

2013

San Leandro High School

Track & Field

Parent/Guardian/Athlete Handbook

Executing Excellence through Performance



San Leandro Track and Field Family

On behalf of the San Leandro High School Track and Field Team and the Coaching Staff, we welcome you to the 2013 Track and Field season.

This upcoming season promises to be our most exciting season yet. We consider it to be another chapter in San Leandro Track and Field tradition.

This booklet has been designed to outline the Track and Field Program to you and yours, the student athlete.

It has the expectations for the coaching staff, the athlete and you the parent/guardian.

Should you have any questions, please feel free to contact the coaching staff at the following numbers:

Coach Richard D. Ellison – Head Coach Cell: (510) 881-6435

Coaching Staff

Assistant Coach:	Brad Bowers	(510) 332-9399
	Karl Pierce	(510) 381-1847
	Martin Capron	(510) 909-8192
	Stephen Johnson	(510) 372-6211
	Noah Hinkston	(510) 830-6700
	Anthony Trammell	(510) 755-1480
	Eugene Anderson	(510) 919- 6424 6124
	Christine Yow	(510) 623-6161

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San Leandro Track & Field Expectations

Coaching Expectation

- To act in the best interest of the **San Leandro High School** family and in the best interest of the team and its members.
- To coach/teach using all available information (new and old).
- To dedicate themselves in developing the best possible student/athlete that they can be.
- To act responsibly at all times.
- To be prepared each day.

Student/Athlete Expectations:

No profanity: Each member of San Leandro Track and Field is expected to conduct themselves as adults in the making. This means that they will respect the coaches and other adults at all times.

Profanity will not be tolerated.

Respect: All student/athletes are responsible to display respect for the uniform they wear, for the school, and for all other competitors and for themselves.

No student/athlete under ANY circumstances is allowed to touch another individual inappropriately. This would be an act that will be brought before the administration, and, upon review, could be grounds for immediate removal from the team.

Sportsmanship: All student/athletes will display good sportsmanship in both winning and losing. Anyone can be a good sport in winning. The true character of a person/champion is revealed when that person is confronted by failure.

Losing is part of competition. Learn from it. Become better because of it.

Parent/Guardian Expectations:

- To provide good family support for your young student/athlete
- To participate as a member of the San Leandro Track & Field family
- To know your student/athlete's schedule
- To check in on the progress of your student/athlete
- **To volunteer some of your time to the program**
- **(Please see page 6 to see where your help is needed)**

San Leandro Track & Field Team Rules

Three Main Rules to live by every day

1. Be on time every day
2. Train to win
3. Compete like a champion when called upon

Attendance: All participants are required to be on time and attend all training workouts and scheduled competitions.

Missing an Event

If there is a potential conflict in the schedule with a competition the student/athlete will inform his/her position coach no less than one (1) week prior to the event. Some competitions are scheduled on Saturdays and require travel and sometimes lodging. These are invitation meets. These meets entries are submitted 4-6 weeks in advance and are prepaid in advance. Only in the case of an emergency will the student/athlete be excused and only with a note from the parent or a phone call directly from the parent/guardian.

Consequences for missing an event

- 1st Offense: Warning
- 2nd Offense: Write a four (4) page paper:
"The Importance of Commitment" - single spaced
- 3rd Offense: two (2) days suspension; Parent/Guardian Meeting
(Must Report To Practice)
- 4th Offense: Athlete will be removed from the team along with a Parent/Guardian meeting (To reset after the first 45 days of the 3rd incident.)

Consequences for being tardy:

- 1st Offense: Warning
- 2nd Offense: Write a four (4) page paper:
"Why Being On Time Is Important" - single spaced
- 3rd Offense: Immediate one (1) days training suspension plus Parent meeting
- 4th Offense: Parent meeting to discuss future. (To reset after the first 30 days of the 3rd incident)

Approved Excuses:

- Medical reasons. (Doctors note)
- Family emergencies.
- School/Grade related issues. (Teacher's note)
- Pre-planned engagements. Direct communication with the parent/guardian within 48 hours of the incident to clear the matter

San Leandro Track and Field Training Schedule

Workouts: Monday – Friday on the San Leandro High School track.

Workouts are conducted rain or shine. Weather does not decide if practice will be cancelled. Only the coach can make that call. Do not assume that practice is cancelled due to bad weather. We have other options on rainy days i.e., the Gymnasium.

Show Up On Time!

Report Time: 3:15 pm (Track Time)

Ending Time: 5:45 pm

Notes:

1. Some student/athletes will request or ask for extra work. This may extend the training session. In most cases, coaches are willing to help and stay a little longer to help those individuals. **We are here for them.**

2. We are anticipating a larger team than last year. We may have to split workouts in that case to handle the team numbers. In that case some athletes may have an early workout, and others a later workout.

League Competitions: start time of 3:30 pm. Don't be late for the bus for away meets, and especially don't be late for home meets.

Saturday competition. Start times are determined by the hosting team. These times will be made available prior to the meet. Meets can sometimes run long, and Saturday meets frequently last all day. There is no set ending time.

Soreness/Aches/Pains

These are things to be expected. There is a difference between being hurt and being sore. Being sore and having stiffness is natural in the process of hard work and conditioning. A good warm-up and cool-down program will be provided by the coaching staff to account for this and to get your body through this time.

Pain and soreness sometimes occur the following day of a hard workout. This is called **Delayed Onset Muscle Soreness**, better known as **(DOMS)**. The pain comes from the muscles being worked to their limits and beyond. The strain creates tiny microscopic cracks or tears in the muscle tissue. This causes pain from the swelling. Rest is just as important as the training. Allow your body to recover. Talk to the athletic trainer about the soreness. Remember, Ice is your friend. Should swelling occur, consult your physician for medication if needed.

Know your body. Understand the difference between being injured and being sore.

San Leandro Track & Field Logistics: Home Meet Management

Volunteer: WE NEED YOUR HELP NOW!

Each year at **San Leandro**, we suit up 60 plus student/athletes. **These are your children.**

When you add even a small team to the competition, things can quickly get out of hand. That makes for a long evening and your child arriving home late into the night. **No one person can perform multiple tasks at the same time.** This is where you the parents can be of great help. I will be passing out and also posting a sign-up sheet for each home meet. It will spell out all the areas we need help with. No experience is necessary.

The Finish Line:

Timers/judges: They record the outcome of each race. This requires the use of a stopwatch. Timers need to be at the meet from start to finish. These people will also help with placing/removing the hurdles from the track.

Recorder: This person will take the information from the timers and write down the results of each race.

Courier: we need someone to take the results to the scorekeeper in the press box.

The Field Events:

The Long/Triple Jump has one pit. This event requires the most bodies in order for it to run correctly. The pit needs no less than 3-4 people working at all times. 1 person to rake the pit, 2 people to measure the jumps, 1 person to record the marks.

The High Jump needs at least 2-3 people, but can be run with one adult with the help of the jumpers. This requires replacing the bar, raising the height and recording the results.

The Pole Vault (Future Event)

Shot Put/Discus has one area. This area needs no less than 3-4 people working at all times. 2 people to measure our throws, 1 person to record the marks. A single adult at each venue, plus the throwers can do the job in a pinch.

Couriers. At the completion of each field event, we need the event official to take the results to the scorekeeper in the press box.

The Press Box: This is where all the hard work of the day ends up. The couriers bring all the results to the press box to the Scorekeeper.

The Scorekeeper: then records the marks and adds up the points. This person keeps an ongoing and up-to-date account of the scores.

The Announcer: is the pace-setter for the meet. **This person can also be the Scorekeeper.** The Announcer calls for all events to start, call for the upcoming events and controls the scoreboard stopwatch.

San Leandro Future Invitational – to be announced in the future

Track and Field Logistics: Team Policies

Athletic Donation

For 2013, the cost per athlete to participate in track is \$200.00 for the season. To help meet the financial responsibilities of the Track and Field season, each athlete will be issued ten (10) Sponsor Letters to gather donations for \$20.00 or more. These donations can be given by the following sources: business vendors, neighbors, friends and family members. No donation is too small, it all adds up.

Program costs – we attend a number of invitations, and these competitions have entry fees that range from \$300.00 to \$400.00. We will be attending at least 8 such invitational's this year. We also have ongoing costs for transportation and equipment (hurdle repair, starting blocks, jump mat replacements, stop watches, etc.) Each year we must purchase new uniforms according to the number of new athletes who will participate in the program. Part of the program costs are for the Awards Ceremony at the season's end.

Thank you in advance for your payment and your support for our track program.

Uniforms

Uniforms will be issued at the end of February 2013. They will be distributed to the Upper Classment first and Frosh Soph second.

Uniforms must be returned at the end of the season. Students are responsible for any damages to the uniforms and any unreturned uniforms will result in delay of student's report card, diploma, or graduation process. Student/Athletes must wash their uniforms after each competition and prior to returning uniforms at the season's end.

Communication

Information will be given to the athletes on a regular basis: before practice, via e-mail to parents and regular handouts. There will be a pre-meet information sheets with meet records, post-meet results summaries, memos about team pictures and schedule changes and league standings. We also will have regular brief team meetings.

Illnesses:

Unless the athlete is contagious, or bed-ridden, he or she is still expected to report to practice. If the student/athlete is able to attend school, he or she must attend practice. Should the student/athlete become ill during the day, he or she should notify the head coach or someone from the coaching staff that they are unable to attend practice. If the student/athlete is unable to participate physically, you may be able to help in other capacities. **Please communicate with your coach.**

Injuries:

If an athlete becomes injured and is unable to further participate, they must first see the athletic trainer. If the injury persists the athletic trainer will advise them to see their physician. Once the athlete is treated by the Athletic Trainer, they will only be released to participate by the trainer or their physician. The only way an athlete can be excused from practice is because of an injury. Please communicate with your Coach.

Clothing:

Proper track attire is required. Good pair of running shoes, running spikes, running shorts and warm-ups. Other recommended clothing is spandex and speed suits. No gym shoes. No basketball shorts. **Not being properly prepared can result in injury.**

Cell Phones, Ear Phones & Jewelry:

PROHIBITED in the practice and competition area. If you are cited with a phone during competition, you will be disqualified on the spot (**it's a rule – no exceptions**). **Jewelry** is also not allowed on the track during competition. If you are cited with jewelry on during competition, you will be disqualified on the spot. (**It's a rule – no exceptions**).

Transportation – even though this varies from year-to-year, the track team uses buses for weekday competitions. This year's team may well use up to two buses per trip. Each bus is a \$400.00 expense. We have no buses for weekend meets. Parents of athletes are asked to take on the responsibility to sign up to transport athletes to meets. A driving schedule will be issued. All meet information including directions to the meet. Start time and schedule of athletes reporting time will be handed out prior to the meet. All parents who drive will be given a transportation packet and will be required to fill out prior to meets. This will also apply to all coaches transporting in their personal vehicles as well. Athletes will not be allowed to drive themselves, no matter what their age. Post season competition transportation will be arranged. (NCS, MOC and CIF). Transportation arrangements will be determined by the number of qualifiers competing at their events.