

# 2023 Shepherd Track & Field



## **Shepherd Track & Field 2023 Information**

Our program is a combined program where each coach works with a specific event area and handles boys and girls that compete in those events. Our Coaching breakdown is as follows:

Boys Head Coach / Distance Coach – Rick Cahoon – ricahoon@gmail.com 989-854-6447

Girls Head Coach / Sprinting Coach – Carey Hammel – careyhammel@gmail.com 989-506-8556

Throwing Coach – Brandon Thrush

High Jump / Hurdles Coach – Wyatt LeClear

Pole Vault Volunteer Assistant Coach – Jim Root/Kim Warner

Assistant Distance Coach – Taylor Priest

Assistant Distance Coach – Mason Cross

Assistant Distance Coach – Jason Byrne

Assistant Sprint Coach – Damien Lada

## **Shoe Discount**

Having proper foot wear is very important for Track & Field athletes. Athletes tend to get hurt if they are not in running specific shoes. Runners in Mount Pleasant has several good options and does give a team discount.

We have set up discount with runningwarehouse.com which takes 15% off orders and better shipping.

The code is: **SHEPXCTFD**

## **Website**

We have a website for Track & Field which has our schedule and driving directions as well as other information. Feel free to check it out if you have any questions about Track & Field. We also have facebook and twitter profiles that will post information to about the season.

The website is: **<http://www.shepherdcrosscountryandtrack.com>**

## **Social Media**

Facebook: Shepherd Track    Twitter: @SHSTrackandXC    Instagram: shepherdtfxc

## **Remind Group Text**

If interested in receiving group text updates for important information such as schedule changes and cancellations please sign up for our Remind group.

Text: @shstfd To:81010

This is different than the Cross Country Group

## Blue Jay Track and Field 2023 High School Schedule (As of 3/12/23)

<u>Day</u>	<u>Date</u>	<u>Meet</u>	<u>Time</u>	<u>Bus Depart</u>
Wed or Thu	4/5 or 6	Chip Hills Flex Meet (Will pick best weather)	4:00 PM	2:15 PM
Wednesday	4/12	Dewitt Scrimmage	4:30 PM	2:00 PM
Saturday	4/15	Chippewa Hills Warrior Invitational	9:45 AM	8:00 AM
Wednesday	4/19	Shepherd, Harrison @ Gladwin	4:30 PM	2:15 PM
Friday	4/21	Chesaning Classic	3:00 PM	1:00 PM
<b>Wednesday</b>	<b>4/26</b>	<b>Farwell @ Home</b>	<b>4:30 PM</b>	
<b>Saturday</b>	<b>4/29</b>	<b>Maple Syrup 5K (Athletes expected to help)</b>	<b>8:00 AM</b>	
Wednesday	5/3	Beaverton & Shepherd @ Meridian	4:30 PM	2:30 PM
<b>Friday</b>	<b>5/5</b>	<b>BLUEJAY Invite @ Home (JV expected to help)</b>	<b>2:30 PM</b>	
<b>Wednesday</b>	<b>5/10</b>	<b>Clare &amp; Pinconning @ Home</b>	<b>4:30 PM</b>	
Friday	5/12	Alma Invite	3:00 PM	1:30 PM
<b>Friday</b>	<b>5/19</b>	<b>Regionals @ Home</b>	<b>1:30 PM</b>	
Tuesday	5/23	JPC Final @ Harrison	2:00 PM	12:00 PM
Friday	5/26	Team State @ Berrien Springs	TBA	9:00 AM ?
Tuesday	5/30	Mid Michigan Meet of Champions @ TBA	4:30 PM	3:15 PM
<b>Wednesday</b>	<b>5/31</b>	<b>Middle School MEGASTAR Meet (Athletes expected to help) – 2:45 PM</b>		
Saturday	6/3	State Meet @ TBA	9:00 AM	Friday

\* Indicates meet must be qualified for. Both teams will intend to attend Team State provided they qualify which the girls have the last 12 years and boys 6 out of the last 8 years.

**2023 Home Meets**  
**Shepherd Middle School & High School**

Tuesday	4/18	MS Jack Pine Meet VS Gladwin & Farwell	4:00 PM
Wednesday	4/26	HS Jack Pine Meet VS Farwell	4:30 PM
Tuesday	5/2	MS Jack Pine Meet VS Clare & Beaverton	4:00 PM
Friday	5/5	HS Bluejay Invite	2:30 PM
Tuesday	5/9	MS Jack Pine Meet VS Harrison & Pinconning	4:00 PM
Wednesday	5/10	HS Jack Pine Meet VS Clare & Pinconning	4:30 PM
Tuesday	5/16	MS Jack Pine Conference Championship Meet	4:00 PM
Friday	5/19	HS MHSAA Regional Meet	1:30 PM
Wednesday	5/31	MS MEGASTAR Meet	2:45 PM

We are hosting a lot of meets in 2023 and we can always use help in hosting these. If you are able to help please sign up online at <https://www.shepherdcrosscountryandtrack.com/help>  
Please note signup for these events will be open in early April. There is a wide range of jobs that are needed and we can find a spot for anyone to help. If you have any questions please contact Coach Hammel.

# **2023 Track Rules**

1. Attendance to practice is mandatory.
  - 1<sup>st</sup> offense: Suspended from next meet (still required to attend)
  - 2<sup>nd</sup> offense: You decided to quit the team

\*There may be some athletes who double in 2 sports: those athletes will be handled individually by the Coach.
2. Absences (unless gone from school), being late, and leaving early from practices must be excused BEFOREHAND and DIRECTLY with a Coach. Coach Cahoon is available during the day at school and his nighttime phone # is: Coach Cahoon - (989) 854-6447  
Coach Hammel is available by phone all day and his phone # is: Coach Hammel – (989)506-8556  
Athletes must attend school hours 1 through 5 in order to be eligible to practice and compete. If an athlete is going to miss any part of the school day it must be pre-arranged 24 hours in advance with the Athletic Director, Garth Cornwell.  
989-828-6601 Ext. 4477  
gcornwell@shepherdschools.net
3. Attendance to meets is mandatory.
  - 1<sup>st</sup> offense: You decided to quit the team.
4. We ride together to and from meets. You may ride home with **PARENTS ONLY** (the only exception is a note signed by the athletic director).
5. Ineligibility – Failing 2 or more classes (you must be passing 4 of 5 to be eligible)
  - 1<sup>st</sup> and 2<sup>nd</sup> offense: No participation in the next weeks meets.
  - 3<sup>rd</sup> offense: You have decided to quit the team.
6. Athlete's who choose RTC will be dealt with on an individual basis by the coach.  
Choosing RTC repeatedly will result in dismissal from the team.
7. In even years boys compete 1<sup>st</sup> and in odd years the girls will compete 1<sup>st</sup>.
8. Practice will be outside ASAP, come prepared to practice outside every day.
9. It may be necessary to reduce an athlete's participation in competition because of a lack of conditioning. This may be due to absence from practice because of illness, vacation, injury, etc. It will be the coach's responsibility to make this decision.
10. There will be meets throughout the year in which coaches are allowed only a limited number of participants, thus only select athletes will be able to attend. Meet sheets will be posted outside Coach Cahoon's room as soon as events are known.
11. It should be noted that there is a chance of injury due to your participation in track and field. Notify your coach in the event that any injury has occurred. Most injuries can be prevented if coaches are made aware of soreness and other warning signs that occur prior to injury.

12. You must finish the season in good standing with the team, coach and school in order to receive any awards and/or special recognition. (This includes varsity letters, school records, most improved or valuable, etc.)
13. Girls and boys will be riding separate buses to and from most meets.
14. Your track uniform is not to be worn anytime other than at a meet, and warm-ups are only allowed on meet days.
15. You must attend hours 1 through 5 in school to practice or compete. Athletes are responsible for notifying their coach if they are ineligible for the day.
16. If you compete in the Pole Vault event: It is strongly recommended that you wear a protective helmet in both practices and meets. Coaches can help you find suppliers. Many bicycle helmets work very well.
17. (PDA) Public Displays of Affection are not acceptable behavior. You are representing Shepherd Schools as an athlete whether your events have been completed or not and PDA will result in the following:
  - 1<sup>st</sup> offense: You will be scratched from your next event (current or next meet).
  - 2<sup>nd</sup> offense: You will be suspended from the next meet we are scheduled for.
  - 3<sup>rd</sup> offense: You will be removed from the team.
18. Conduct detrimental to the team will not be accepted. Athletes will be warned once and if the behavior continues they will be dismissed from the team.
19. Varsity Letter requirements
  1. Senior who successfully has completed multiple years of track.
  2. Score 7 total points over the season (varsity meets only)
  3. Score points in an individual event at a non-dual meet (varsity meets only).
  4. Performance (official) equal to last year's 8<sup>th</sup> place performance in league final (can be accomplished at any meet throughout the season).

### **2022 JPC 8<sup>th</sup> Place Performances**

<b>Event</b>	<b>Performance</b>	
	<b>Boys</b>	<b>Girls</b>
110m/100m Hurdles	18.03	18.82
100m Dash	11.65	13.67
1600m Run	4:57.97	5:52.6
400m Dash	59.01	1:05.28
300m Hurdles	46.34	53.18
800m Run	2:11.63	2:43.39
200m Dash	23.89	28.61
3200m Run	11:56.97	13:03.74
Discus	107' 8"	72' 7"
Shot Put	35' 11"	25' 11.5"
Pole Vault	9'	7' 0"
Long Jump	18' 4"	13' 11"
High Jump	5' 4"	4' 6"

## **2023 Shepherd Track & Field Clothing Order**

We have an online store setup with Country-Stitch-N

It can be found here:

<https://www.shepherdcrosscountryandtrack.com/store>



The store is not currently open but will open late this week. Please have all orders completed by  
Sunday March 26<sup>th</sup>.

Payment is done to Country-Stitch-N online and there should not be shipping. All items will be picked  
up by the coaches and distributed at practice.

---

### **Shepherd Track & Field Uniforms**

For Track & Field/Cross Country and due to the nature of the uniforms, we sell new uniforms to all  
athletes and they keep them for their entire HS career and after that.

A uniform set costs \$30 for jersey and shorts. We are got brand new uniforms in 2022.

Uniforms will be available before the first meet. Please prepare to send payment prior to that for your  
athlete. Checks can be made out to “Shepherd Track”

If an athlete is unable to pay for a Jersey please let us know and we have Alumni who are willing to  
cover the cost of the Jerseys for those in need.

Questions? Carey Hammel @ [careyhammel@gmail.com](mailto:careyhammel@gmail.com) or 989-506-8556

# What Is Ferritin

## (and Why Should You Care)?

Ed Kornoelje DO

If you have spent any time running or with runners you may have heard the term ferritin being used and wondered what it means. Even in the medical community there is ongoing discussion and debate as to what significance this blood level has with respect to endurance athletes. Simply put ferritin is the protein bound iron stored in your body (liver, spleen and bone marrow in particular). The not so simple part is identifying what a low ferritin level means, and if it is important what level does it need to be. Let me say this right off the bat: ferritin is important in endurance athletes; knowing your number may be as important as any training plan you are following; and ferritin should be checked at least yearly.

### First a few definitions:

**HEMOGLOBIN** – the oxygen carrying component of blood.

**SERUM IRON** – the active iron in the blood stream.

**FERRITIN** – the storage form of iron.

Each of these is important for the endurance athlete, but ferritin seems to be the key.

Iron is important as a key part of hemoglobin, the oxygen carrying component in blood. Endurance athletes need to get oxygen to working muscles while training and racing. It stands to reason that when hemoglobin levels are low there will be an issue with oxygen transport. When iron levels are low, hemoglobin levels may be low as well, but sometimes are not. What is not so clear is whether or not normal hemoglobin levels with low iron levels is a problem, and if so is it the active iron only that is important, or the ferritin as well. One thing we do agree on – hemoglobin levels do NOT directly assess iron levels. If you are told your iron levels are normal but only the hemoglobin was tested you are not getting the complete story.

For many years this has been a discussion in the medical community. Most physician who work with endurance athletes feel that hemoglobin, iron and ferritin levels are all important, and anecdotally when athletes were found to have normal hemoglobin and iron levels, but low ferritin levels iron supplementation helped. One other confounding factor is that ferritin levels are considered “normal” down to levels of 10 or 12 even though this is too low for the endurance athlete (more on levels later). It makes sense, though, that different levels are “normal” for different people – even if a good chunk of the general population is somewhat active (and this is open to debate as well), what is normal for that group may not be normal for those who push their bodies on a regular basis.

Recent studies have begun to show that those with normal hemoglobin levels but low ferritin levels feel better, perform better, and have better treadmill test results after taking iron and getting the ferritin level up. This is not surprising to any of us who treat endurance athletes regularly. Symptoms of this will include fatigue, having trouble keeping up during workouts, plateau in performances, injuries, and even GI discomfort/issues. If you develop any of these, getting blood work done (CBC, chemistry panel, serum iron, ferritin and possibly thyroid tests) would be a good idea. There are other problems that can lead to the above symptoms, but the labs are an easy way to get the work-up underway. One problem with waiting until there are symptoms, however, is that by the time the blood is tested the ferritin level may be very low and it takes a little time to get the levels up. That is why we recommend if at all possible that endurance athletes get it checked at least once a year, and more frequently if a problem is identified. The caveat is without symptoms, screening ferritin levels may or may not be covered by insurance. In my experience, most if not all endurance athletes do experience fatigue at some point in training so checking a level is not just screening at that point.

616.252.7778



So what is a prudent plan for checking and treating this issue? Here are some guidelines I use with my athletes. These may need to be adjusted slightly as high school, college, and recreational “seasons” are not all the same:

- 1. Assess serum ferritin levels** (as well as CBC and serum iron) in the “pre-season” if at all possible. For the recreational athlete this may be as they embark on a new training cycle, and for the high school or college cross country runner at the beginning of the summer ramp up period. I may recheck these athletes early in the season as well (September/early October), particularly if they are having any issues. It should be noted that this issue appears to affect females more than males, but it does affect males as well, so checking all athletes makes sense. Hemoglobin alone is NOT iron testing. For track athletes another check in Feb or early March (before spring break) as either an initial check or recheck is also a good idea.
- 2. If the ferritin is low (less than 30)** even if hemoglobin and serum iron are normal, I would recommend supplementing with two over the counter iron pills per day (there is typically 65 mg of active iron in each tablet), with Vit C (which helps absorption) and folate (a deficiency in this can also inhibit absorption). Do NOT take at the same time as calcium as this will inhibit absorption. Increasing iron containing foods can help as well, but vegetable sources of iron are not nearly as well absorbed as meat sources, and with the varied types of diets athletes have these days, tablets seem to work the best. There is no evidence that liquid forms are absorbed better than tablets, but in someone who has trouble swallowing tablets, or if the level is not rising this is an option.
- 3. Recheck levels in 6 weeks.** For most athletes the target is a level of 50 or more. Once the athlete is in the mid 30's they often feel a lot better, and if they top out in the 40's most will do fine. Higher level athletes should use 60 as the goal. I check every 6 weeks until a level of 45 or more is achieved, and then usually 1-3 times a year thereafter – for high schoolers and collegians at the beginning of each season.
- 4. DO NOT just start iron** as 1 in 250 may have something called hemochromatosis that can cause a toxic build-up of iron in the liver. While not common, monitoring levels will help stay away from this problem, and help guide ongoing treatment.

**5. When the desired level is achieved** I usually have the athletes cut down to one tablet a day. While the endurance training is going on there is a good chance the levels will drop again if the supplementation is stopped completely.

**6. Talk to your doctor about this.** If they agree with testing and understand that for an endurance athlete “normal” is 35 or more, not just barely inside the normal range of 10 or 12 for the normal population – make sure you get the actual number from your doc, not just “everything looks fine.” If your physician is not as up on ferritin as needed, find a sports med doc or come and see us. While I have presented a very basic science lesson here, sometimes interpreting all of the values can be a little confusing, especially as the treatment is starting – this is where seeing a sports medicine specialist can help. I have seen too many seasons or races affected by low ferritin levels – this is something that is easy to test and easy to treat.

**7. If for some reason an athlete has an exceedingly low ferritin level** (single digits) or has problems with absorption we have utilized iron infusions. There are often a few other tests that need to be run to ascertain if at all possible the reason for the issues, but infusions when used at the right time in the right athlete can be very helpful. Considering this would warrant a thorough evaluation and discussion with a sports medicine physician who deals with endurance athletes.

If you have any questions about ferritin, or other issues, you can find us all over West Michigan. Go to metro-health.net and search “sports medicine” for more information. We treat all types of sports injuries, and while we have experience treating professional athletes like the Griffins and Drive, as well as the runners of Gazelle Elite, we use our expertise to help athletes and active individuals of all ages get going again. You don't need to be on a team to be an athlete! Call 252-7778 for more information. You can also find us weekly at our Injury Wise Clinic at Gazelle Sports in Grand Rapids every Wednesday night from 6-7:30 PM – again all active individuals are welcome on a first-come first-served basis.

## Be Active!

**Coach/Athlete Contract**  
**2023 Track & Field Season**

In signing this contract you are agreeing that you can and will follow the guidelines that are being set forth. Failure to follow these guidelines will result in discipline. Discipline will be taken care of on an individual basis as the coach sees fit. Disciplinary actions could include warnings, meet suspensions, or dismissal from the team.

1. I will not under any circumstance have possession or use any school illegal item (alcohol, drugs, vape, or tobacco products). This is automatic dismissal from the team and the athlete will be immediately turned into the school. I will also encourage others on my team and throughout the school to make good decisions and I will not put myself in situations where any of the above school illegal items are being used.
2. I will be a leader in all of my classrooms and throughout the school. I understand that my behavior is representative of my entire team and thus I will make good decisions and behave properly in all situations.
3. I will represent myself appropriately in all media outlets. I understand that my behavior is representative of my entire team and school and what I say reflects on everyone. This includes newspapers, facebook, twitter, etc...
4. I will behave properly at all meets. I understand that my teams attendance at all meets is a serious activity and will behave in a proper manner and will approach each meet with the preparation needed for me to do my personal best and help make all my teammates better in the process.
5. I will treat all members of our coaching staff with respect, understanding that they are volunteering their time to help me improve, something I should be very thankful for.
6. I will put my teammates first in all situations. This includes cheering for teammates who are in other races while they are running (JV runners cheering for Varsity AND Varsity cheering for JV). I will also make sure that I congratulate all teammates who finish ahead of and behind me in events knowing that they also have worked very hard. I will not treat any teammates as if I am better than them, regardless of performance.
7. I understand that competing in Track & Field and especially improving performance is not something that is easy. Although at times I may be frustrated or angry with my performance in practice or at a meet, I will ALWAYS conduct myself in a manner that is respectful to my coaches, teammates, and all workers.
8. I will understand and will follow all other team rules that are not highlighted on this contract.

---

Athlete Name (PRINT)

---

Athlete Signature

---

Date