

Track Syllabus and Contract 2020

Coaches:

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All communication for the RUHS track team comes through our Booster Club Website and email at **www.runruhs.com**. All pertinent information concerning our program can be found on this website. If you haven't done so already, it is **mandatory** that all parents of athletes sign up for the team email on this website. Please check mail often for important announcements. The 2020 tentative track schedule is also posted on the team website.

New Requirement:

Each track season, the RUHS Track Team hosts several track meets. These include the following: All Comers Meet, Redondo Nike Invitational Track Meet, and Bay League Meets. These meets require many volunteers in order to be successful and also provide fundraising for our team.

We are requiring that the family of each athlete on the team volunteer a MINIMUM of five hours at our Redondo Nike Invitational. This meet will be held on the evening of 3/13 and all day on 3/14. Meet information and volunteer sign-ups will be sent out by the Booster Club and will be located online. In addition, all athletes are required to work 6 hours during the meet. This meet is our main source fundraising for track and involves support from all parents and team members!!

Practices:

- Being a member of the RUHS Track and Field team is a privilege and should be taken seriously. We expect athletes to attend every practice, every meet and give 100 percent effort.
- Students are expected to attend practices/meets even on days when there is no school as we are in season and competing in meets. **This includes spring break and other holidays.**
- Practices are held Monday through Friday for a minimum of two hours. They are also held on Saturday's when there is not a meet.
- A parent note or email from a parent is needed to miss more than one day of practice due to illness. If an illness or injury is for more than two days', a doctor's note is needed in order to be excused from practice. Any practice missed for dentist or doctor's appointment must also be cleared with a doctor's note.
- Making up tests or work for other classes is not permitted during period 6.
- All absences must be cleared *through* your coaches prior to missing practice. Sending a message that you will miss practice with another student is not acceptable and will be an unexcused absence.
- You have 15 minutes to dress out and report to the track for practice. All athletes are required to report to the track on time and be ready to complete the entire team warm-up.
- All practices will begin AND end on the track each day.

- The track locker room is located beneath the stadium. Please bring a school issued lock to use on the locker. (these can be purchased at the ASB finance office)
- Athletes are NOT allowed to visit the trainer unless they are provided with a "Trainer Request Slip" signed by one of the coaches.
- All athletes must come to practice in running shoes and running attire.
- Schedule of practices during regular school schedule:

Monday: Practice begins at 2:20 PM and will continue after school until approximately 4:45 PM.

Tuesday/Thursday: Practice begins at 1:20PM and will continue until approximately 4:30PM.

Wednesday/Friday: Practice begins at 3:20 PM and will continue until approximately 5:30 PM.

Saturday Practices for Distance group is at Malaga Cove at 8:00 AM.

All other athletes will have practice at the track at a time scheduled by their respective coaches.

The Grading Policy for track will be based on the following:

- Being on time and attending ALL **practices** and **track meets**.
- Being absent from a track meet will result in a grade reduction.
- Being dressed out each day in proper running attire and shoes and other items as discussed above.
- Participating in the ENTIRE workout assigned by the coach each day.
- TWO unexcused absences from practice results in a full drop in letter grade. An example would be an A would be reduced to a B as the class grade.
- Grades are based on the following. Each practice is worth two points. Points will be deducted for not dressing out, not participating in the entire workout, unexcused absences and tardies. All track meets are worth 10 points.
- All athletes and parents provide volunteer support at the Redondo Nike Meet.
- Any athlete unable to participate in the training program due to extended illness or injury will be given an alternative written assignment to complete in order to receive credit for the class. Failure to complete the assigned parts of the assignment each day during practice will result in a loss of points for the day.
- All athletes are required to maintain a minimum of a 2.0 GPA to remain on the team.

Meets: THE MEET SCHEDULE IS LOCATED ON www.runruhs.com

EVERYONE MUST ATTEND ALL MEETS. Invitationals take place on Friday evenings or Saturdays and usually last most of the day. Only extreme circumstances will excuse you from a meet. If you cannot commit and be relied upon to compete with your team, you will no longer be a part of the team.

- Meet events will be decided by the coaching staff and an athlete is expected to compete in ALL the events assigned each meet. There are some meets that an athlete will not qualify based on times, heights, distance. All athletes will be informed prior to the meet what events they will be competing in. Decisions on who will be competing in a meet are made by coaches based on previous meet results and work seen at practices. All

athletes are required to attend meets, dressed in Redondo Track attire even if injured, unless informed prior to the meet by the coaches that they will not be attending.

- **YOU MUST REMAIN WITH YOUR TEAM THE ENTIRE MEET AND THE BUS RIDE HOME** Only unusual circumstances discussed and approved by the coach (BEFOREHAND) will allow you to leave early. The proper form found on www.runruhs.com website must be printed, filled out and turned in to your Coach prior to the meet.
- Departure times for meets will vary; announcements will be made at practice and posted on www.runruhs.com website. We will always meet the buses in the student parking lot on Diamond. The coaching staff will decide which events all athletes will be competing in for each meet. Directions, details and results for the meets are available on www.runruhs.com and sent out in a team email.
- Training or competing in a club sport (soccer, volleyball, etc... during the season is NOT encouraged. The coaching staff understands that we have little control over parents and athletes who choose to do so. Training or competing in club sports during the season is counter-productive. Athletes are at high risk for injury and track performances will suffer. Athletes will not develop, improve and progress as well as they could throughout the season. Any participation in outside training or club sports should not jeopardize track practice time or the required meet participation.
- Athletes and parents must realize that coaching decisions are made with the best interest of the team taking precedence over the desires of any individual team member. Track is a team sport!

Routines

- Before all practices we warm-up, stretch and do form drills. All athletes are required to participate in the warm up for the entire session.
- Hydrate. Drink water/and or Gatorade before and after workouts. You should also be drinking regularly throughout the day. Hydration the day BEFORE a meet is crucial. REMINDER: NO GATORADE ONLY WATER IS ALLOWED ON THE TRACK OR FIELDS. Each athlete should get a water bottle labeled with name to bring to practice each day.
- Eat enough calories; have a balanced, healthy diet.
- We practice RAIN or SHINE, HOT or COLD. Dress accordingly.

Behavior

- No drugs, alcohol, or tobacco. Failure to follow this rule will result in your immediate dismissal from the team in addition to the regular school disciplinary actions.
- No foul language or derogatory terms. Parent conferences will follow violations.
- NO fighting. Treat all teammates with respect.
- NO use of the word "can't". 10 push-ups for each violation.
- DO obey coaches and treat everyone respectfully.
- DO represent RUHS well. DO NOT embarrass the school through poor sportsmanship, littering, etc...
- DO obey the "Rules of the Road" as outlined on the website.

Required Equipment

- Proper running shoes. Running shoes typically last about 500 miles; our distance runners will average 40 miles per week. Without proper running shoes, runners have an

increased chance of injury. Most major shoe companies offer reliable shoes. All sprinter and jumpers are required to wear their trainers to practice and to bring their spikes for days that they are needed for practice.

- Students should also purchase a required pair of running spikes. The type of spikes you'll purchase depends on the category of the event you will compete in (i.e. sprints, distance, jumps, throws). YOU are responsible for having usable spikes in your track spikes!
- If you are not currently in possession of a uniform, you must purchase one for track season. Our first official meet is on February 22nd.
- Team warm-ups are also a necessity. In addition to allowing runners to warm-up and cool-down properly, they give the team a unified appearance.
- Sweatshirts and T-shirts are not mandatory but are useful and add to team unity
- All Distance runners are required to have the required watch at practice each day.
- Members of the sprint, jumps and throws teams must bring the required spikes/shoes to practice. These shoes are to be used only when directed by coaches and athletes should wear their regular training running shoes unless directed to change into spikes.
- During the track season which runs through Friday, May 1st all athletes are expected to attend practice Monday-Friday and Saturday's when there is not a scheduled meet.
- For those athletes who do not qualify for CIF finals, after May 1st, track athletes will only be required to attend practice on Monday, Tuesday, Thursday during period 6. Even though the official track season will be over for most athletes, all students will still be required to dress out each day and participate in workouts until the semester ends. Semester grades are based on the entire semester and participation in class does NOT end on May 1st. After their track season ends, those athletes in football or other sports will be allowed to check into track for attendance and then go workout with the football team/other sport if desired by their other coaches. All runners who will be in cross country will continue to train M-F during the remainder of the school year.

RETURN THIS PAGE OF THE SIGNED SYLLABUS by 2/21/20.

Required/signed syllabus is part of period 6 class grade.

I, _____, have read and understand the
(print first and last name)

Requirements for participating in the RUHS track team and the period 6 track period. I understand that failing to meet these requirements will result in a lower grade and possible dismissal from the team. I commit to being an active, productive, and positive member of the RUHS Track Team and am aware that Saturday meets and all practices and meets, Monday through Friday are a requirement for participation. I understand the volunteer requirements necessary to have successful home meets are also required as a member of the team.

I am aware that some track training activities take place on public and private roads and trails. I am aware that my son/daughter should follow the legal requirements of all pedestrians while running. I understand that the coaches will provide supervision during these training activities, but that it is not the responsibility of the coaches to directly supervise every runner at all times.

Student Name (print)

Student signature

Parent Name (print)

Parent Signature

Parent email: _____

Parent phone number: _____

Student email: _____

Student phone number: _____