



Irons Lady Hawks Track and Field Guidelines 2026 Practices are from 4:10-5:15

Program Mission Statement:

To provide a Track & Field program that promotes fairness, academically superior students, hardworking, dedicated athletes, and role models for all Irons Junior High School.

Program Philosophy:

We expect success through hard work, discipline, consistency, and organization. All athletes will work together to form a unified Track & Field Program here at Irons. Athletes will demand the best out of each other and, in turn, foster the desire to win. The focus is not SOLELY to win at meets, but to learn and practice integrity, respect, and encouragement. We will not allow negativity to spread amongst our team; It is a poison we, as Lady Hawks, will not tolerate.

Coaches Contact Information:

Nicole Bowden: Head Coach, Sprints, and Relays Email: ndbowden@conroeisd.net

Kevin Suchma: Long Jump and Triple Jump Email: ksuchma@conroeisd.net

Jennifer Herrera: Shot Put and Discus Email: jenherrera@conroeisd.net

Suzi Sorbo: Hurdles Email: ssorbo@conroeisd.net

Lauren Villarreal: Long Distance and Pole Vault Email: lqvillarreal@conroeisd.net

Jamie Beaton: High Jump Email: jbeaton@conroeisd.net

Practices:

- Practices will be held after school (**except meet days**) A practice calendar is on the track website.
- All practice times are subject to change. **Cancellation of practices or meets will be posted through SportsYou. (Download the SportsYou app, click join team/group, input EPFK74RA for code)**
- If an athlete will miss practice, they are required to email Coach Bowden (ndbowden@conroeisd.net) or their event coach (e-mails listed above and on track website).
- Athletes must wear school appropriate (no spandex or crop tops) athletic clothes to practice. If the weather is cold, they must wear sweats over their clothes. Proper running shoes are required. Spikes are allowed, but athletes need to have shoes to do other conditioning as well.
- Athletes will put their belongings in their locker or if they do not have a locker, they will put their belongings in the PE locker room during practice. Coaches will lock the PE locker room after everyone is out of the locker room. Please make sure to put all valuables in backpacks or locker.

Spirit Fee:

The spirit fee is \$50.00. The spirit fee helps the track program maintain equipment, buying uniforms, hosting track meets, and etc. The spirit fee will include a team shirt and yard sign.

Uniforms:

- A uniform and sweat suit will be given for those that make the track meet. The uniform and sweat suit needs to be returned at the end of the season. If any item is damaged, lost or not returned at the end of the season, athletes will be responsible for the cost of replacing any lost or damaged piece of gear.
- Must wear proper uniform issued by Irons Track during competition. Black leggings or black undershirt/thermal can be worn underneath the uniform.
- No air pods and/or headphones are acceptable during competition
- **Do not wash or dry uniforms on hot!!**

Academic Policy:

- We expect all of our athletes to put academics first and adhere to the UIL Eligibility rules.
- Please plan tutorials during non practice days or outside of practice hours.
- Communicate with your athlete's coach about tutorials.

Electronic Communication:

- The track website is available for information.
- Both parents and athletes need to register for the SportsYou app. After completing an account, click the join team/group button and input code **EPFK74RA**.
- The main source of communication will come through email and the SportsYou app.

Athlete/Parent/Coach Communication:

It is our goal to have the athletes voice their concerns with their coach. As coaches, we expect to have communication with the athlete first. If this does not resolve, parents can communicate with the Chain of Command listed below. Communication with coaches is expected to be conducted with professionalism and mutual respect from both the parent and the coaches. If needed, you may schedule a conference with her event coach. **Issues that are appropriate to discuss with coaches:** expectations of the team, expectations of your athlete, team rules, consequences, locations of track meets, absence policy, treatment of your athlete, ways to help your athlete improve, concerns about your athlete's behavior. **Issues that are NOT appropriate to discuss with coaches:** other athletes, coaching decisions, team strategy.

Please follow the Chain of Command if questions or concerns arise:

- 1) Specific Event Coach
- 2) Head Coach – Nicole Bowden
- 3) Female Athletic Director – Alison Williams

Parents:

Parental support is crucial to the success of this program. Help cheer our team and your athlete during track meets!

We are hosting two meets at Oak Ridge High School on February 26th and March 26th. We need volunteers to help with concessions and a hospitality room. Please use Signup Genius to help with volunteering. A link will be sent out through a separate email.

Picture day requirements:

- Picture day will be held on 3/2 at 7:00am. Athletes must meet the requirements to attend picture day. **Athletes need to attend at least 6 practices** in order to be eligible. If an athlete is going to be absent, she needs to email Coach Bowden or events coach beforehand; no

call no show is not acceptable.

- A uniform will be given to your athlete and returned after pictures if they have not made a meet.

Meets:

****Athletes will not be guaranteed spots at every track meet.**** Coaches will make participant decisions based on academics, behavior, attendance, and performance.

- 4 competitors for each event and grade
- Competitors can be in a maximum of 5 events. 3 running events and 2 field events or 2 running events and 3 field events.
- All athletes are required to ride the bus to the track meets. Parents or Guardians can take their athlete home after their events are complete, but they need to sign out with one of the girls coaches.
- Athletes who do not participate in the event they are registered for, may result in not being able to attend a meet again.

Order of Events:

Girls 3200 Meter Run (will start @4:00pm)

Boys 3200 Meter Run (will start @ 4:00pm)

Girls 400 Meter Relay

Boys 400 Meter Relay

Girls 800 Meter Run

Boys 800 Meter Run

Girls 100 Meter Hurdles

Boys 110 Meter Hurdles

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 800 Meter Relay

Boys 800 Meter Relay

Girls 400 Meter Dash

Boys 400 Meter Dash

Girls 300 Meter Hurdles

Boys 300 Meter Hurdles

Girls 200 Meter Dash

Boys 200 Meter Dash

Girls 1600 Meter Run

Boys 1600 Meter Run

Girls 1600 Meter Relay

Boys 1600 Meter Relay

Field Events: (will start @ 4:00pm)

**Order of field events may be different for each meet.

Team Rules:

1. Each athlete will represent herself in a way that promotes team success at Irons Junior High School both in the classroom and on the field. Athletes must display appropriate behavior and conduct and follow all athletic, school, and district policies and rules. *It is a privilege to be an athlete.*
2. Inappropriate or negative comments posted on social media sites, recording, group texts, will not be tolerated. Comments will be assessed by the coaches and may result in disciplinary action based on the content of the post and the severity or intent of the comment.
3. Stealing, threats, fighting, truancy, ISS, DAEP, usage of tobacco, drugs, or alcohol will not be tolerated and could result in removal from the team.

Consequences:

*****May vary due to the severity of the infraction.*****

First Offense- Conference with coach about the infraction and extra conditioning.

Second Offense- Conference with parent (via email, phone, or in person) and extra conditioning.

Third Offense- May constitute removal from the program.