

# 2023 California High School Track & Field Team Manual

## I. PRACTICES

Practices are the single most important key to your development and improvement on this team. The coaches plan the workouts with the goal of improving everyone's performance in the meets. Practice will begin each day at 4:00. On Mondays we will have announcements as a team before going to our event groups. All other days, you will go directly to your event group. Practices usually run until around 5:30, but have no set finishing time. We will stay until the workout is completed.

Rules for practices:

- ⇒ **Attend all practices & be on time** - Regardless of your ability level, your performance will greatly improve if you are attending all practices. Missing practices decreases your potential and hurts the team as a whole. If you know ahead of time that you will be missing a practice, please notify your event coach as soon as you are aware of it. Please do not leave notes in the track box in the office or tell a friend to let one of the coaches know. The email and phone number for each coach is listed on the team website. Athletes are allowed 5 absences during the season. If you attend school, you are expected to be at practice. Any absences after 5 may result in disciplinary action including suspension or dismissal from the team. Just so everyone knows: ***we do have practices every Friday, including Fridays after meets, and we will be practicing during spring break, on holidays and when it's raining.***
- ⇒ **Dress appropriately** - At practices, please dress appropriately for that day's workout. If it's cold, wear warm ups or tights, if it's warm, wear shorts, if it's raining, wear rain gear. You should always bring both your practice shoes and competition shoes or spikes each day since they may be required for that day's workout.
- ⇒ **Stay for the entire practice** - Unless you have a valid reason and have notified a coach at the beginning of practice, you are expected to stay until the workout is completed.
- ⇒ **Give your best effort** - Trying your hardest at practice will translate into peak performance at the meets. Set realistic goals each day at practice and let the coaches know when you achieve them!

## **II. TRACK MEETS**

For most members of the team, the track meets are the most enjoyable part of the season. Track meets give you the opportunity to use what you've learned in practice and to see how you have improved.

- **Attendance** - Attendance for meets is mandatory and not showing up without prior approval from a coach constitutes a no-show. All athletes are required to check out with their event coach before leaving each meet. This includes home meets.
- **Events** - For all meets, you may compete in up to four events including relays. Which events you will do is determined by the coaches prior to the meet. If you would like to offer input to the coaches about which events you would like to do, you should let them know no later than two days prior to the meet. Once your events have been determined, it is expected that you will compete in all events you are scheduled for (barring injury). Please do not ask the coaches to scratch you from events once the meet has started, the team is counting on you to give your best effort to help us in the meet. Everyone is responsible for checking themselves in to their events at first call and getting their official times/marks from the timers/judges.
- **Home Meets** - We need significant help from team members to have a home meet run smoothly. Everyone is required to get to the track as soon as possible after dismissal from class to help the captains set up. During the meet, you are expected to remain in the track area and help out as needed. After the meet, every member must stay until all the equipment is put away.
- **Uniform** – For home meets, you should put on your uniform after the facility has been set up for the meet. Your meet shirt and sweats (depending on the weather) should be put on over your uniform. For away meets, the uniform should be on before you get on the bus, unless you are running late. For post season or invitational meets you must show your uniform to officials to be admitted into the stadium. A current year's meet shirt is part of your uniform.
- **Warm Ups** - At track meets, we will have a structured team warm up routine which begins 45 minutes prior to the first event. After the team warm up, you can warm up more thoroughly by yourself or with others. As your first and subsequent events approach, you should warm up again to stay loose. For those on relay teams, you should gather together at least 20 minutes before the event to practice exchanges and/or warm up together.

- **Invitationals** - Invitational track meets are elite competitions held on the weekends with many schools sending athletes to participate. Since the meets are highly competitive, the coaching staff will select which individuals will participate. We will not have buses for invitationals, so your parent must drive you to the meet.
- **Scoring** - For dual meets, scoring is 5-3-1(1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place) for individual events and 5-0 for relays. For the league meet and beyond, scoring is 10-8-6-4-2-1.
- **Night Before** - The night before a meet you should visualize all events you are competing in. Think about your performance from beginning to end and see it as a smooth, relaxed, positive effort. You should also get a good night's sleep before a meet to be well rested and to have your full energy potential.

### **III. BUS RIDES**

If the team has enough money, for all away dual meets we will be getting buses for transportation. For each meet in which we take a bus, we may designate a traveling squad in order to save money. Each event coach will determine who in their group will be on the traveling squad. Team members not on the traveling squad may get a ride with their own parents (you may not ride with someone else's parents). No student may drive themselves to any meet, even if they are 18 years of age or older. When we are taking a bus to an away meet, you will be notified the day before the meet as to what time the bus will leave the campus and what time you will be excused from class. We will board the bus in front of the office. At the time designated, you are expected to be on the bus with your uniform on under your sweats. **Please maintain appropriate and courteous behavior while on the bus.** Coming home from away meets, you must ride on the team bus or go home with your own parents, with coach's approval. **You may not get a ride home from anyone else.**

### **IV. WEIGHT TRAINING**

A proper weight-training program is an important aspect of your total conditioning regimen. It will improve your overall strength, flexibility and explosiveness, which, in turn, will improve your performance. Different events require different approaches to weight training, so your event coach will suggest one best suited to your needs. Team members who have a weight training class should talk to their event coach for suggestions on how to handle both. Weight training will be Monday, Wednesday and Friday at 5:30 with Coach Lister.

## **V. ANNOUNCEMENTS**

Every Monday at the beginning of practice, we will have a 5-10 minute period of team announcements. This is to provide team members with information on meets, team rules, and other important team concerns. During announcements as a courtesy to the coaches and your teammates, you are expected to be quiet and listen attentively.

## **VI. BEHAVIOR**

As a member of the California High School track & field team, you are expected to conduct yourself in an appropriate and courteous manner at any function in which you are representing the team. This includes meets, practices and other team activities. This means showing respect to coaches, teammates, officials, bus drivers, competitors and spectators at all times. Similarly, others should be treating you respectfully as well. If you feel you are not being treated properly by anyone, please tell a coach and they will intervene on your behalf. Bullying and/or inappropriate behavior or language directed at another individual either in person or by other means, is cause for disciplinary action. Additionally, the coaching staff reserves the right to render additional disciplinary measures on top of what the school designates if an athlete violates the school's Code of Conduct policy, which may include dismissal from the team.

## **VII. COACHES**

During the time you are at practice, a meet, or any other track function, you are expected to listen to your coach and respond appropriately. If there are any differences of opinion, you may discuss them with the coach at the end of practice or the meet. During meets or practices is not the appropriate time to discuss disagreements with your coach, especially in front of others. If you feel you are being treated unfairly, or if you have any other problems with your coach and don't feel comfortable talking directly to them, please contact another coach on the team or the school's Athletic Director for advice.

## **VIII. EQUIPMENT**

All equipment used by the track team is the property of California High School. Please treat it properly and use it only as it is intended to be used. If any equipment is damaged, please notify a coach so it can either be repaired or replaced if possible. Proper treatment of equipment includes helping to put it back in its appropriate storage area after you are done using it. Anyone caught stealing or intentionally destroying the track team's equipment will be disciplined appropriately.

## ***IX. UNIFORMS***

Every team member is responsible for purchasing their own team uniform, competition shoes and a current year meet shirt. Information regarding uniform purchase will be given to the team at the beginning of the season. Any undergarment which is visible during competition should be solid black in color. Everyone should also purchase appropriate shoes for practice and competition. See your event coach for advice on what type of shoes or spikes you will need. Athletes who cannot afford to purchase a uniform or meet shirt will be lent one by the team.

## ***X. INJURIES***

Nothing is more frustrating than working hard in practice, preparing yourself for a big meet, and then becoming injured and missing critical practices or meets. The key to preventing injuries is to warm up thoroughly and to learn to recognize warning signs in your body. If you are experiencing any unusual pain or discomfort, tell your coach so they can advise you. You could make a minor injury a major one by continuing to practice after you notice some pain. Cal High does not currently have an athletic trainer, so ask your event coach for treatment advice.

## ***XI. ACADEMICS***

To be eligible to participate in athletics, you must maintain a 2.0 GPA in all classes taken during the previous quarter and be currently enrolled in 20 units. If there is a possibility that you might become ineligible, or if you need any help with your classes, you should notify a coach immediately. Occasionally, you might need to miss classes due to an early afternoon track meet during the season. Please let a coach know if you need a class absence verified.

## **XII. GOALS**

The best way to maintain your focus and intensity throughout the entire season is to set goals for yourself to achieve during the season. Having something to strive for and concentrate on helps to motivate you during practices. It is also a great feeling of satisfaction to achieve a personal goal that you have set for yourself. A couple of key points: 1) the goal should be attainable, you can always set a new goal for yourself if you achieve it; and 2) goals may take many forms. You could set a time or distance goal, set a goal of getting a certain place at the league meet, set a goal of qualifying for a particular meet such as the Tri-Valley Regionals, or maybe even just set a goal for finishing the season in better shape than how you started it. Remember, a goal that is so far out there that it is unrealistic to achieve will only frustrate you. Each team member is encouraged to share their goals for the season with their coaches.

## **XIII. NUTRITION**

What you eat during the season plays a large role in preparing your body to perform at peak potential. If you are not eating properly, you will not gain the strength or energy needed to practice and perform effectively. Some guidelines to observe:

- ⇒ **Eat moderate to large quantities of Complex Carbohydrates** - These include whole wheat pasta, whole grain breads, brown rice, potatoes, cereals, & grains. They provide long-term energy for your body.
- ⇒ **Eat large quantities of Fruits and Vegetables** - These provide necessary vitamins and nutrients to help your body perform.
- ⇒ **Drink lots of water** – 6-8 glasses of water a day is recommended. Water helps your circulatory system to transport nutrients to muscles, eliminate waste products and dissipate excessive body heat.
- ⇒ **Moderate amounts of Proteins** - These include lean meats, fish, poultry, dairy products and eggs. Drinking a glass of chocolate milk or a protein shake after a difficult workout helps your body to recover effectively.
- ⇒ **Limited quantities of Fats and Sugars** - These include butter and margarine, meat fats, table sugar, honey, sodas, greasy foods, high fat cheeses, and yes, unfortunately, that means most fast foods!!

The day of a meet, you should eat mostly carbohydrates and proteins and limit your fats in any meal you have. If you have a lot of time between races during the meet, whole wheat bagels, nuts, raisins, apples, oranges, and bananas make good snacks to keep your body energized. Remember, before and after your race drink water!

#### ***XIV. PARENT INVOLVEMENT***

Part of what makes a strong track program is the involvement and help the team gets from the parents or family of the team members. Without help from parents, the track team not only wouldn't thrive, it wouldn't survive. While some parents are able to donate more of their time than others, some support from each family would greatly benefit the team as a whole. Please ask your family to help out as much as they are able to. Some areas that parents can really assist the team are:

- ⇒ Volunteering to be a team coordinator
- ⇒ Attending meets to cheer on the team.
- ⇒ Donating money to the team and participating in fund raisers
- ⇒ Helping to officiate events at home meets.
- ⇒ Helping with the team carbo loads.
- ⇒ Providing snacks to the team for long away meets.

Please encourage your parents to actively participate in the team, we all benefit!!

#### ***XV. TEAM CAPTAINS***

During the first few weeks of the season, the coaching staff will be deciding on who will best serve the team as the captains for the year. These individuals are usually selected due to their leadership, team commitment and athletic contributions. To be a team captain, you must have been on the team the previous season and be a junior or a senior.

***XVI. WORK/OTHER COMMITMENTS***

If you have a job or other regular commitment and there is a potential schedule conflict with track practices or meets, you must notify a coach as soon as possible to avoid misunderstandings. Towards the end of the school year, many students begin looking for summer jobs. If you need to interview for a potential job, you must do it outside of practice hours. If you need to schedule a doctor's appointment during practice time, please inform your coach ahead of time.

***XVII. BANQUET***

Towards the end of the season the team will be having an awards banquet at a local facility to celebrate the success of the team for the year. It is a really fun event and everyone is encouraged to come and to bring their families. During the evening we will be handing out varsity letters, league meet awards and special awards for exceptional team members. Don't miss it!

***XVIII. INDEPENDENT STUDY P.E.***

Students who wish to receive ISPE credit must contact the appropriate school administrator before the season, and fill out and turn in the forms prior to the deadline. It is each student's responsibility to make sure the appropriate paperwork is filled out and signed by anyone required by the school. Athletes may not miss more than 5 practices and meets combined for the entire season in order to have your form signed at the end of the season.

***XIX. PARTICIPATION DONATION***

The participation donation enables the team to pay for buses, invitational fees, incentive awards, equipment and the team yearbook. It also pays for additional members of the coaching staff who aren't covered by district funds and the team's yearly athletic department contribution. Without this donation, the team wouldn't be able to maintain our current staff, provide transportation to away meets or purchase needed equipment. We greatly appreciate all parent donations to help fund our program.



**XX. CRITERIA FOR LETTERING**

Varsity boys and girls letters in track will be awarded based on 20 points earned using the following point system:

TEAM INVOLVEMENT

- 5 points for having no absences for the season
- 5 points for any senior who has not yet lettered in track

ATHLETIC ACHIEVMENT

	1 <sup>st</sup> place	2 <sup>nd</sup> place	3 <sup>rd</sup> place	4 <sup>th</sup> place	5 <sup>th</sup> place	6 <sup>th</sup> place
League Dual Meet - Individual Event	5	3	1	0	0	0
League Dual Meet - Relay Member	2	0	N/A	N/A	N/A	N/A
EBAL Championships - Individual Event	10	8	6	4	2	1
EBAL Championships - Relay Member	5	4	3	2	1	0
Tri-Valley Meet - Individual Event	20	16	12	8	4	2
Tri-Valley Meet - Relay Member	10	8	6	4	2	1

A letter will be awarded automatically to any team member who either:

- Is a senior, has been on the team at least 3 years and hasn't yet earned their letter  
or
- Is a team captain  
or
- Finishes in the top 4 at the league meet in an individual event

Coaches reserve the right to deny athletes their letter because of attendance problems or for disciplinary reasons. Conversely, coaches have the option of giving extra points to athletes who exhibit exceptional effort and/or team leadership on a regular basis.