



# Trabuco Hills High School

## Mustang Track and Field Team Policies

### **I. COACHING STAFF**

Head Boys Coach

Head Girls Coach

Head Distance

Assistant Distance

Assistant Distance

Assistant Boy Sprints

Assistant Girl Sprints

Girls Hurdles

Pole Vault

Assistant Pole Vault

High Jump

Boys Long/Triple Jump

Girl Long/Triple Jump

Shot Put/Discus

Shot Put/Discus

Shot Put/Discus

J.T. Ayers

Dennis Kelly

Liam Clemons

Mark Donaldson

Darrell Cross

Chad Rozean

Kira Helmer

Shelby McQuitty

Craig Cooper

Dan Carrillo

Ron Lee

Nikki Hutchinson

Monica Todd

Ryan McHale

Michael Pedro

Chris Watkins

### **II. PHILOSOPHY AND VISION**

Track and Field is a special sport where athletes have the opportunity to compete against themselves. Not every athlete will have the opportunity to run in CIF Finals or on the Varsity team, however they will get a chance to improve and set new personal records (P.R.) each time they race, jump, vault, or throw. Track and Field is largely a mental sport where ATTITUDE defines success. Competing in Track and Field will give each student athlete the opportunity to learn the skills of his or her event(s). They will also learn how to apply themselves to their fullest potential through hard work, the correct attitude, self-motivation, dedication, consistency, discipline, and effort. Team members must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of any individual team member.



# Trabuco Hills High School

The coaching staff has set strategic objectives while maintaining the vision and purpose of the Track and field program for the season. Trabuco Hills Track and Field is a privilege and a worth while endeavor that will create life long lessons for each individual athlete.

## **Mission Statement:**

We are creating one of the most exciting and magnetic Track and Field programs in Southern California while building character and discipline into each athlete with leaders who coach with an exceptionally researched approach to training and leadership.

## **II. MOTIVATION AND SUCCESS**

1. Successful athletes set positive examples for others. They lead by their example.
2. Successful athletes are enthusiastic. They generate their own enthusiasm.
3. Successful athletes are coachable and eager to apply lessons taught by their coaches.
4. Successful athletes come to practice to work hard with a mature attitude toward their craft. Practices are not places to socialize or hang out with friends.
5. Successful athletes set goals for the day and season. These goals help the athletes to remain focused during their training.
6. Successful athletes care about the team before themselves.
7. Successful athletes are cooperative with coaches and their teammates.
8. Successful athletes have a high frustration tolerance. Temporary set backs happen. Learn from your mistakes and move forward.
9. Successful athletes are reliable and responsible in training. This includes Spring Break and weekends.
10. Athletes who fail tend to be cynical; they are unwilling to be impressed or inspired. This is expected of the phony, the snobbish, and the pseudo-intellectual who is unwilling to take responsibility for their personal success or failures.

### **In summary - Successful Athletes are mentally tough and are:**

- Self Motivated
- Positive, but realistic
- In control of emotions
- Calm and relaxed under pressure
- Determined



# Trabuco Hills High School

- Set smart goals
- Self confident
- Coachable
- Accept responsibility for their actions
- Make no excuses, lay no blame

## III. POLICIES

1. Be on Time
  - “Early is on time, on time is late”
2. Pre-season
  - Pre-season track begins at the start of the New Year - January 1. This means practices/meets will be organized and attended through the head coach only.
  - **No athletes are allowed outside training or will attend any meet unless give permission by the head coach.**
3. Dress Accordingly
  - Correct running shoes and clothes every day.
4. Be Responsible
  - In class, on campus behavior, and off campus
  - Do not miss any practices.
  - Work to your very best potential each day
  - All athletes are required to report all injuries to their coach. (Note: sore muscles, blisters & minor bruises etc. are pains not injuries) The coach will send you to the trainer or give you a recommendation for outside help with your injury.
5. All athletes must dress for every practice. If you are injured, ill, or have a written excuse from your parents, you will still dress out. You and your event coach will determine the extent of your participation.
6. If an athlete needs to see the trainer for any reason, they must be given permission from their event coach or Head Coach before hand.
7. Road Running (Distance)



# Trabuco Hills High School

*The following rules for running workouts on the roads should be strictly observed by all athletes for their own safety.*

- A. NEVER RUN ALONE
- B. Always run on the sidewalk.
- C. Avoid major intersections as much as possible.
- D. Never challenge a car or driver. The Car always wins!
- E. Misconduct on the roads will not be tolerated. Remember who you are & who you represent.
- F. Always report any unusual occurrences immediately upon your return to the track.
- G. Always check in with your coach when you return from the run.

## IV. MEETS

- 1. Dual Meets – **ALL ATHLETES MUST STAY UNTIL MEET IS OVER**
- 2. Invitationals – Athlete may leave once their last event is over, but only if they have turned in Transportation Exemption Form for that meet.
  - For certain invitationals (ie. Arcadia, Mt. Sac, and Tiger Invite), athletes are expected to provide their own transportation to weekend invitational meets. Athletes must stay until their last event; parents are then allowed to take their athlete home. Please tell your event coach you are departing and with whom. A Transportation Exemption Form is required.

### **Before a Track Meet**

- 1. Make sure you have eaten well the night before, morning of, and had something 2-3 hours before your first event.
- 2. Drink plenty of water the week, the night before, and day of the meet.
- 3. Stay out of the sun.
- 4. Make sure you have all necessary items such as: Uniform, shoes (spikes, throwing shoes, etc), sweats, and have spikes changed before the meet!
- 5. Know the events you are competing in and when they are

### **At the Track Meet**

- 1. Stay near our area. Go to the bathroom with a teammate
- 2. Wear your sweats. Stay warm!
- 3. Conduct yourself in a respectful manner. Know whom (school, family, yourself) you represent.
- 4. Listen and pay attention to the meet. Don't miss your event



# Trabuco Hills High School

5. Cheer your team on. We are there to win as a team!
6. Dual Meets Only – Every athlete must stay until the meet has concluded - Parents please note this and be cooperative.

## **What NOT to do or bring to a Track Meet**

1. iPods, headphones, iPads, etc.
2. No cell phones on the Track or infield
3. This is not a social event. Do not distract yourself or others
4. Compete with a character and a humble attitude. No taunting or smack talk will be tolerated.

## **V. VARSITY LETTER**

To earn a **VARSITY LETTER** an athlete must:

1. Complete a race in a meet at the Varsity level and place 3<sup>rd</sup> or receive at least 1 point in a dual meet. This includes being a member of a relay team.
2. Qualify for CIF or STATE as an alternate to the Varsity Team.
3. Juniors/Seniors are eligible for a letter if they have been in the program for 3 or more years.

\*Winning an individual event at the Frosh/Soph level (even at League Finals or OC Champs) does not make you eligible for a Varsity Letter since you did not compete in a Varsity race.

## **VI. Grading**

- Students with 3 Unexcused Absences will receive one Letter Grade Lower
- Students who miss a track meet with an Unexcused Absences will receive one Letter Grade Lower
- Students will turn in a small short essay (minimum of 500 words) for their FINAL resulting in 10% of their overall grade

## **VII. OTHER NOTES**

- Any athlete who quits the team or who is dropped from the team & wants to return to the team in a future year, must submit a letter to Coach Ayers or Coach Kelly requesting consideration to be readmitted to the program.
- Suggested Donation (Spirit Pack) – is \$275 for Boys and Girls per athlete



# Trabuco Hills High School

- Spirit Pack: if an athlete chooses to make a full donation, all items will be that athletes to keep. If a full donation is not made, the athlete will check out a uniform (top/bottom) for the season and will need to turn that uniform in at the end of the season.
- ANY EXCEPTIONS ARE SUBJECT TO THE HEAD COACHS' DECISION. It is important to remember that there will always be exceptions, but you are probably not one of them.
- Violations of any team policy will be reviewed by the coaches and penalties will be assessed as the staff sees. Any conduct detrimental to the team or that violates school policy will be cause for dismissal from the team.
- NO DRUGS OR ALCOHOL! The boys and girls track and field team employs a ZERO TOLERANCE POLICY with regards to drugs, alcohol, and weapons.
- Athletes are expected to conduct themselves in a manner reflecting credit upon themselves, their coaches, their parents and their school. It is expected that all athletes will act according to the standards that are expected from all Trabuco Hills students. It is, of course, impossible to identify and list all possibilities for the many infractions that could result in disciplinary actions in a sport contract. We have tried to specify as much as possible, but we are aware of the limitations. There will be some student/athletes who will search for ways to get around the "letter of the law" and this WILL NOT BE TOLERATED.

We expect our athletes not only to observe the letter of the law, but also to integrate the spirit represented by these policies. Athletes who cannot or will not manage this will be dropped from the team.

By practicing and/or competing on this team the athlete is subject to all outlined above. The coaches will hold each individual athlete accountable to the standard set by these policies. This document is in place to ensure the safety of the individual athlete and team they are a part of.