



# Oneonta Indoor Track & Field Parent Information 2024-2025



Welcome to Indoor Track & Field 2025! We are excited about the upcoming season. This letter provides information parents will need for the season.

**Practice vs. Competition:** Indoor Track is slightly different than Outdoor Track. Practices are 4 days per week and meets are optional. Athletes can be practice status only; however, they are expected to attend all practices and follow the rules. Due to the success of our outdoor meets, we are able to waive indoor meet fees this year.

**Mandatory:** All athletes must sign-up on Dragonfly and have a current physical. When you are signed up, complete all paperwork. Start in the lower left corner to the circle “Get Started.” If you have questions, please contact Coach Wallace. All paperwork must be completed and approved by Nov. 1 – NO EXCEPTIONS.

<https://max.dragonflyathletics.com/maxweb/max-cover/login>

**Uniforms:** Uniform order forms and money are due to Coach NeSmith by October 9. We cannot accept late orders. 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. All athletes are required to by a new singlet or thrower’s shirt for track this year. These uniforms will be the same for outdoor. 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.

**For required uniform, boys have a choice of 3 shorts, and girls have 2. They only need to SELECT ONE. If girls order boyshorts, we suggest ordering one size larger than usual. These run small.**

**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.

Remind: remind.com/join or text @81010  
Code: @ohstrack25

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)

Volunteer Coaches: Alan Veal, Chris NeSmith, Butch Wallace

### Other Information:

- 1) Please see attached Rules and Guidelines.
- 2) Athletes are expected to have good attitudes and complete the entire workout daily.



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- 3) Practice for Indoor is Monday - Thursday, from 3:05 to 4:10. Parents, please be at the stadium by 4:10. Specialties (hurdles, jumps, relays) may practice a little longer.
- 4) All meets are optional. To qualify for state, an athlete must be ranked in the Top 16 in 4A-5A and only 2 athletes per school can participate per event.
- 5) Multiple unexcused absences will result in dismissal from the team. Athletes must let Coach NeSmith or Coach Wallace know (in person, email, text, Remind, or Instagram DM). Failure to practice, even excused, may result in not being able to compete.
- 6) 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.
- 7) 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.
- 8) Meet participation may be limited to 3-4 athletes per event (ruling made by meet director, not our coaches). Those that cannot compete in varsity meets will compete in JV meets.
- 9) We cannot ride in private vehicles. Coaches can transport athletes with a signed POV form. Athletes can ride with parents. Transportation will be determined for each meet.
- 10) 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.
- 11) Athletes will do the prescribed team workout - no alternate workouts. Workouts will be done during team practice, not independently.
- 12) 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).
- 13) Cell phones/air pods are not allowed at practice. No picture/video taking in locker rooms.
- 14) Athletes must provide their own water. We will try to have bottled water available for purchase.
- 15) Attire should always be respectable. 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.
- 16) We do not want anyone to practice hurt or sick. PLEASE tell a coach so we can help. Always go to see our trainer first before going to the doctor.