Thousand Oaks High School Track & Field

2026 – 2027 Athlete Commitment Agreement

Being part of the Track Team is a privilege not a right or entitlement. TRACK IS NOT A PART-TIME SPORT. Every athlete who joins the track team must understand that the track and field team is first a team sport before it is an individual sport.

The Marmonte League names a team champion, Ventura County Championships has a team champion, CIF has a team champion and there is even a team champion named at the State meet. Once you are a member of this team, the benefit of the team comes first.

Upon reading and signing this contract you understand completely that your placement in an event or events is determined by the coaching staff, not by you or parents. If the team is placed first, then individual success is bound to happen, but if you put the individual first, team success is not a given.

My philosophy is simple. Being part of this team is practice for being part of a team for your chosen profession later in life. It teaches you how to get along with your peers and work together to reach a common goal, how to work things out when things do not always go your way, and how to overcome setbacks or disappointments. Along the way you learn discipline, commitment, accountability, goal setting and you learn to be persistent. The outcome may be the joy of success, great friendships (some last a lifetime), great memories and many useful life lessons learned.

If you are willing to work hard and you are able to put your team first and strive to become the best student athlete to representThousand Oaks High School, then the track and field team is the team for you. Once again, please read the contract thoroughly several times before you commit to the team. If you have any questions that are not answered in this contract, please contact Coach Farrell at sfarrell@conejousd.org

1. Attendance/Commitment

Be on Time, Be Early.

Being on the track team is also a class in which you receive a grade for physical education credit. If you are just doing track for the P. E. credit, then I would highly recommend you enroll in a regular P. E. class. Attendance is a large portion of your grade. All college athletics have adopted a grading scale and every athlete receives a grade for being on the team.

Attend all practices and meets. Notify coaches at least 1 week in advance of conflicts. Three unexcused absences/tardies may result in suspension or dismissal.

2. Academic Eligibility

Maintain CIF and school eligibility. Attend class, complete assignments, and represent TOHS positively.

Per CIF, in order for an athlete to be academically eligible they must maintain a grade point average (GPA) of 2.0 each quarter. Remember you are all student-athletes. You will notice that student is first

3. Practice Expectations

Arrive on time, prepared, hydrated, and ready to work. Full effort and a positive attitude are expected daily.

Off-Season practices:

- **August - November 20th:** Mondays, Tuesdays, Thursdays, and Fridays (2:45 PM – 4:45 PM) - Wednesdays will be light days & Sat/Sun off
- **Thanksgiving Break:** . There may be morning practices Monday (November 23rd), Tuesday (24th) and Wednesday (25th)
- **After Thanksgiving Break:** practices may be Monday through Friday until December 18th. Be prepared to stay until 5:00 PM during the week. Depending on weight room availability, practice may go as late as 5:30 PM.
- Practice times during Winter Break may be announced later.

Saturday practices may begin after Winter Break and times may be determined by your event coach. Failure to participate in Saturday practices may limit the number of Invitational meets in which you may be entered.

If you are not feeling well or are injured and were at school, then you still dress out unless you have spoken with your event coach and you have come up with another arrangement. Your participation in the practice may be limited or modified due to illness or injury, but you are still a part of the team and will need to follow the rules of all the team members.

Practice will not necessarily be cancelled due to rain.

Practice is over when your event coach dismisses you.

The athletes are responsible to return all equipment to the proper storage facility before leaving.

4. Meet Expectations

Remain until dismissed, support teammates, follow coach instructions, and compete with integrity.

A track meet is like a 10 ring circus with many chores to be done. Every athlete is expected to help make sure that the meet runs smoothly. All athletes should be willing and happy to assist.

I expect everyone who is part of the TEAM to stay until the end. I also expect you to support and cheer on your teammates when you are not competing and help clean up if we are hosting the meet. We will have a brief meeting to talk about the meet and results.

Dual Track Meets: All athletes are expected to stay until the end of every dual meet. There will be a brief meeting following the final event and attendance will be taken.

Invitational Track Meets: You will not be required to stay the entire meet. Once your events are done, you can leave after you cool down. You just have to check out with your coach before leaving. If the team goes on the bus, then the team will return on the bus.

5. Sportsmanship

Respect officials, opponents, teammates, coaches, and facilities. Bullying, hazing, profanity, or unsportsmanlike conduct is prohibited.

6. Communication

Athletes speak with the event coach first, then the Head Coach. Parents observe a 24-hour cooling-off period before discussing concerns.

8. Transportation - Travel with the team unless approved by the Athletic Director according to school policy.

9. Equipment

Uniforms and equipment must be cared for and returned. Lost items may require replacement.

10. Health & Safety

Report injuries immediately. Follow trainer/doctor restrictions. No participation when ineligible due to illness or injury. It is the athletes' responsibility to follow all directions given by the coaching staff.

Road Workouts. The following rules should be strictly followed for the safety of our athletes:

1. Never run alone.
2. Avoid all major intersections
3. Always run on the sidewalk
4. Run in a single file when necessary. Never challenge a car.
5. Misconduct on the roads will not be tolerated.
6. Always report any unusual circumstances upon your return to the track.
7. Always run the course you have been told.
8. Never run in the bike lane if there is a sidewalk to run on.
9. Always report back to your coach when you return.

Private Coaches. We do not condone the involvement of private coaches during the season. If you have been working with a private coach during the off-season, please understand that once you begin to practice with the TOHS Track and Field team, your primary coach is your event coach hired by Coach Farrell. The only coach you should be taking instruction from during a practice or meet is that coach employed by Coach Farrell and TOHS.

11. Team Culture

Encourage others, celebrate improvement, welcome new athletes, and put the team first.

The team has a zero tolerance policy regarding bullying. Whether it is physical, emotional or cyber. Any athlete found to be bullying will be removed from the team and disciplined through theAdministration office

12. Consequences

Failure to meet expectations may result in conditioning, reduced competition opportunities, suspension, or dismissal.

It is, of course, impossible to identify and list all possibilities for the many infractions that could result in disciplinary actions in a sport contract. We have tried to specify as much as possible, but we are aware of the limitations. There will be some student/athletes who will search for ways to get around the "letter of the law" and THIS WILL NOT BE TOLERATED. We expect our athletes not only to observe the letter of the law, but also integrate the spirit represented by this contract. Athletes who cannot or will not manage this will be dismissed from the team.

Athlete Commitment

I understand that representing Thousand Oaks High School Track & Field is a privilege. I agree to uphold these expectations and represent my school, teammates, coaches, and community with integrity, effort, and pride throughout the 2026–2027 season.

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2026-2027 Athlete & Parent/Guardian Contrac

Please sign, date, and return this page on or **before** the athlete joins the team.

To the coaching staff, I have read and understand the entire team contract and I agree to abide by everything stated in it.

IF ATHLETE IS CURRENTLY IN A TOHS WINTER SPORT, PLEASE INDICATE IT HERE: _____

Athlete's Name (printed): _____

Athlete's Signature: _____ Date: _____

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Parent/Guardian's Name (printed): _____

Parent/Guardian's Signature: _____ Date: _____

Parent's/Guardian's Email: (Please Print Clearly)

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