

## Course Syllabus: Track and Field

Spring 2026

Head Track and Field Coach - Marlene Wilcox [mwilcox@conejousd.org](mailto:mwilcox@conejousd.org) Website:  
<https://tohstrackandfield.com/home-of-the-lancers>

### Course Overview:

Track and Field is a C.I.F. sport. Athletes are held to high expectations in both practices and meets. Practices are intended to be fun but intense, with every practice carefully thought out so that every athlete is receiving what he or she needs to better their performances.

During the spring season the student-athlete will begin with the transition from conditioning to competing. Each athlete will focus on a specialized event or events that best suits their skill set.

### Goals

- Create a safe environment that encourages individual improvement and team achievement ■ Promote understanding and appreciation for the sport
- Provide an avenue for clear, honest, open communications.
- Each athlete to be treated with understanding, respect and dignity.
- Establish a safe, fair, and positive environment for all.

### Athletic Clearance:

All athletes must complete and be cleared by the School's Athletic administration before they can participate. Please refer to the website for further details. Student athletes will not be permitted to participate in class if they are not cleared. Please note that all physicals must be signed by parents and submitted on the CVUSD supplied form only.

<https://tohsathletics.org/athletic-clearanceforms-2/>

### Communication:

**Communication is key.** We use **Team Snap** as a communication tool. It offers real time communication between the coaching staff, athletes, and parents. We also use it as our active calendar of practice locations and times, meets and special events. You will be receiving an invite to join Team Snap. Please accept the invite and include important information such as your parent's names, phone # and emails.

### Equipment

- **Water bottle w water**
- **Sunblock**
- **Tights or sweatpants**
- **Sweat jacket/Shirt**
- **Snack for after practice**

Proper attire for practice includes properly fitting running shoes, athletic shorts, t-shirts, tights, sweatpants and sweatshirt when it starts getting cold. Plus, proper athletic support for both boys and girls. It is recommended that you go to a specialty running store to get properly fitted for shoes to prevent common running injuries like runner's knee and shin splints. This DOES NOT mean to get the most expensive shoes in the store! New training shoes are usually acquired once at the beginning of fall workouts and again January/February when the season gears up. Large water bottles are mandatory.

### Practices

Practices are mandatory. Please pay careful attention to the times at which practices begin and end, as they may vary due venue availability, event specific training and skill levels. Practices can be held Monday through Saturday's depending on Field and event specific coaches' availability. Please expect irregular practice times and locations to accommodate the fluid sports environment. Practice will be held during 7<sup>th</sup> period and could go until 5:00-5:30 pm It is expected that athletes attend training every day, dressed and ready to give their absolute best effort.

## Attendance:

Attendance will be taken every day at the beginning of class. It may be taken at the end of class at the discretion of the coach. If you are not there at the end of 7<sup>th</sup> period, you will be marked with an unexcused absence. You are expected to stay the entire duration of the class even if you have an excused note to not participate. Everyone is an integral part of the track team, and no matter what your standing is, pushing yourself to be your best will set the tone for the entire team.

Track and Field is an all-weather sport: **We practice and compete rain or shine.** Please plan accordingly. If rain is in the forecast, athletes should always have a second set of clothes to change into after practice is over. If your child is going to miss a practice, a note from the parent needs to be given to the coach at least a day in advance. Please do not give a note to another athlete to give to the coach the day of the appointment, as your child will be expected to be in practice.

It is expected that athletes will be sore after practice, but this soreness should decrease as the athlete gets into shape. Athletes need to know the difference between being sore and being injured. If your athlete is sore, they need to stretch at home, take Epsom Salt warm baths and massage the area. Athletes do not sit out of practices because of soreness, but practices may be modified if needed. This is up to the Coach's discretion.

## Meets

REMEMBER you are the Ambassador of Thousand Oaks/ Thousand Oaks Track and field when you step on and of the track. Attendance at all dual meets is mandatory even if you cannot compete. Individual participation in meets is at the discretion of the coaching staff. Athletes may be entered in up to four events per meet. Every athlete is encouraged to discuss entries for upcoming meets with their coach at practice PRIOR to the meet.

\*\*\*\*\*Athletes must wait until the completion of meets, and the coach has debriefed the team before they may leave. Please do not approach the coach during the meet and ask to go home early, this puts the coaching staff in an awkward position. Under certain circumstances athletes will be allowed to leave a meet early, but this needs to be discussed with the coach in advance of the meet.

\*\*\*\*\***The protocol for permission to leave a meet early** and go home with a guardian or parent: The student must fill out early dismissal form and turn it in no later than the morning of the meet to the front office to be approved by the athletic director.\* **No student/athlete will be permitted to leave early from a meet without a signed permission verified by the school's athletic director.**

\*\*\*\*\*When the team has an away meet, the coaching staff will give the athletes an approximate time that we will be arriving back at the high school. Your athlete will be contacting you when we depart to let you know our arrival time at TOHS. Please be waiting in the parking lot when we return. Please do not make the coaches wait after we get back to the high school. You will be given enough time in advance to arrive at the high school, to pick up your athlete.

## Divisions

- , JV and Frosh-Soph.
- **Varsity** is composed of top athletes regardless of grade.
- **JV** is comprised any athlete not on varsity.
- **Frosh-Soph** is 9<sup>th</sup> and 10<sup>th</sup> graders not on varsity

There are 2 divisions in the Marmonte League

- **Varsity** ■ **JV**

There will be instances where freshmen or sophomore athletes are placed in varsity competition to contribute to the varsity team score, to complete a varsity relay team or to compete against higher-level competition to achieve greater performance. The coaching staff has the sole authority to determine the competition roster.

## Grading

Everyone will start with an A. You risk getting points deducted by not.

- Coming to practice dressed, on time and ready to run.
- Participating in every meet.
- Participating in any event or anything that pertains to the Track and Field program.
- General attendance and effort.

While everybody runs at their own speed, coaches can tell who is and who isn't trying hard. Nobody is at 100% all the time and we do take that into account, but during workouts patterns of lack of effort are very easy to spot. Supporting your teammates and positive attitudes during difficult workouts are always noted and appreciated regardless of performance.

## Expectations:

- ***Returning Track and Field Athletes:*** You are ambassadors of the OVAL OFFICE. You are expected to be leaders of this team. That means following directions from all the coaching staff, putting in maximum effort at every practice, and helping your teammates to perform to their best. Communicate daily with the coaches regarding progress of the team. Become vocal leaders, echoing instruction from coaches to your younger teammates. This team will go as far as you lead it IN PRACTICE! It is time to step up into a bigger role for the team. Lead by example with hard work and a positive attitude. Help your younger teammates through tough workouts, and support your senior leaders. The team will count on you to set a winning standard!
- ***New Track and Field Athletes:*** **Welcome to TOHS Track and Field. You are now part of the Oval Office.** This year is all about absorbing information. Your job is to try everything, listen to coaches and upperclassmen and work hard every day. Please do not worry about performance. We expect you to learn, compete, and have fun.

## Additional notes:

It is important to remember that as student-athletes, your primary focus needs to be getting good grades. Track and Field is a privilege earned through academic achievement. Some of you may be fortunate enough to use Track and Field to earn a higher education, but it is imperative to remember your future is shaped through academic performance. If at any time you are struggling to keep up with classes, please talk to your coaches. **Grading Eligibility Requirements: You must have a minimum 2.0 GPA at quarter and or semester grading periods. Must be passing 4 classes.**

## Nutrition: Recovery

This is not a P.E. Class. This is a High School Sport. You will be pushing your bodies hard therefore nutrition and sleep will be key in getting the most out of your offseason work. It is important that you take care of your bodies outside of practice. Hydration is critical to athletic achievement. You need to hydrate more than the average person during the day. Drink WATER! Try to stay away from soda, fried food, or energy drinks, they provide zero to little nutritional value and can cause dehydration. Also, be sure to eat a healthy breakfast and lunch every day, snacks, and easy digestible snacks during long practices and meets, this will help you have the energy you need to be successful in the classroom and at practice! Lastly, having nutrition within 30 minutes of the end of practice such as a protein bar, or chocolate milk promotes recovery.

Finally, our primary objective as a coaching staff is to make this a rewarding and enjoyable experience for all. We hope that you have fun participating in track and field this year. If you ever have questions or concerns, please do not hesitate to reach out to me.

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

## 2026 TOHS Track & Field — Meet Schedule (Tentative)

Date	Meet	Location	Transportation
2/21/26	Westlake Distance Carnival	Westlake HS	
2/28/26	Tara Davis Invitational	Agoura HS	
3/6-7/26	Don Green (Fri/Sat)	Moorpark HS	TBD
3/6-7/26	Redondo Invite	Long Beach	
3/7/26	Long Beach Relays	Long Beach	
3/14/26	Thousand Oaks Invite	Thousand Oaks HS	
3/19/26	League vs AHS, OC	Thousand Oaks HS	
3/21/26	Maurice Greene Invite	Oaks Christian HS	
3/26/26	League vs WHS	Westlake HS	Yes
3/27-28/26	Simi Valley Invite	Simi Valley	
3/31/26	League vs Newbury Park	Thousand Oaks	
4/10/26	Tiger Invite	South Pasadena HS	Yes
4/10-11/26	Arcadia	Arcadia HS	TBD
4/18/26	Mt Sac Relay	Mt Sac CC	TBD
4/24/26	Ventura County Champs	Moorpark HS	
4/25/26	Frosh Soph Championships	Simi Valley HS	
4/27/26	Marmonte League Finals JV Field Events	Westlake HS	Yes
4/30/26	Marmonte League Finals	Westlake HS	Yes
5/2/26	CIF Prelims	TBA	TBD
5/9/26	CIF Finals	Moorpark HS	
5/16/26	CIF Masters	Moorpark HS	
5/22/26	CIF State Prelims	Buchanan HS	TBD
5/23/26	CIF State Finals	Buchanan HS	