

# CHABOYA TRACK & FIELD

Dear Parents and Athletes,

Welcome to the 2018 track season! We are committed to creating a positive, respectful, and safe environment for all athletes. We strive to help each athlete persevere through challenges and meet their personal goals in a constructive manner. *Due to supervision and safety concerns, we must cap the team at 150 athletes this season.* If you have any questions or concerns, please contact us via email or School Loop.

## Coaching Staff:

Head Coach Alan Marshall - 1600m & 800m; long & triple jumps; 7th boys attendance  
Coach Michael Bocca - shot put & discus; 8th boys attendance  
Coach Laura Lambert - 65m hurdles; 7th girls attendance  
Coach Laura Lu - 100m, 4x100m, & 4x400m relays; 8th girls attendance

## Attendance Policy:

Practice takes place Monday-Thursday from 2:40-4:00 pm. Daily attendance is required to be on the team. Two tardies and/or unexcused absences will result in removal from the team. If you have an appointment or other excused reason to miss practice, you must notify your attendance coach during the school day (preferably at lunchtime). If you have an excused absence from school, show your attendance coach your re-admit slip the day you return to school. **Academics are NOT an excuse to miss practice.** Your coaches recognize that you may have other extracurricular commitments (club athletics, music lessons, tutoring, etc.). Please be aware that time missed from practice reduces your chances at qualifying for a meet. We want athletes who make a commitment to being with our team.

## Behavior Policy:

All coaches expect that you will come to practice every day with a positive attitude and good behavior. To encourage proper behavior and participation, we have a “three strikes” policy. **Athletes will be dropped from the team if they earn three strikes.** Examples of strike-worthy offenses/infractions include:

- Ignoring coaches’ directions, failure to follow instructions, or acting in an unsafe manner
- Having a disrespectful attitude towards other athletes or coaches; displaying bad sportsmanship
- Failing to participate 100% in stretching, conditioning, or at an event (ex. sitting/talking on field)

## Three Strikes - Consequences:

- One strike = warning and punishment given by coach (leaving the event; running laps)
- Two strikes = disqualification from participation in upcoming meet
- Three strikes = removal from the track team for the remainder of the season

**\*Any extreme, dangerous, or defiant behavior will result in immediate removal from the team.**

**\*\*Any unsportsmanlike conduct at a meet will result in immediate expulsion from the team.**

## Academic Requirements:

Participating in athletics is a privilege earned through success in your classes. Athletes must maintain a 1.5 GPA in order to attend practice. In order to qualify for meets, students must maintain a 2.0 GPA with no Ds or Fs. 3<sup>rd</sup> quarter report cards will determine academic eligibility to attend practice; 4<sup>th</sup> quarter progress reports will determine eligibility for division and section finals (playoffs). Students who do not meet minimum academic requirements at the progress reports will be dismissed from the team.

### **Expectations at Practice:**

All school rules apply at practice. Additionally:

- Athletes are expected to dress out in P.E. clothes or appropriate athletic attire – your clothing **MUST** comply with school dress code guidelines. Athletic footwear is **REQUIRED**. Spikes, however, are optional; be aware that our dirt track quickly wears down spikes!
- Check the weather daily and dress appropriately. Practice on rainy days is possible, so listen for announcements. If it is cold, bring sweatpants and a sweatshirt. On sunny days wear sunscreen.
- Bring a reusable water bottle with you **everyday**. Make sure it is clearly marked with your name.
- Keep our school clean and pick up your trash at the end of practice each day. Athletes are required to help put away equipment before being dismissed from the track. A mess left behind on the field or track results in extra laps for the *entire* team. Do not head to the locker room until directed by a coach! Stay and clean up, then wait until dismissed by a coach.
- Simply joining the team does **not** mean that you are guaranteed to attend any meet. Coaches will hold qualifiers, then select athletes to participate in the meet. Qualifiers will be announced **TWO** days before each meet. *Practices the day before a meet are reserved for those who have qualified.*
- Since track is a team sport, each athlete is expected to practice and participate in **at least 2 events**. You are *not* limited to a category of events (i.e. jumps; distance; sprints; throws).
- **Practice ends at 4:00. Students need to be picked up by 4:15 at the latest.**

### **Expectations at Meets:**

Athletes are responsible for listening to announcements, knowing the order of events, and being at their individual events on time. Also...

- Bring your own bottles of water, *healthy* snacks, sweats, sunscreen, etc. Be prepared!
- Keep an eye on teammates' belongings. Keep our area clean. *No junk food is allowed!*
- Be respectful toward all other athletes, coaches, & officials. Always be a good sport!
- Stay off the track and away from the jump & throw pits unless you are warming up or participating in an event. Watch the action from the bleachers or other permitted viewing areas.
- Notify a coach **IMMEDIATELY** of any injuries or other serious concerns (e.g. event coordinator does not have your name or information &/or won't let you compete; disqualifications/cheating; dispute over timing/measuring; unsportsmanlike conduct from other athletes/teams; etc.).
- If a bus is provided, students should be picked up within 15 minutes of arriving back at Chaboya. **Parents, if you choose to take your child home directly from a meet, you or your child MUST personally check out with a coach.** Do NOT have a friend or another athlete tell us! ***We need to be able to account for all athletes' whereabouts for safety reasons.***
- **Failing to inform a coach that you are unable to attend a meet, missing your event(s) at a meet, or not checking out with a coach will disqualify you from participation in future meets!**

### **Jerseys:**

Athletes who qualify for a meet will be assigned a jersey for the duration of the season. You must take proper care of the jersey – wash it after use & before turning it back in. Students who damage or lose a jersey will be charged a \$30 replacement fee. Unreturned jerseys are treated like a library fine – you may not attend dances or end of the year field trips until the jersey is returned or paid for if lost.