



2015-2016 Policies and Procedures

League Champions

Boys

2009, 2010, 2011, 2012, 2013, 2014, 2015

Girls

2011, 2012, 2013, 2015

CIF Individual Champions

2008, 2010, 2011, 2012, 2013, 2014, 2015

CIF Masters Individual Champion

2014, 2015

CIF State Individual Champion

2015

T.E.A.M. = Together Everyone Achieves More

Welcome to ERHS Mustang Track and Field. We have had great success over the past 9 years; we have earned 11 League Team Titles, 15 CIF Titles and 7 Trips to the CIF State Meet. This would not have been possible without great athletes and a great coaching staff. In order for us to continue this successful everyone must put forth their best effort to help all athletes improve.

Athletic Clearances

We do not let an athlete practice without athletic clearance!

It doesn't matter if they have participated in another sport we need a copy of their clearance before they can practice. This is a school district policy and it will be upheld. It is the parent/athletes responsibility to make sure that their physical does not lapse during season time.

Booster Board

This group of parents has donated their time and efforts to raising funds for our program to ensure that all of our athletes in our program have what they need in order to be successful. If you would like to help out in their efforts please shoot them an email.

Booster Contact Email: erhstrackboosters@gmail.com

Team Website: <http://erhstf.weebly.com/>

Schedule

2016 Dual Meet Schedule

3/17 - @ Norco

3/24 – vs. Centennial**

4/14 – @ Corona

4/21 – vs. ML King**

4/28 - @ Santiago

5/3-5/5- League Finals @ ML King

4/8-4/9 Arcadia

4/15 Mustang F/S Showdown**

4/16 Mt. SAC

4/23 Inland Empire Championships

4/30 Corona Frosh/Soph Meet

**** We are hosting these meets**

2016 Invitational Schedule

3/15 Redondo Union Nike Invite

3/19 Chandler, AZ

3/25 Roosevelt Invitational**

2016 CIF Meet Schedule

5/14 CIF Prelims

5/21 Finals

5/27 Masters

6/3-6/4 State Prelims/Finals

3/26 - 4/4 Spring Break –Please Plan Accordingly for practice times during this time. We do not have a home meet during spring break this year.

Invitational Entries

- Must be based off performances in prior meets and also based on attitude at practice.
- Please be advised even if an athlete meets a standard for a particular meet, this does not guarantee their entry into that meet.
- If an athlete fails to show up to invitational that they are entered in, they will not be entered in another invite for the rest of the season.

Attendance

With such a large group, in order to keep absences under control, the following rules are in effect for the season: If practices are missed for any reason during the week, you will not be running in the next track meet.

There are three exemptions from this rule.

- 1.) You have a standing doctor's appointment that you cannot change...On your return the next day, you will provide me a note from the doctors' office confirming the appointment...parent note will not be accepted.
- 2.) Your teacher required you to go on a field trip, or performance for a grade. A note from the teacher, well in advance of the event is required. *Getting together to prepare for a project or group work is not excused.*
- 3.) An extreme family emergency is excused. Not having a ride, going to Disneyland, and going snowboarding... *is not an extreme emergency.* A parent note will be required on return.

All absences must be excused; however, an excused absence does not necessarily mean you will be running in the next meet. If you miss practice, only the **above excuses** will be accepted for that to happen!

Bad Weather

If a coach plans on cancelling practice we will let me know as soon as we make the decision. Athletes will be informed of a no practice day due to weather by 2:41 on the school PA system or through Remind 101. Please even if it is inclement weather we do have alternative activities or indoor areas you can practice in.

Practice Policies

Practice begins every day at 3:15 pm every day at practice. Please follow the below guidelines for all practices.

- **Minimum Time at Practice Required** – 2 Hours
- Early releases must be obtained from event coach.
- Early dismissal will not be allowed on a regular basis.
- All absences must be cleared by parent note or Dr. note, or they will be considered unexcused.
- ***Failure to complete entire workout will result in not competing at that week's meets.***
- ***3 unexcused absences mean dismissal from the team!***

There will be circumstances for some athletes that will be out of their control and we will deal with those issues accordingly.

Practice Time

Below are the current practice times are:

Sprints, Field Events Everyday – 3 – 5:30pm

Distance – Even days 6th Period, Odd Days from 3-5:30

Relay Teams

Anyone on a relay team **must** be at practice the day before a meet in order to participate on the relay team. There are no excused absences for this!

Tardies

If late for *any reason* athletes must do 25 burpees; in the presence of a coach before boarding the bus or starting practice. 3 Tardies = 1 Absence

Not practicing - Due to injury

Athletes are required to attend practice and be dressed out. Coach will assign a duty for you to assist workout. Failure to attend is unexcused absence and a meet suspension. They will help with timing, raking, measuring, anything you need help with.

Practice and Meet Uniform

- Every track team member must wear the proper attire during practice time.
 - No shirts from other schools will be allowed
 - Track T-Shirts are for sale if they would like to purchase one (highly suggested).
 - Please wear athletic shorts or compressions during practice time.
- Always bring track shoes and flat running shoes to all practices and meets.
- If they come to practice in any other apparel, they will not be allowed to practice.
 - This will be looked at as an unexcused absence.
- Jewelry, undergarments showing, etc. is not allowed.
- Do not bring iPods to practice.
- No Cell Phones allowed during practice includes weight room. A cell phone out during practice time will result in: 1st Offense: Burpees, 2nd Offense: Race Suspension, 3rd Offense: Dismissal from the team
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Varsity Letter

- To be eligible for a Varsity letter you must meet the following requirement.
 - Not missed more than 3 practices during the season
 - Competed as a scoring varsity athlete in at least 2 events
 - Must finish season in good academic standing
 - Must finish season in good behavioral standing with coaching staff
- The final decision to award an athlete a Varsity letter is the coach's discretion and is not negotiable.

Meet Day Procedure

Warm – Up

All athletes will be required to warm up together in proper attire before every meet. Any athlete who does not do this will not participate, and be given an unexcused absence...not only missing that meet, but the next one as well!

Responsibilities

Meets are on Thursdays starting 3/17/2016 usually go until 6:30

Home meets

Athletes will always be released at 2:00 pm

Athletes need to be dressed out by 2:15 pm.

Following Duties are as follows and need to be done by 2:30 pm.

Distance: Responsible for Hurdle crew when 100/110's are being run. At end of 100/110's help move to infield.

Sprinters/Hurdlers: Hurdles need to be pulled out. Get out blocks and responsible for taking them to the appropriate starting line. Help move hurdles after 100/110's to appropriate spots for 300 hurdles.

Throwers: Get out all shots and discs, sport markers and Measuring Tape

Jumpers: Get Chalk, measuring tape, rakes and shovels, remove pit covers, and rake pit.

High Jumpers: Get out pits and standards as well as a piece of chalk and measuring tape.

Pole Vaulters: Get out standards and cross bars as well as a piece of chalk and measuring tape. Cover pit prior to anyone leaving.

Away meets

- Release times will vary and athletes will be made aware of departure times the day before by either the coaching staff or through Remind 101.
- Athletes need to be dressed out prior to boarding bus in Track Warm-Ups, Sweatshirt or T-Shirt.
- When not competing Track gear will be worn at all times.
- **No hats, doo rags, beanies, etc.**
- Following Duties are as follows and need to be done by 10 minutes before bus loading begins.

Distance: Responsible for getting Water Jugs and cups.

Sprinters/Hurdlers: Help Coach Shonna with Equipment.

Throwers: Get out all shots and discs and Measuring Tape

Jumpers: Get chalk and measuring tape

High Jumpers: Get chalk and measuring tape.

Pole Vaulters: Get Pole vault poles needed for the meet.

Transportation to meets

- Each athlete will be required to ride the bus to and from each meet, where a bus is provided.
 - Saturday Invitational meets require athletes to have their own ride to and from the meet.
- Athletes who follow proper school protocol thru the athletic director's office will be released to their parents after the meet where a bus is provided.
- A coach must see or talk to an athlete's parents before we will release them.
- No athlete will be allowed to go home with a parent or anyone else without proper documentation.

Behavior

- Athletes are expected to support all team members during practice and competition.
- Any rude or inappropriate behavior or comments to either athletes or coaches will not be tolerated.
- Any behavior that in the opinion of the coaching staff is inappropriate, distracts from practice, or brings discredit to the team, coaches, or school, will result in suspension from practice or meet.
- Any further incidents and the athlete will be dismissed from this team.



2015-2016 Policies and Procedures

By signing below, I verify that I _____, have read and fully understand the policies and procedures for the 2015-2016 Track and Field Season. I also understand that if I am to violate any policy or procedure it may result in my dismissal from the Eleanor Roosevelt Track and Field team.

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Parent/Guardian Email: _____

Parent/Guardian Phone Number: _____

Athlete Name: _____

Athlete Signature: _____