

Los Alamitos Track and Field 2018-19 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 every day and every meet.
- Eat appropriately and hydrate. If you do not, your practice will suffer.
- No backpacks, cell phones or earphones will be allowed on the practice field. (use your locker)

Be There:

- Be at practice every day. Be at Practice ON-TIME, each and every day, practice starts at 1:45 if you are not there on time you will be marked tardy.

*****Outside activities are on your time. You may do what you want on your time, i.e. after 4:30, but outside activities will not interfere with your workouts for the team! If you miss practice for any reason (other than excused by your coach) you will not participate in the next meet.*****

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/meets
 - Questioning workouts or coaching decisions.
 - Outside practices/coaching
- Follow the appropriate chain of command
 - In the event of a disagreement, please first talk to your event coach, 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 at each meet until the end of the meet and dismissed by your coach.

Be excited.

- Commit to be 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 compete in a minimum of two events each dual meet. You will know which two before the meet.
- Weekdays are for the team, Saturdays are for you and your time/distance.

Meet Day Requirements:

- Dual Meets/League Meets are mandatory.
- Coaches will determine what events the athlete will compete in. Athletes are expected to work with your coaches and be placed in appropriate events. Athletes are expected to communicate with their coaches to understand which events they are entered in.
- Meet entries will be published. Athletes are expected to compete and complete their entered events.
- Weekend meets are earned. An athlete must fully participate in weekday meets in order to be considered for weekend meets. If an athlete does not compete in or complete the week's dual meet they will be scratched from the next weekend meet.
- All Team members are required to stay until the completion of the 4X400m relay.

Relay Teams:

- Relays are an honor to compete on and must be earned.
- Every season, coaches will meet to determine the signature relays for that season to prepare for at Arcadia/Mt. Sac. Invitationals. Individuals must compete on these relays to run in individual races at these invitationals.
- Each relay member will receive the full complement of points, to count towards runner of the year standings.
- Each varsity relay member may wear the "relay" uniform during individual events and the relay team shirt may be worn as part of the official team uniform.
- Every relay competition/splits will be evaluated, with adjustments made to the team as necessary. A coach may "disqualify" an individual's points for lack of effort.

Team Awards:

- Coaches decision (work ethic, leadership and camaraderie, team points are the top considerations)
- Varsity Runner of the Year, Outstanding Runner awards are based on points earned throughout the season.
- Dual meet points (1st- 5 pts, 2nd- 3 points, 3rd-1), Relays- (1st- 5 pts each, 1pt for competing)
- Invitational- (Individual/Relays places 1-6 --- 10, 8, 6, 4, 2, 1), Relays (2 pt for competing)
- Relays at Arcadia or Mt. Sac will receive 10 points each.
- OC Champs team scoring will be doubled.

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?**

MEET DAY UNIFORM REQUIREMENTS-

You must be dressed in LOS ALAMITOS TRACK AND FIELD GEAR only. Team gear: Official team shirt, pullover, jacket or competition uniform. No outside sport/activity apparel may be worn. Do not alter the team gear, (i.e. cut sleeves, neck lines, etc). If you are not in team gear, you will not be allowed on the bus, nor will you be allowed to compete. During track meets you must remain in team gear throughout the event, this includes Saturdays. If you are not in team gear, you will not be allowed to compete and will be dismissed from the event.

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 (must be there for roll, stay in stands until 2:30)

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

You should be prepared to stay until at least 4:30 on the practice days. We will practice 5 days a week. You will not be allowed to practice until the team contract is signed and turned into coach.

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. **If you leave practice before 2:30 you will be marked absent, you will need to check out through the attendance office. 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: _____: