

# **Emerald Ridge High School Track and Field**

[www.erhstrack.com](http://www.erhstrack.com)

## **2010 Track Team Handbook/Expectations**

### **Program Expectations**

**All student athletes who participate in the Emerald Ridge track and field program are expected to adhere to the following guidelines:**

1. You should maintain at least a C in all your classes and **must** be passing at least 5 of 6 classes per the WIAA. It is your responsibility to notify a coach if you are failing more than one class.
2. Exhibit the highest level of sportsmanship and character at all times.
3. Participate in all practices and meets. Any unexcused absence from practice or a meet may result in suspension from the team. Additionally, all athletes are expected to be on time for all practices and meets. There will be consequences for tardiness.
4. Represent your family, school, and community in a way that is honoring and appropriate at all times.

### **Eligibility:**

In order for a student to be able to participate the first day of practice, they must have completed all the eligibility forms and have clearance from Mr. Dittus.

Athletes will not be permitted on the track without proper clearance.

In order to compete in your first meet, you must have **10 practices** completed.

### **Lettering Criteria.**

**Varsity Letter awards for track and field will be based on the following criteria:**

- Compile a total of 10 team points in meets (1st place = 5, 2<sup>nd</sup> place 3, 3<sup>rd</sup> place =1) **OR**, Place in the top 6 at any invitational, **OR**, qualify for and compete at the SPSL League Meet.
- Plus, You must have abided by the athletic code.
- Plus, You must have turned in all equipment and paid all fees.
- Plus, You must be passing 5 of 6 classes and maintain a GPA of 2.0.
- And, There is Always Coaches' discretion.

**You must also be a team member that:**

- Attends all practices and all meets (unless with a written excuse).
- Exhibits a positive attitude and commitment to excellence at all times.
- Has a season successful season cut short by injury
- Makes a tangible contribution, in the judgment of the coaching staff, to the success of the Emerald Ridge High School track and field program.

## **PRACTICE:**

1. Practice begins at **2:45** and will generally last no longer than 90 minutes unless otherwise specified by a head coach. You must have **10** practices in to participate in the first meet.
2. To be eligible to participate in an activity, event, game, or practice, the student must attend all classes on meet day and the day before and after the event, unless the meet is on a non-school day or Saturday event. If you miss class, you must have a school accepted excuse/note for the periods missed.
3. Regular practice is Monday thru Friday. There may be some special Saturday or early morning/evening practices/events during the season.
4. You are expected to **be at all practices** unless prior arrangements have been made with **a head coach** or you were absent and notified the school during the day of the absence. **DO NOT** have a friend tell us you will be gone. It is your responsibility to notify the coaching staff.
5. Anyone missing practice the day before or day after a meet, unless cleared by a Head Coach, **will not be allowed to participate in the next track meet.**

## **WHILE TRAVELING:**

1. Obey bus rules. Never be on the bus without a coach. No boom-boxes (IPods/MP3 players are OK). Ask before opening the windows. Stay seated, no yelling, no throwing stuff. Be polite to the driver and each other.
2. Arrive at the bus 15 minutes before departure. **WE WILL NOT WAIT.**
3. Depending on the size of the team, seniors would be the only ones who **MIGHT** get their own seat. Sophomores/Juniors need to double up, unless they get very lucky!!!!!!
4. **Dress with class.** You must be in ERHS Track gear or full uniform (if issued) at all meets. This is an important occasion and you are a representative of ERHS, and the ERHS community. The ERHS dress code will be upheld **DURING ALL TRIPS.**
5. If we go into stores or restaurants, be polite. Tips in nice restaurants are appropriate. Be sure to always bring some money with you.
6. Be sure you pack your equipment the night before the meet (See Athletes Checklist). Check everything twice the night before the meet.

7. All meets in-district (at Sparks/Rogers or PHS) you must provide your own transportation. We will discuss our procedure for arranging transportation for in district meets prior to each of those events. Everyone goes to and from the meets out-of-district in school provided transportation, when meets are out of district.

**Away Meet Exception:** You may go home with “your PARENT only” from an away meet, and your parent **MUST** sign you out to leave that meet. The coach **MUST talk to your parent “IN PERSON”, before you will be excused.**

Any exception to this out of district transportation policy will need to be cleared through the athletic office, **AT LEAST TWO DAYS PRIOR TO THE EVENT.** Parents not returning to Puyallup after a contest and wishing to have their athlete remain with them will be permitted as long as you and your parents have made proper arrangements with the **athletic office and the head coach has received a copy of the completed approval form prior to the day of the meet, no exceptions. (forms are in/outside of the athletic office).**

8. Relax as much as possible on the road to our event - talk quietly or think about your event quietly. Again, please act appropriately on the bus.

9. Know what races you are in and what time they are run. Ask your coaches for specific times and locations for your events. Be thinking about how you are going to handle bad weather, track conditions, etc.

10. *NEITHER THE SCHOOL DISTRICT, NOR THE CHARTER BUS COMPANY WILL BE RESPONSIBLE FOR ANY STOLEN PERSONAL BELONGINGS OR VALUABLES FROM THE BUS.*

## **AT MEETS**

1. Stay at meet site at all times, unless permission to leave is given by a coach. ***You MUST notify a coach if leaving with a parent. No exceptions.***
2. We start as a team and jog around the track, do dynamics, and finish with a team meeting. Know when to warm up if you have a later event! Know your event time, heat, lane, etc. We finish our meets as a team. No one is excused until the coaches dismiss you. You cannot leave after your event unless you have prior written approval.
3. **Be in complete school track uniform or gear. Look flashy not trashy.**
4. Keep track of your sweats and all equipment. You lose, you pay.
5. Know the rules of the meet, and your specific events.
6. Know your PR(personal record), and what you have to do to break it.
7. When not competing or warming up, stay off your feet, keep warm on cold days and cool on hot days, out of the sun, and help out by **cheering on your teammates.**
8. IF TAKING A BUS, DO NOT BOARD THE BUS UNTIL YOU ARE GIVEN PERMISSION BY EITHER COACH. AFTER EACH MEET, THERE WILL BE A HIGHLIGHT MEETING-WEATHER PERMITTING.

There will be varsity and junior varsity events at the meets. There may not be a JV heat if there are not enough runners. For each varsity meet there are a different number of entries. In some cases, when the entries are very small for the varsity meet, the J. V. meet that week will be for everyone not entered in the varsity meet.

Performances at previous meets and at practice will determine varsity for the next meet. The Head Coach will make all final decisions concerning varsity meet entries. An individual may only compete in **10 meets, including invites**.

If you have a concert, field trip or something that conflicts with a meet you need to make a choice which to attend and let the head coach know immediately about the conflict. It is your choice and could jeopardize your letter!!!

You may participate in up to four events in any one meet. **At home meets you will be required to stay until the completion of the meet unless cleared and signed out by the Head Coach. Each athlete will have assigned duties at the conclusion of home meets.**

**All non-participating athletes will be expected to help out with the running of the events (i.e.: getting hurdles off track etc).**

## **INJURY PROCEDURES:**

1. Report all injuries to your event coach. This allows us to fill out an accident report form and put it on file for future records (insurance companies usually require one for claims).
2. If you go to the doctor, please make sure you notify one of the coaches or if it is from an injury that happened DURING a meet or practice.
3. Once injured and you have been to the doctor, you must complete a "**return to play**" form (Mr. Dittus has the forms) and return it to the head coach before you may practice or compete.

### **Other procedures.**

4. No spiked/cleated shoes in any buildings..
5. Do not use or remove supplies without permission from the coaches.
6. Please help keep the Locker Room clean.
7. No loitering or horseplay in the Locker Room.
8. Arrive as early as possible for taping or treatment, you will not be excused to practice if you get into the training center after 2:40.
9. Anyone not following these rules will lose Locker Room privileges and/or participation in practice or meet.

## DISCIPLINE PROGRESSION

<u>OFFENSE</u>	<u>FIRST TIME</u>	<u>REPEAT</u>
Tardies	Informal Conference	Temporary Removal/Loss of meet
Unexcused Absence 3 unexcused absences	Temporary Removal xxx	Suspension from Participation <b>Removal from Team</b>
Defiance	Temporary Removal	Suspension from Participation
Conduct/Citizenship	Informal Conference	<b>Removal from Team</b>
Major Infraction	Formal conference	Suspension from Participation

- Tobacco As per policy outlined in the ERHS Athletic Code\* loss of varsity letter
- Alcohol/Drugs As per policy outlined in the ERHS Athletic Code\*
- Steroids/Legend Drugs As per policy outlined in the ERHS Athletic Code\*
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| The ERHS High School Track coaching staff considers the signing of the athletic contract a binding agreement that the athlete will not participate in these activities. Many of the events in track have an element of potential for injury and we feel we must strictly enforce the maximum penalty for the safety of all individuals in the program. We also feel conditioning and training play such a major role in performance in our sport that we must enforce the maximum allowable penalty for breaking the contract. |
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## LOCKERS

1. Lockers are issued from the athletic office at the time you turn in your paperwork for getting cleared to turn out, or you already have one for P. E. class.
2. Memorize your locker combination & don't give it to anyone else. Turn the clearance card in to the coach that is taking role the first week. Coach Brown will keep it on file in case you need help with your combination.
3. Always spin the dial both directions after closing your locker.
4. Never leave valuables in plain view.
5. Nylon running gear can be pulled through lockers, never leave them in view.
6. You are responsible financially for any lost or stolen school property.
7. Locker combinations are changed every sports season.

## UNIFORMS

- You will be issued competition singlet and a bag (Bags generally go to varsity 1<sup>st</sup> if the team is large).
- For the 2010 season, **You will be required to purchase shorts/spandex, as part of the competition uniform.** All gear issued must last and needs to be kept in good condition. Care for and wear your uniform with pride. **YOU WILL BE HELD FINANCIALLY RESPONSIBLE FOR ALL ARTICLES ISSUED TO YOU.**
- Memorize your numbers and write them down.
- Do not leave your uniforms in your ERHS school lockers, unless it is the day of the meet.
- When you compete, leave your sweats with a teammate.
- Do not leave your uniforms unattended on the field.
- You will be fined for torn equipment.
- If you lose your gear by theft or negligence, You Buy Them!
- Don't trade gear unless you talk to a coach.
- You will be charged for any uniform that doesn't exactly match the one you checked out!!!

**IF ISSUED ANY OF THE FOLLOWING,  
THE UNIFORM REPLACEMENT COSTS ARE  
AS FOLLOWS:**

**MEET PANTS ..... \$60.00 MEET SHORTS ..... \$30.00**

**MEET JACKET..... \$60.00 MEET TOP ..... \$30.00**

## **TEAM AWARDS**

There are generally four team awards per season given at the awards banquet.

- 1. Most Improved**
- 2. Most Inspirational**
- 3. Outstanding Track Athlete**
- 4. Coaches Award**

The fourth award is voted on by the coaches and is fittingly called the "Coaches Award" this award goes to an athlete who exemplifies greatness in character, honor, integrity, and/or ability.

## **CAPTAINS ROLES**

CAPTAINS WILL BE CHOSEN DURING THE FIRST PART OF THE SEASON AND THEY NEED TO BE ABLE TO FULFILL THE FOLLOWING DUTIES:

- 1. BE ROLE MODELS FOR THE REST OF THE TEAM.**
- 2. BE IN CHARGE OF THE WARM UP FOR PRACTICE AND MEETS.**
- 3. BE A LIAISON BETWEEN THE ATHLETES AND COACHES.**
- 4. KEEP COACHES INFORMED OF POSSIBLE TEAM CONFLICTS.**
- 5. ORGANIZE TEAM FUNCTIONS OR GATHERINGS.**

## **SETTING RECORDS**

### **Personal Records**

The letters P.R. to an athlete stand for PERSONAL RECORD. A personal record is your best individual performance ever during meet competition only. PR's also serve as goals, something to lock on to and focus all your energies towards. Goals are meant to be achieved. When you reach a goal, set a new one. Another interesting thing about PR's is that they are everlasting. Former track athletes remember their very best performance. They could probably also tell you when they did it, where they did it, the weather conditions, and who they competed against. If you don't believe this, ask a former track athlete. By knowing your PR and comparing it to others in your event, you can better prepare for the competitions. PR's are an integral part of track & field. They give you something to improve on and when you get a new PR you are a winner and it doesn't matter how you finished because you've improved and you are ready to go back to work on another PR.

### **Season's Best**

SB stands for season's best. As you have established a personal record (PR) from previous years, it becomes important to keep track of your improvement during a given season. A PR usually follows a full season of training and is difficult to break early on in the next season. A lot of hard work in the off season could enable you to PR early. A 'season's best' gives you that intermediate step before achieving a new PR.

### **School Records**

Records are kept for all events.

See the coaches or [www.erhstrack.com](http://www.erhstrack.com) for current boys/girls records.

In order to break a record the performance must be during an official track meet or invitational. Those athletes breaking a record in an event during the season will receive some sort of special recognition.

# **ATHLETE PRE-MEET CHECK LIST**

**Bring an Athletic bag to carry the following items.**

**1. Running shoes**

**A. Flats**

**B. Spikes (1/4" and/or 1/8")**

**2. Extra pairs of socks**

**3. Spike wrench and spare spikes.**

**4. Towel**

**5. Extra shirt/sweat shirt, change of clothes for wet/cold days.**

**6. Tights (optional) Black or Green, MUST BE SOLID COLOR.**

**7. Long sleeve white/black shirt (optional), relay teams must all be the same color.**

**8. Plastic garbage bag for wet clothing or for covering belongings**

**9. Just in case, always have some money if you can, especially for invites where you can buy clothing.**

**10. DO NOT FORGET YOUR Meet uniform, (shorts/singlet/speedsuit etc)  
Boys: Please do not wear boxers under your shorts or speeduits.  
You must wear underwear/spandex briefs etc.**

**11. Meet sweats if issued/ ERHS sweatshirt...ERHS gear MUST BE WORN.**

**12. Bring water, Gatorade, some snacks or food.**