on phone: Text 81010  
Code: [@ohstrack24](https://www.instagram.com/ohstrack24)                      Code: [@ohstrack24](https://www.instagram.com/ohstrack24)

Instagram:                      ohs\_redskin\_tf (Search Oneonta Redskin)

Coaches:                      Janna NeSmith                      [jnesmith@ocsredskins.com](mailto:jnesmith@ocsredskins.com)  
Katie Wallace                      [Oneontatrack@gmail.com](mailto:Oneontatrack@gmail.com)  
Alan Veal                      Volunteer Coach  
Chris NeSmith                      Volunteer Coach  
Butch Wallace                      Volunteer Coach



## Oneonta Outdoor Track & Field Parent Information 2024



### Other Information:

- 1) Athletes are expected to have good attitudes and complete the entire workout daily.
- 2) Practice is Monday - Friday, from 3:05 to 4:15. Specialties (hurdles, jumps, relays) may practice longer.
- 3) Multiple unexcused absences will result in dismissal from the team. Athletes must let Coach NeSmith or Coach Wallace know **BEFORE** practice (in person, email, text, Remind, or Instagram DM). Failure to practice, even excused, could result in not being able to compete.

NOTE: Even if an athlete is absent from school, it is their responsibility to let a coach know they will not be at practice.

EXCUSED Absences: illness, doctor's appointment due to injury or illness, family emergency

EXCUSED (to a degree) with prior discussion with coach: work, approved Academic activities including makeup tests, tutoring, college classes, field trips, band practice/competition, or musical practice (very limited)

UNEXCUSED: rec league sports, routine doctor appointments, haircuts, multiple band or musical practices, vacations

- 4) If it is rainy or very cold, we will practice indoors. Parent notification will be sent via Remind and Instagram on that day by 2:00. Coaches will send an email to athletes.
- 5) If it is 50 degrees or below, athletes must wear sweats/tights/long sleeves/proper cold weather attire. Athletes will not be allowed to practice without weather appropriate clothes, and it will count as an UNEXCUSED absence.
- 6) We will ride on a bus; however, we will request that parents sign a Private Vehicle form for transportation in case of an emergency.
- 7) Athletes are expected to meet certain coach-determined criteria before competing. For example, there are minimum standards to participate in some meets or to qualify for state. If an athlete cannot meet these, they may not be able to compete.
- 8) Meet participation may be limited to 3-4 athletes per event (ruling made by meet director, not our coaches). We try very hard to put everyone in every meet, if possible.
- 9) Athletes will do the prescribed team workout - no alternate workouts. Workouts will be done during team practice, not independently.



## Oneonta Outdoor Track & Field Parent Information 2024



- 10) Spikes are not required. Running shoes need to have good support and cushioning for training and to prevent shin splints. If athletes want to buy spikes, consult with coaches first to buy the correct kind (they vary for sprints, distance, throwing, and jumping).
- 11) Cell phones and air pods are not allowed at practice. No picture or video taking in locker rooms.
- 12) Athletes should provide their own water. We will try to have bottled water available for purchase, if needed.
- 13) Attire must be respectable at all times. Coaches can require the athletes to change if they deem necessary. For all athletes - shorts must be visible below shirts and cannot be too tight or too short. Everyone will wear shirts.
- 14) Athletes are not allowed to wear pajama pants or house shoes to practice or meets. Bring sweats or tights and slides or other shoes. Athletes wearing pajamas / house shoes will be asked to remove them or may not be allowed to participate in their events.
- 15) We do not want anyone to practice hurt or sick. PLEASE tell a coach so we can help. We have a staff trainer who can help.