



**Course Syllabus: Track and Field
Spring 2020**

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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 an 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.

Practices

Practices are mandatory. Please pay careful attention to the times at which practices begin and end, as they may vary. Monday through Friday practice starts at 7th period and ends usually no later than 4:00PM. Athletes meet 10 minutes after the final bell to change and report for attendance. If they have not recorded as present 20 minutes after the bell, it is a marked absence. There will also be practice on Saturdays from 9:00am -12:00.

It is expected that athletes attend training every day, dressed and ready to give their absolute best effort. **Unless you are sick and note from home is good for one day. After that you will need a doctor's note for more than one day.** Everyone is an integral part of the P.E. class and the track team, and no matter what your standing is, pushing yourself to your limits helps everyone do the same. On days when you don't feel 100%, communicate with the coaching staff so we can set that day's expectations. At no point should athletes remove themselves from practice without permission from the head Coach or who is in charge for that day. Strong work ethic, communication, and a positive atmosphere will be the keys to success this season!

Track and Field is an all-weather sport: **We practice and compete rain or shine.** Please plan accordingly. With rain 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. If your child is unexcused from a practice they will have to sit out for half of the next meet (two events) for the first offense, and they will

have to sit a whole meet for the second offense. A third offense will result in their dismissal from the team.

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 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. Please expect that your athlete will be sore, as they may be using muscles that have not been conditioned in this way for a while.

Meets

Attendance at all meets is mandatory, even if your child is not entered in an event for that meet. Track is a team sport, however, so everyone is expected to be at the meet to support each other. 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 (ex: taking SAT's the next day), 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 schools 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

There are 3 divisions of competition in High School Track & Field: Varsity, JV and Frosh-Soph.

- **Varsity** is composed of top athletes regardless of grade.
- **JV** is comprised of seniors and juniors not on varsity.
- **Frosh-Soph** is 9th and 10th graders not on varsity.

There will be instances where freshmen or sophomore athletes are placed in varsity competition in order 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.

Equipment

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. Do not bring money and *especially cell phones or headphones*, down to practice.

Grading

Everyone will start with zero points and you get points by:

- 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. Effort can also be expressed other ways, following instructions, jogging instead of walking from workout area to workout area (we never walk anywhere on the track), supporting your teammates and positive attitudes during difficult workouts are always noted and appreciated regardless of performance.

Expectations:

• **Seniors:** You are expected to be leaders of this team. That means following directions from the coaching staff, putting in maximum effort at every practice, and helping your teammates to perform at 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!

• **Juniors:** 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 score points!

• **Sophomores:** This year is about finding your niche on the team. Having learned how this team functions as Freshmen, this year is all about figuring out where you will insert yourself to help the team win. Find your key events, and work towards perfection in practice.

• **Freshmen:** This year is all about absorbing information. Your job is to try everything, listen to coaches and upperclassmen and work hard every day. You should focus on building your form, and 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.

Additionally, 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! No soda or energy drinks, they can cause sickness and Injury. Also, be sure to eat a healthy breakfast and lunch every day, they will help you have the energy you need to be successful in the classroom and at practice!

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.

2020 Meet Schedule (Tentative)

Saturday Feb 22nd TO Invitational @ Thousand Oaks HS

Saturday Mar. 7th Don Green Invitational Moorpark @ Moorpark HS

Saturday Mar. 14th Simi Valley Invitational @ Simi Valley HS

Thursday Mar. 19th Calabasas @ TOHS

Saturday Mar. 21st Maurice Green Invitational @ Oaks Christian

Thursday Mar. 26th TOHS @ Oaks Christian HS

Tuesday Mar. 31st Westlake @ TOHS

Friday Apl. 10th Pasadena Tiger Invitational @ South Pasadena HS

Saturday Apl. 11th Arcadia Invitational @ Arcadia HS

Friday Apl. 18th Mt. SAC Relays @ Walnut California, Mt. SAC

Tuesday Apl. 21st TOHS @ Newbury Park

Friday Apl. 24th Ventura County Championships @ Moorpark HS

Saturday Apl. 25th So Cal Frosh-Soph Championships @ Simi Valley HS

Tuesday Apl. 28th Marmonte League Prelims @ Thousand Oaks HS

Friday May. 1st Marmonte League Finals @ Thousand Oaks HS

Sat, May 9 CIF-SS Division 2 Prelims @ Moorpark High school

Sat, May 16 CIF-SS Division 2 Finals @ TBA

Fri, May 22 CIF-SS Masters Meet @ TBA

Fri, May 29 CIF State Championship Prelims @ Clovis Ca

Sat, May 30 CIF State Championship Finals @ Clovis Ca