

Buena Track and Field Rules and Expectations

- I. **Be on Time**
 - a. For all workouts: Monday – Friday 2:30 at the track, unless noted otherwise
 - b. For all meets
- II. **BE RESPONSIBLE**
 - a. **In class and on campus behavior**
 - i. On time to all classes
 - ii. Positive participation in classes
 - iii. Obey school rules. Be the positive example in your class!
 - b. **Off Campus Behavior**
 - i. Act responsible traveling to and from meets
 - ii. At meets- Buena athletes have class
 - iii. Behavior in the community concerning laws, drugs, alcohol, tobacco, etc.
 - c. Read / Review the Buena High School Athletic Policy
 - d. **Practice**
 - i. Approach practice with a positive attitude
 - ii. If you miss a practice, expect to make up the missed workout
 - iii. Do team activities together
 - iv. DO THE ENTIRE WORKOUT
 - v. WE PRACTICE DAILY- RAIN OR SHINE!!
 - vi. Follow all track and field safety rules!
 - vii. Obey all traffic and pedestrian rules while working out!
 - e. **Meet Day Expectations**
 - i. Attend and positively participate in all classes
 - ii. Practice = Meets
 - iii. All team members ride the bus (or approved transportation) to and from the meet.
 - iv. Team attire is required at all meets and when traveling
 - v. Do team activities as a team; warm-up, cool-down, and cheering
 - vi. Attendance and participation at meets is mandatory
 - f. **Report injuries, illness, time conflicts**
 - i. Schedule appointments (hair /doctor) after practice approx. 4:30 pm or day after meet
 - ii. You must inform Coach Burns / Coach Torres / Event Coach if you are missing any part of practice that day or have an injury that will prevent you from completing the workout.
 - iii. Alternate workouts and rehabilitation are to be attended to by any athlete not able to workout.
 - iv. It is your responsibility to discuss conflicts with the coaches. NO SURPRISES.
 - g. **Equipment**
 - i. Properly clean and maintain all team equipment
 - ii. Help take out and put in various equipment
 - h. **Challenge yourself- both mentally and physically**
 - i. Improve in some way daily
 - ii. Work to make weaknesses- STRENGTHS
 - iii. Cooperate- sacrifice by doing events to help YOUR TEAM
 - iv. Work Hard – Have Fun
 - v. Believe in yourself, your team, your coaches

Safety for track and field:

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. All athletes must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
3. Shot/discus thrower(s) must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot/ discus.
4. Before attempting any throwing event, make sure the throwing sector and landing area are free of people and obstructions
5. Hurlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
6. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes. (cool downs)
7. When passing other runners during practice, always call "track."
8. Runners engaged in street work as a method of distance conditioning run only on the course/route prescribed by the coach.
9. Run in groups- if some gets hurt or is ill. Stay with the injured athlete and send someone to get help.
10. Runners must obey all traffic signals / rules of the roads.

No Ipod type devices while running off campus or on the track or field

– this is a CIF rule.

Varsity /Junior Varsity Letter Requirements:

The Varsity / JV letter for **Buena Track and Field** is awarded for both talent and effort. It is designed to be a valued award for hard work, dedication, and ability. The achievement of a Varsity / JV letter is not a right, but rather the result of a personal responsibility to act and behave all season with BULLDOG PRIDE. A letter can be earned by anyone from any grade level.

To be *eligible* to earn a Junior Varsity letter (recognized with a certificate at the banquet) in Track and Field, the athlete must do the following.

1. Follow all team rules and expectations – earn an A in the track and field class
2. Completes the season in good standing with the team, coaches, and school administration.
An athlete who quits the team or is removed from the team will forfeit any claims to a Letter.
3. Earn at least 90% of max possible points for the current season

How to earn points for your JV Letter

Attendance at practice on time (school day): .5 pts /day

Previous lettering (jv or varsity) in BUENA Track and Field - 2 pts/year

Compete in a meet: 2 pts / meet

Competition Accomplishment: 4 x 400 relay participation in league meet / tri meet, 1 pt. /meet

Improvement: Season Pr – 1 pt per event / meet; Lifetime Pr – 3 pts per event / meet

Competition Accomplishment: points scored in a League meet 5pts = 1st, 3pts = 2nd, 1pt = 3rd, Relay points divided among team members.

Competition Accomplishment: qualify for League Finals 5 pts

Team support: if an athlete cannot compete due to injury, help coaches with running of the meet / stats, 1 pt / meet

Points can be deducted for:

Unexcused Absence: -5 pts

Tardy: -3 pts

Miss a meet (unexcused): -10 pts

Remove yourself from an event at a meet: -5 pts

Leave a meet / practice before being dismissed by a coach: -5 pts

Violate Team Rules: -1 to -10 pts (discretion of head coach)

Late return of uniform at end of season: - 1 pt for everyday late

An athlete who quits the team or is removed from the team will forfeit any claims to a Letter.

Coaches have final say in determining Letter awards

Varsity Letter Requirements:

1. Maintain a "BULLDOG VARSITY ATTITUDE" throughout the season. A varsity attitude is demonstrated by an above-average commitment to the team's goals, to the sport and to one's individual improvement. (Attitude, work ethic, attendance, good student and citizenship, willing to make sacrifices, dependable, team leader and role model, follows team policies)

2. Earn a JV letter plus an additional 10 points from below.

Score 10 Varsity points in Channel League Meets, Varsity Invitational, and / or Varsity League Finals;

Compete in the varsity event at League Final; 10 points

a performance at any level – F/S, JV, or Varsity, that equals or betters the CIF qualifying mark for 2nd and 3rd place finishers in league finals (See resources page) 10 points

Compete in CIF 10 pts

Buena Track and Field Grading Policy

All track and field athletes start the semester with 100 pts that are kept if the following is completed:

- Attendance is MANDATORY- this is a class.
- Ability to follow team rules and expectations
- Completion of weekly practices, goal setting, and other weekly assignments
- Completion of tests (meets).
- Positive Attitude and Complete Efforts
- Improvement

Points are deducted for the following

- 5 PTS FOR EVERY UNEXCUSED ABSENCE
- 3 PTS FOR EVERY TARDY
- 1 to -10 Pts for violating team rules at coach's discretion
- Quitting the team = drop 2 letter grades