

Los Alamitos Track and Field 2020 Preseason Team Expectations

Be where you are supposed to be, doing what you are supposed to be doing. It really is as simple as that. The following "BE's" will help you understand what I expect:

Be prepared.

- Have your running clothes, shoes and any other necessary apparel for practice every day. Commit to be at practice each day.
- Eat appropriately and hydrate. If you do not, your practice will suffer.

Be There:

- **Be at practice every day.** Be at Practice ON-TIME, each and every day, practice starts at 2:00 pm *****Outside activities are on your time. You may do what you want on your time, i.e. after 4:00, but outside activities will not interfere with your workouts for the team! *****
- Practice days/times:
 - Sprints: COHORT B- Tues/Wed/Friday 2:00-4:00 pm, COHORT A-Mon/Friday 2:30-4:00, Wed 2:00 pm
 - Throws 2:00-4:00 pm each day (on Tuesday/Friday, Coach Howard has class until 2:37, but you can warm up and be ready)
 - Hurdles 2:30-4:00 pm each day
 - Jumps Tues/Wed/Thur/Friday 2:30-4:00
 - Pole Vault 3:00-5:00 PM each day
- Locker rooms will be available to change in only. No storage or showers available.

COVID REQUIREMENTS:

- Appropriate social distancing measures must be taken: 6' between athletes/coaches at all times
- Masks are required at all times when not working out, especially walking to and from school/parking lots..
- Please use hand sanitizer and wash your hands frequently
- Avoid touching face, mouth, eyes, and nose.
- ABSOLUTELY- no sharing of personal equipment; i.e. towels, water bottles, clothing etc.

Be Respectful:

- Give your teachers, coaches and teammates the proper respect.
- Disrespectful behavior will not be tolerated.
 - Disrespectful behavior includes, but not limited to:
 - Talking back to/interrupting coaches
 - Disparaging comments about teacher, school, teammates, coaches, parents etc. (includes all social media: ie- instagram, snapchat, facebook, twitter, group texts, etc....)
 - Not giving appropriate effort in workouts.
 - Questioning workouts or coaching decisions.
- Follow the appropriate chain of command
 - In the event of a disagreement, please first talk to your event coach privately, then to Coach Howard with the event coach.
- Take pride in your team, You represent your team and school, 100% of the time, 24/7.

Be Consistent:

- Give your 100% for that day.

Be loyal.

- Be loyal to yourself, your coaches and your teammates.
- The workouts will not be questioned nor compared to any other program
- Live up to the commitments that you have made and support your teammates. They have cheered for you, return the favor.

Be excited.

- Commit to a positive attitude towards the team, coaches, athletes and workouts. Any negativity will not be tolerated.
- Have fun and make it fun for everybody around you, however be ready to do what the coach asks you to do.

Be smart.

- Do your homework and study for your tests so that you do well in the classroom. You cannot participate in sports unless you succeed in the classroom. In the classroom, on the track and in the community I expect you to represent LAHS and this track team well.
- Be respectful of other athletes, officials, teachers and community members. Act like the young adults that you are wherever you are.
- Disrespectful athletes will not be part of this team

Be a Contributor

- The team comes first!
- You are expected to train for a minimum of two events.

My Requirements: (My Three Questions)

1. Give your 100% each day. **Did I give my 100% today?** Was that my best effort?
2. Be better today than you were yesterday? **Am I better today** than I was?
3. Have fun. Regardless of how you feel, **did you enjoy your time out on track?**

Any Violation of Team rules will result in the following Actions:

1st offense: Removal from Practice (day) and next meet - Parent Notification

2nd offense: 1 Week Suspension from team

3rd offense: Suspension from team for remainder of season.

You should be prepared to stay until at least 4:00 on the practice days.

Grading Scale:

Grades will be 100% attendance and participation. You must be there everyday and participate everyday. If you are absent you will not receive the points for the day. If you do not participate in practice or leave early without permission you will not receive the points for the day. **I will not clear any absence if you are not there for roll. I will not accept notes from parents excusing you from practice. You must be there period, if you leave early from practice you will not earn the points from that day.**

90-100% = A 80-89% = B 70-79% = C 60-69% = D Less than 59%=F

The following document must be signed and returned before the athlete will be allowed to practice and/or compete.

I have read and understand the team rules. By signing I agree to abide by the team rules and, if necessary understand and accept the consequences for failure to do so.

Athlete:

Print Name: _____

Signed: _____

Parent/Guardian:

Print Name: _____

Phone: _____

Signed: _____ :