

# FOOTHILL HIGH SCHOOL TRACK AND FIELD 2017 TEAM HANDBOOK

## Making the TEAM

Traditionally, track and field has been viewed as a non-cut sport. For the 2016 season, athletes will not be cut from a team if they dedicate their time and efforts to be a contributing member of the team.

However, someone may be cut at any time during the season for the following reasons:

- If an athlete misses a substantial amount of time from practice or meets,
- Displays poor sportsmanship toward another athlete, coach, judge or spectator,
- Does not give an honest effort at every practice and meet.

Any athletes dismissed from the team will not be able to earn a varsity letter.

## Commitment

Like anything in life, being a part of the Foothill Track and Field team is a commitment that takes dedication and enthusiasm. We are a small family that works hard and has fun. The coaches do ask a lot of all of our athletes, both new and returning. Therefore, this program may not be for you if you are.....

- just looking to earn PE credit
- just wanting to add the participation onto a college application
- just looking to use this time to socialize with friends
- just looking for any kind of work-out class
- unable to make practices or meets

If any of these things are what you are looking for...then FHS Track and Field may NOT be the sport for you.

We look to each other for motivation and support on and off the field. Joining this team, as an athlete, you are making a commitment to stand by your teammates and coaches. We look to each other for motivation and support on and off the field.

## Participation Cost

The voluntary participation cost is \$175.00 per athlete, which includes transportation and coaching expenses.

## Practice Schedule

Practices are held RAIN OR SHINE! Practice will be held Monday – Friday (except on meet days). On school days' practice will begin at 3:10 PM sharp in the stadium and will run until about 5:15 PM. We will normally have a daily 5-10 minute meeting at the beginning of practice to discuss any important details. Varsity athletes will occasionally be asked to attend Saturday practices. Saturday practices will be 8:00 to 9:30 AM. Athletes will be told the Monday before if they should be at a Saturday practice.

## Practice Attendance

If you know in advance that you cannot attend a certain practice, then email/phone/text your event-specific coach in advance and let him/her know ASAP. The following day, this absence will need to be followed up with a written note from a parent/guardian. Being a part of this team means attending all practices. Respect the work that your coaches put in, the efforts your teammates give, and the support your school gives you. If you miss more than three unexcused absences, you will be cut from the team.

## Attire/Equipment

The best way to be prepared is to use a duffle bag with all of the essentials for practice/meets. This bag should include items based on your individual needs for competition (e.g. athletic tape, inhalers, energy bar, spikes, measuring tape, water bottle, and whatever else you want ....maybe a lucky rabbit's foot). Regardless of what you decide to include in your bag, every day you must wear sweats to practice! This is required in order to properly warm-up/cool-down, regulate temperature, and prevent injury.

Athletes must be prepared for practice EVERYDAY! Whether it is cold, hot, raining, snowing, etc., **athletes MUST come to practice in full warm-ups (includes pants/tights, long sleeve shirts/sweatshirts/jackets). Athletes not prepared for practice (including not having full warm-ups on) will not be able to practice on that day and will receive an unexcused absence.**

For all athletes that are new to the team, you will need to go to the website **TBD** for information on purchasing uniforms.

Note: these uniforms are for use during the season and then yours to keep after the season (and for future FHS Track & Field and Cross Country seasons). On this website, you can also purchase additional optional items for yourself and family members.

## Rainy Days

On rainy days we will still meet for practices! Meet under the overhang at the entrance to the stadium, and work-outs will be subsequently given. The weather in Pleasanton can be drastically different from day-to-day and hour-to-hour; this is another important reason for the appropriate attire (i.e. sweats!)

## Inter-league Meets

It is important that we all represent our school well every time we put on our uniforms. Sportsmanship is something that stands as one of this team's core values. Profanity and poor sportsmanship only disrespects yourself, your team, and your school. When we visit schools and host meets, be aware of your surroundings and make sure that you are creating a positive impression.

## Home Meets

When we host meets, athletes will not be dismissed early! Athletes should come down to the track immediately following 6<sup>th</sup> period, geared up, and ready to help set up and compete. It is important that the team stays together so that coaches can make announcements to the entire team, and be able to easily find any athlete that they need to locate. Our "home base" is the bleachers right under the "Falcon Nest." If you need to use the bathroom or leave the bleachers, please let a few teammates know.

You can find the meet schedule online through the Schedule link on the Foothill Track website [www.foothilltrack.com](http://www.foothilltrack.com).

## Buses for away meets

When we have an inter-league away meet, athletes will be excused for the majority of 6<sup>th</sup> period. It is important that athletes check in with their 6<sup>th</sup> period class and **DO NOT LEAVE PRIOR** to the appropriate dismissal time! All athletes are expected to ride home on the buses with the team after an away meet. Any departure from a meet without checking in with a coach will result in an unexcused absence. We need to be accountable for all athletes... no athlete left behind!

## Parent Involvement

Parent involvement is a crucial part of having a successful track and field team. By attending and cheering on your children, everyone can benefit. Here are a few crucial ways that you can help our team have a successful season:

1. Support your son/daughter as athletes on this team...make sure they are getting good rest and nutrition to support their active lifestyle.
2. Monitor your son/daughter's grades so they stay academically eligible to participate.
3. Volunteer to help out in the snack shack. We need parent volunteers to help sell sodas, snacks, and food. It's a great way to support the track team and raise funds.
4. Volunteer to help out at home meets. A meet cannot run without officiating. By volunteering for home meets you can watch your son/daughter from a unique perspective, as well as get a better understanding for track & field. Please note that in the best interest of our student-athletes, parents are not allowed down on the track during meets or practices (unless they are volunteering).
5. Participate in fundraising opportunities. We are the sport at Foothill that has the most athletes participating, so we have a lot of overhead and logistics because of that fact (uniforms, hurdles, track surface, timing system, jump/vaulting pits, etc.).
6. Feel free to come to practices to watch your son/daughter train, but for accountability purposes, individuals unauthorized by the school district cannot instruct athletes.

## Selecting an Event(s)

There are events best suited for every individual. Our coaching staff will work with athletes to find those events. The selection has to do with fast-twitch vs. slow-twitch muscle make up, endurance, grade level, strength, agility, amongst other facets. Athletes should be open to trying new events and serving the team. If there is a scarcity of athletes in a particular event, athletes should seriously consider taking those up. If helping the team isn't motivation enough, remember that it's easier to score points in a less impacted event. (More Points = Varsity Letter)

## Earning a Varsity Letter

All of the details for earning a Varsity Letter can be found on the track website [www.foothilltrack.com](http://www.foothilltrack.com) under the Athletes section. Just download the Lettering Standards for information on how to earn a varsity letter.

## 2017 FHS Track & Field Team Commitment

1. Responsibilities: Family first, academics second, track & field third
2. Own up: Every action has a consequence, be willing to own up to them
3. Roles: Coaches coach...Athletes train & compete...Parents "support"
4. Respect: Respect your body, your coaches, and your teammates
5. Compromise: Let's meet each other halfway
6. Focus: Focus on your personal goals and what you can do to achieve them

Upon understanding and agreement of the information & criteria presented, please return the attached sheet to Coach Jorge Quero

Athlete Name (please print): \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Parent/Guardian Name(s) (please print): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

### PARENTS PLEASE FILL IN:

I am interested in helping out the team in the following ways.

**\*\*PLEASE ONLY MARK IF YOU HAVE NOT ALREADY VOLUNTEERED-**

Contact Megan Swadley ([meganswadley@yahoo.com](mailto:meganswadley@yahoo.com)) if you have questions on volunteering

- Fundraising ideas, contacts, equipment, etc.: \_\_\_\_\_

\_\_\_\_\_

- Officiating/measuring @ Time Trials meet 2/24 (learn how to work at any of the events)
- Officiating/measuring @ Bay Area Relays meet 3/25
- Officiating/measuring @ California meet 3/30
- Officiating/measuring @ Livermore/San Ramon Valley meet 4/12
- Officiating/measuring @ Granada meet 4/20
- Assisting @ NCS Tri-Valley Section Championships 5/20

(please circle dates you can help)