



HILLGROVE TRACK & FIELD



Dear Parent/Guardian/Athlete,

We are glad to have you as part of our Track and Field family! We look forward to an exciting year for both the boys and girls teams. You will find some important information, please take the time to read through it and ask any questions you may have. In addition, you will find the athlete and parent expectations and a 2024 meet schedule. Please note that changes can occur to the schedule, we will do our best to keep informed of any changes as soon as possible.

Below are the names of our coaching staff:

Coach Travis Mihalik -Head Coach Girls – Sprints -travis.mihalik@cobbk12.org
Coach Kevin Cobb-Head Coach Boys-Sprints/Jumps/Relays - kevin.cobb@cobbk12.org
Coach Cam Adams-Hurdles/Mid-distance – cameron.adams1@cobbk12.org
Coach Ben Ford-Jumps/Mid-distance – benjamin.ford@cobbk12.org
Coach Jonathan Greenlee-Hurdles/Sprints – jgreenlee85@gmail.com
Coach Luke Hayes-Throws – bradley.hayes@cobbk12.org
Coach Kailyn Jackman-Distance – kailyn.jackman@cobbk12.org
Coach Braedon Bensley-Distance -

FEES

The fees this season will be \$475.00 It will help cover costs of some equipment, coaching supplements, media, meet fees and all other needs to help run an effective program. Included, your child will receive athletic attire to wear for meets and practices. If you have not participated in a Fall or Winter Sport, you will need to pay an athletic fee of \$30.00.

MISSION STATEMENT

The mission of the Hillgrove Track & Field program is to provide an athlete-centered environment in which student athletes will have a positive and meaningful experience participating on a successful high school athletic team. Student Athletes will give great effort in the classroom. Student Athletes will promote a positive image on and off the track. Student Athletes will prepare for success that will translate to life.

EXPECTATION OF PARENTS

Parents you are the Heart of this program. Without you we can't be successful. With your help and support we look forward to making this a successful season. The following are a few guidelines that will help us better serve your child this season.

- If you will be picking up your child, please be at the Stadium by 5:30 pm
- Support your child and other athletes, even those on other teams. We all have goals to achieve!
- Practice time is for the coaches and athletes to work without outside interference. If you arrive early and would like to watch practice, you are welcome to do so from the stands. Please know there is a plan in place for athletes to be successful.
- Any problems or questions you have should be brought to a head coach's attention. Coach Mihalik and Coach Cobb are willing to listen and assist in any way possible.
- There will be no refunds if your athlete is dismissed from the team.



PARENT VOLUNTEER OPPORTUNITIES

Hospitality Committee- Involves making sure coaches and support personnel are fed and treated well during our Saturday Meets

Concessions Committee- Involves making sure concession stand is in good operation to use for our 4 home meets. Involves cooking, taking orders etc.

Fundraising Committee – Involves seeking support for our program and if they would like to support the Track & Field Program. Also seeking Spirit Nights to support the program as well. We will do a team fundraiser to sell popcorn as well. Our biggest fundraiser!

Snack Committee – Help coordinate snacks for all our meets so athletes can be fueled during the meets.

Meet Day Committee – Help run field events and operations of the meet.

COMMUNICATION

BAND APP – Athlete & Parent Updates

www.hillgrovefast.com

HILLGROVEFAST

FAMILY ALWAYS STICKS TOGETHER

- If you really Love someone you need to set a high standard and push them.
- When we care about our teammates. When we care about our interactions. When we care - we build something that will outlast us.
- Trust is the foundation of every single relationship. The minute trust is broken the relationship no longer exists. There is no such thing as 2/3 trust. Trust is earned by repeated experiences over time.

ASPIRING- ONE'S AMBITION TO ACHIEVE SOMETHING.

- Ambition is the process that leads to success.
- Are you doing the things necessary for achievement.

SUCCESS

- Breakthrough happens through incremental growth (1%). Be better today than yesterday, better tomorrow than today.

TENACIOUSLY – DETERMINED; A PERSON WHO NEVER GIVES UP AND NEVER STOPS TRYING

- Use mistakes as feedback



ELIGIBILITY CRITERIA

All eligibility rules and explanations can be found in the GHSA Constitution and Bi-Laws
(<http://www.ghsa.net/ghsa-constitution-and-laws#by-law-1.00>)

1.21 To be eligible to participate and/or try-out for a sport or activity, a student must be enrolled full time in grades 9-12 inclusive at the school seeking eligibility for that student.

1.30 – AGE To be eligible to participate in interscholastic activities, a student must not have reached his 19th birthday prior to May 1st, preceding his year of participation.

1.41 Students must have a certificate of an annual physical examination on file at the school prior to participating in any athletic try-outs, practices, voluntary workouts or games that indicate the students are physically approved for participation.

1.42 A student has eight (8) consecutive semesters or four (4) consecutive years of eligibility from the date of entry into the ninth grade to be eligible for interscholastic competition.

1.51 To be eligible to participate, practice, and/or try out in interscholastic activities, a student must be academically eligible. A student is required to pass classes that carry at least 2.5 Carnegie Units counting toward graduation the semester immediately preceding participation.

1.53 Students must accumulate Carnegie units towards graduation according to the following criteria:

1. First-year students (entering 9th grade) are eligible academically. Second semester first-year students must have passed courses carrying at least 2.5 Carnegie units the previous semester in order to participate.
2. Second-year students must have accumulated five (5) total Carnegie units in the first year, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.
3. Third-year students must have accumulated eleven (11) Carnegie units in the first and second year, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.
4. Fourth-year students must have accumulated seventeen (17) Carnegie units in the first three year, AND passed courses carrying at least 2.5 Carnegie units in the previous semester.
5. Students may accumulate the required Carnegie units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

1.56 Loss of Eligibility: Students assigned to an alternative school or on out-of-school suspension for disciplinary reasons, or adjudicated to YDC, lose their eligibility. Suspension is considered to have ended when the student is physically readmitted to the classroom.

*These are not the complete requirements. They are subject to change. For complete and up to date eligibility requirements visit the GHSA website.

ELIGIBILITY CRITERIA (CONTINUED)

PHYSICALS & HEALTH INSURANCE

- Each athlete must have an [physical and the required documents](#) uploaded through ParentVUE.
- Athletes and parents must complete ALL forms on ParentVUE. Instructions for creating accounts and uploading documents can be found here [ParentVUE User Guide](#)
- If you need to purchase Student Accident Insurance through Cobb please click here: [Spanish Version](#) & [English Version](#)
- All Hillgrove Athletes must have a “Cleared Status” from our athletics department in order to participate in Track & Field.

UNIFORM POLICY

Athletes will be issued a uniform and will return the uniform top at the end of the season. If the uniform is lost or damaged, the athlete will be responsible for purchasing another uniform.

RACING REQUIREMENTS

As a coaching staff, our goal is to give athletes as many opportunities to race as possible. At times this can be difficult as different meets have different entry limitations. Some races we go to allow unlimited entries per event, some allow 10 entries per event and others allow only 2-3 entries per event (this is mainly the Varsity meets). When assigning athletes to race at different meets, coaches will consider first those athletes who show up to practice with a positive attitude and give their best effort.

Athletes can only compete up to 10 times in a season excluding (Region, Sectionals, & State). Athletes are allowed to compete in any 4 events per meet.

REGION/STATE/SECTIONAL

In Track and Field, an athlete must qualify individually to compete at the State meet. To do this an athlete must finish in the top 4 in their event at the Region meet which qualifies them for the Sectional Meet. At the Sectional meet, an athlete must finish in the top 8 in their event to qualify for the State meet. The selection of the athletes that will compete at the Region meet is made by the coaching staff. The criteria listed below is what the coaches will consider when determining the Region meet athletes:

1. Position on Team – each team is allowed 3 entries per event at the Region meet. In most cases, the top 3 athletes on the team will be entered in the various events. This might not always be the case, depending on meet schedule for the different events and the strength of performance for an athlete in an event. Athletes who might be in the top 3 on the team for their event might not be entered at region to focus their energy on another event in which they have a better chance to advance.
2. Reliability/Contribution to the Team – an athlete who is top 3 in their event but is constantly injured/missing practices or races or an athlete who has not proven themselves dedicated to the team might not be chosen for the Region meet. Due to the importance of the Region meet, the coaches need athletes they can depend on. As a program we want to put the best athletes on the line at the Region Meet. We also want to put those athletes on the line who have the team’s best interest in mind. In the event that there are

athletes who have similar times and finishes then the coaching staff will look at the attendance, attitude, and participation of those athletes to help make a decision.

LETTERING CRITERIA

There are a few ways that an athlete can receive a varsity letter for track and field:

1. On the Varsity team at the Region 3-AAAAAAA Meet or scores a point in a Varsity Meet
2. Achieving the Varsity Lettering Standard for one of the events (lettering standards listed below.
3. Coaches discretion: as a coaching staff, we can award a Varsity letter to an athlete who does not meet the above requirements but who we feel is deserving of a Varsity letter.

*Attendance at practice is mandatory. Athletes missing 15 or more practices will not be guaranteed a Varsity letter.

*All Letters are earned. Coaching Staff reserve the right to hold a letter from any athlete for any reason, even if they hit one or more of these standards

EVENT	GIRLS	BOYS
High Jump	4'10	5'10
Long Jump	15'	20'0
Triple Jump	32'	40'
Pole Vault	9'0	10'0
Shot Put	30'	40'
Discus	90'	110'
100 Meter Dash	12.9	11.4
100/110 Meter Hurdles	16.7	16.2
200 Meter Dash	27.0	23.5
300 Meter Hurdles	50.0	43.5
400 Meter Dash	1:02	52.0
800 Meter Run – 1 st Year	2:48	2:18
800 Meter Run – 2 nd Year	2:42	2:12
800 Meter Run – 3 rd Year	2:38	2:08
800 Meter Run – 4 th Year	2:35	2:05
1600 Meter Run – 1 st Year	6:10	5:10
1600 Meter Run – 2 nd Year	6:00	5:00
1600 Meter Run – 3 rd Year	5:50	4:50
1600 Meter Run – 4 th Year	5:45	4:45
3200 Meter Run – 1 st Year	13:25	11:25
3200 Meter Run – 2 nd Year	13:00	11:00
3200 Meter Run – 3 rd Year	12:45	10:45
3200 Meter Run – 4 th Year	12:30	10:30



ATHLETE CODE OF CONDUCT

As we prepare for another successful Hillgrove Track and Field Season, we ask that you take the time to read and understand the guidelines below. Athletes must conduct yourself in a way that shows our community that you are respectful, and a mature Hillgrove student/athlete.

1. Athletes will show respect to all coaches, teammates and other athletes at all times.

- A. 1st Violation – verbal warning
- B. 2nd Violation – suspended from upcoming meet
- C. 3rd Violation – dismissal from team

2. In School Suspension & Out of School Suspension

- A. Being assigned to ISS/OSS will result in being suspended for one meet and missing practice time on the days assigned.
- B. 3 Disciplinary Referrals of any kind=Dismissal from the Team.

3.PRACTICE ATTENDANCE

A. Each athlete must notify their event coach or the head coach **PRIOR** to missing practice if he or she will be absent. Athletes must notify the coaching staff in person or by email or in the BandApp if you are going to miss practice. If an athlete is not at school, they should contact their event coach and head coach by email prior to **2:45**.

B. EXCUSED ABSENCES: An excused absence is any absence cleared ahead of time by the Coaching Staff (event coach or head coach) **before 2:45** on the day of the absence. **EXCUSED ABSENCES ARE STILL CONSIDERED ABSENCES.**

-The following are all considered ABSENCES and count against your absence total: participation in other school other school clubs (beta, chess, anime etc.), family trips and activities illness, injury, field trips, detentions, participation in club track, training for another sport with a teammate and his dad, lack of proper athletic wear, etc. ****Exceptions can be made for injury/illness****

-Once an athlete misses 15 practices for any reason, that athlete is ineligible for a upcoming meet.

C. ATTENDANCE IS REQUIRED PRIOR TO MEET DAY, IF YOU MISS PRIOR TO A MEET DON'T EXPECT TO COMPETE!

D.Tardies – 3 Tardies equal = 1 absence towards total. Practice starts at 3:50

E. UNEXCUSED PRACTICE ABSENCES (no communication prior to practice from athlete as to where student-athlete was): 1st offense: verbal warning - 2nd offense: Athlete will be held out of next meet; 3rd offense: dismissal from team. Parents will be contacted and no refund of the fee.

4.MEET ATTENDANCE

EXCUSED ABSENCE FROM A MEET:

- A. Athletes may miss 2 meets with prior permission from the Head Coach with no penalty & be excused.
- B. Third excused absence from a meet miss will result in dismissal from the team.

UNEXCUSED ABSENCES FROM A MEET:

- C. An unexcused absence from a meet occurs when an athlete's event begins, and they fail to check-in and compete.
- D. Missing any event in which an athlete was to compete will result in an unexcused absence for that meet.
- E. Leaving a meet prior to competing (for any reason) without talking to the head coach will count as an unexcused absence.

F. Consequences:

1st unexcused meet: Verbal Warning

2nd unexcused meet: Miss next meet.

3rd unexcused meet: Dismissal from team.

5. REFUSAL NOT TO COMPETE in any event that entered in the meet will result in consequences which could lead to dismissal from the team.

6. Ordering Door Dash, or any food service delivery service during practice = DISMISSAL FROM TEAM

7. Athletes will comply with all policies regarding alcohol, drugs, tobacco, and criminal offenses set forth by the CCSD.

- A. Coaches will follow all guidelines set forth by the CCSD in relation to any incidences involving alcohol, drugs, tobacco, and criminal offenses.

- B. A violation of this policy will result in a minimum of a suspension from the team or even dismissal from the team depending on the situation. ISS and OSS will also be applied as deemed necessary by the principal.

9. Athletes will notify a coach when they are experiencing pain or feel that they are injured. This notification should occur ASAP. There will be a form online to report injury.

10. All rules stated in the student handbook apply to all Hillgrove Track and Field events and practices.

11. Situations may arise that which are not addressed specifically by these rules. In these situations, coaches will make a fair and consistent decision after consulting the parents and the administration.

12. You will wear Hillgrove Track & Field Garments to All Meets. (Non-compliant=Not Competing)

13. **NO SLIDES, HOUSE SHOES or CROCS on Meet Day** = (Non-Compliant=Not Competing)

14. **Zero Tolerance:** Public Display of Affection (PDA) (e.g. kissing, any sexual activity) during a team activity - You will be dismissed from the Team.

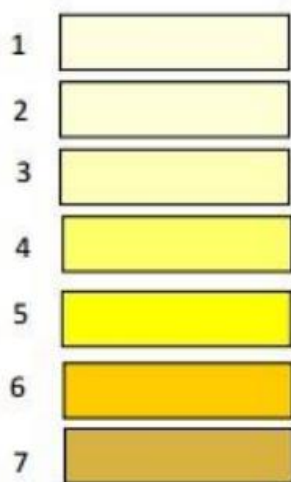
15. Obey the Travel Contract if staying overnight.

16. Recommended not bring large sums of money, airpods, or iwatch to a track meet. It is your responsibility to keep up with your valuables. (If some wants it, they will take it.)



HYDRATION

Hydration* Hydrating is important to athletes for many reasons. Hydrating aids in bodily process before, during and after a sporting activity. When the body fails to get enough fluids this is called dehydration. Dehydration hurts performance in many ways. It can increase the risk of injury, lack of performance, and increase the risk of heat illness. When athletes are dehydrated the flow of blood to the skin is reduced, this limits the ability for the body to cool itself. When athletes exercise, their body can generate up to 20 more times of heat than when resting. Our bodies use sweating as a form to regulate body temperature during a sporting activity. As body temperatures rise warning signs of heat illness will occur in an athlete that is dehydrated. Some symptoms of dehydration are flushed skin, dizziness, nausea or vomiting, and as simple as thirst, dry lips and mouth, and or dark urine. Some helpful hints for hydration are drinking 16 ounces two hours before exercise. Drink 4-8 ounces ten minutes before the start of exercises. Drink 4-8 ounces every twenty minutes during exercise. After exercise drink 16 ounces of water for every pound of body weight lost. And lastly throughout your day drink 32 ounces of water for every 1,000 calories expended daily.



Preventing dehydration is important for athletes but the body doesn't do the best job of letting one know when it's time to rehydrate. When athletes sweat during exercise, they lose water from their blood making the blood thicker while raising sodium levels. When this occurs the body feels thirsty, the only problem is that by this time the skin has already secreted 1.5 liters of water (3/4 of a 2liter soda bottle) thus why it is so important to drink even when you're not thirsty. Keeping track of the color of your urine can be an easy and helpful tool when staying hydrated. The color chart can give you a better picture of properly hydrated urine color. If your urine is colors 1, 2, 3 the athlete in question is most likely well hydrated. If the color of the urine falls between 4,5,6 the athlete should drink water as soon as possible because beginning sign of dehydration are. And finally, if the urine color is 7 or darker the athlete should begin to drink as they are dehydrated.]

*Nutrition and Hydration information taken from <http://www.canadacollege.edu/soccer-men/docs/NutritionGuide.pdf>

Update 1.17.24

HILLGROVE
2024
TRACK & FIELD
CORPORATE
SPONSORSHIP



Hillgrove Track & Field
4165 Luther Ward Rd.
Powder Springs, GA 30127



Dear Potential Sponsor,

We are currently seeking Corporate Sponsors for the 2024 Track and Field Season. Throughout the history of Hillgrove HS, coaches have established Hillgrove Track and Field as one of the premier teams not only in Cobb County but also in the State of Georgia. Our program gives our student athletes the opportunity to learn valuable lessons that will help them succeed not only in our sport but also later on in life. We have the opportunity to shape the future of our community in a positive manner and we would love for you to be a part of that process. We are coming off 2023 season that saw a top 10 team finish for the girls at the State meet. We are returning a female athlete who was the State Champion in the 100 & 200 Meter Dash. Our girls 4x100 Meter Relay produced the 8th fastest time ever in the state of Georgia for the event. On the boys side, they produced forty top 10 all-time performances in the history of Hillgrove High School Track & Field. In addition, the boys broke two school records. The team is continuing to produce efforts to continue this process. This season is shaping up to be an exciting season! We are a team that is becoming established in the track and field community, and we want you to be a part of our growing success!

The accomplishments we have achieved at Hillgrove High school as players, coaches and a program take vision, commitment, and resources. The large majority of our program's funding continues to be generated from the players, their parents and the support and generosity within the Hawks community. This supporting cast is a critical part of the success of our program. We are trying to stay on the cutting edge of training with the use of new technology for training and recovery, so our athletes are best prepared for success in competition. All the funds we raise go directly back to our program to help us pay for our planned travel costs, awards for our athletes, entry fees for scheduled races and much needed training equipment. Your donation will help sustain the tradition of excellence and continue to build on our past successes as we look to move our program to be one of the best in the state of Georgia.

Along with our staff, and on behalf of the entire Hillgrove Track and Field family, we would like to personally thank you for your time and consideration and invite you to be a sponsor for the 2024 season. Please see the attached sheet that contains information on our different sponsorship levels. We are an approved 501 (c) (3) organization so any donation you make could qualify as a tax write off. I am confident that you will see that you will be receiving a tremendous return on your investment beyond that of the impact that you would have on helping to shape the next generation. If your company is ready to partner with us, please fill out the Corporate Sponsorship Form (the last page of this packet) and send to address included. If you have any further questions, please do not hesitate to contact us. Thank you again for your time and consideration.

Sincerely,

Travis Mihalik & Kevin Cobb

Travis Mihalik & Kevin Cobb
Head Track & Field Coaches
Travis.mihalik@cobbk12.org
Kevin.cobb@cobbk12.org

HILLGROVE TRACK & FIELD CORPORATE SPONSOR PROGRAM

GOLD LEVEL - \$600

1. Large Logo (approx. 16"x16") on a banner that will be displayed at all our home meets.
 - a. This includes 4 home meets, as well as other spring sports home games.
 - i. 2-18 -Hillgrove All Comers Meet – approx. 1500+ athletes and spectators
 - ii. 2-25 – Hillgrove Invitational - approx. 2000 + athletes and spectators
 - iii. 3-22---Hillgrove JV Meet - approx. 1500+ athletes and spectators
 - iv. 3-29---Hillgrove JV Invitational – approx. 1500+athletes and spectators
2. Advertising opportunities at our 4 home meets
3. Promotion with logo on our team website www.hillgrovefast.com
4. Promotion on our social media accounts
 - a. Twitter – Hillgrove XCTF
 - b. Instagram – Hillgrovetrack
5. Large Logo included in our Sponsor Page in our End of the Season Program
6. Name announced at our End of Season Banquet
7. Sponsorship Plaque given to your business to show community involvement.
8. Any other ideas related to advertising and sponsorship that company has can be discussed with the coaching staff and booster club board.

SILVER LEVEL - \$350

1. Promotion with logo on our team website www.hillgrovefast.com
2. Promotion on our social media accounts
 - c. Twitter – Hillgrove XCTF
 - d. Instagram – Hillgrovetrack
3. Large Logo included in our Sponsor Page in our End of the Season Program
4. Name announced at our End of Season Banquet
5. Sponsorship Plaque given to your business to show community involvement.

PLEASE CLICK THE LINK BELOW TO FILL OUT SPONSORSHIP INFORMATION
[HILLGROVE TRACK & FIELD SPONSORSHIP FORM](#)

