



Oneonta Outdoor Track & Field Parent Information 2025



Welcome to Outdoor Track & Field 2025! 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 3 (Monday), March 20 (Thursday), and April 11 (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 cover our expenses plus extras by hosting meets. For this reason, we are requiring parents to work 2 meets or pay \$200. If there are any concerns or hardships, please discuss with Coach NeSmith or Coach Wallace.

Uniforms: All athletes are required to by a new singlet or thrower's shirt for track this year. If you bought a uniform during Indoor, you do NOT have to buy another. Cross country tops are different and cannot be used for track. We are still wearing navy shorts, so older track shorts or XC shorts are acceptable.

There are only 2 required uniform items: 1) singlet (\$40-45) or thrower's shirt and 2) one pair of shorts. All other items are optional. The singlets are a tighter fit than previous year's. Coach NeSmith has samples for you to try. We will order the size you request and cannot reorder, so please make sure you get the correct size.

Uniform order forms and money are due to Coach NeSmith by Monday, January 27. We cannot accept late orders. **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 > 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: All students and parents should be on Parent Square. Group messages will be sent out this way. You can also 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, parents and athletes will receive ParentSquare texts, and info will be posted on Instagram. You can also email coaches.

ParentSquare: All students and parents have been added to the Outdoor Track group.
Instagram: ohs_redskin_tf (Search Oneonta Redskin)

Coaches:	Janna NeSmith	jnesmith@ocsredskins.com
	Katie Wallace	Oneontatrack@gmail.com
	Missy Gehri	mgehri@ocsredskins.com
	Alan Veal	Volunteer Coach
	Chris NeSmith	Volunteer Coach
	Butch Wallace	Volunteer Coach



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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. We will practice on Fridays after Thursday meets **UNLESS** coaches say differently. Friday absences are not excused.
- 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 ParentSquare 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.
- 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**



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the correct kind (they vary for sprints, distance, throwing, and jumping). Throwing shoes are not spikes – they are completely different and designed for smooth movement across concrete.

- 11) Cell phones and earpods 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.