

## 2024 NPHS TRACK & FIELD TEAM GUIDELINE

Track and Field is a CIF Sport where athletes have the opportunity to compete against themselves. Not every athlete will have an opportunity to run in CIF Finals or on the Varsity team, however, they will get a chance to improve & set new personal records each time that they race, jump, vault, or throw. Athletes must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of an individual team member.

The coaching staff has set strategic objectives while maintaining the vision and purpose of the track & field program for the season. Participation in Newbury Park Track & Field Program is a privilege and a worthwhile endeavor that will create lifelong lessons for each individual athlete.

### **COACHING STAFF:**

#### HEAD COACHES

Ahmad Rasheed	Boys, All Sprints and Relays
Jeannette Flores	Girls, All Sprints and Relays

#### ASSISTANTS

Kris Karsten	Distance
Izzy Herrera	Distance
Matt Greding	Pole Vault
Gil Esparza	Pole Vault
Marlon Williams	Hurdles
Ryan Hurley	Throws: Shot Put & Discus
Stephen Svoboda	Horizontal Jumps: Long & Triple

#### VOLUNTEERS

Don Klein  
Brooke Gilroy  
Alavi Konkader

### **POLICIES**

All students are expected to comply with the following team policies, as well as governing policies & regulations from CIF, CVUSD, and NPHS for athletic participation. Failure to comply may result in disciplinary action, up to and including removal from the class/team.

### **EXPECTATIONS:**

1. Maintain a minimum GPA of 2.0 & be passing 20 semester credits. It is a privilege earned through academic achievement to participate in track & field. Balancing athletics and academics can be difficult. If you are struggling, reach out to your coaches.

2. **BE PREPARED:** PROPER running shoes (trainers), spikes for running events, hurdles and jumps, throwing shoes for throws events. Bring your water bottle, sweats/warm ups (top/bottoms) for cooler weather.
3. All athletes are required to report all injuries to their coach(es). We practice and compete at a high level and the workload can be more than what most expect. As a coaching staff, we must know of any pain, including blisters, sore muscles & minor bruises, going on so we can determine your training regimen and/or make judgements on injuries prior to sending athletes to the athletic trainer for treatment or recommending outside treatment.
4. All athletes are not allowed to leave the competition or a facility for any reason without the permission of their discipline coach and/or head coach. This includes dual meets and weekend invitationals. Each athlete is under the care and responsibility of the track & field program.
5. **ATTENDANCE:** All athletes must stay for the full duration of a dual meet to assist with break down, putting equipment away, help teammates clean up leaving the area better than how you found it. Take care of YOUR HOUSE and RESPECT the HOUSE of your host. Attendance will be taken at the beginning and end of the meet to ensure full compliance of this policy.
  - **Every member of the track team is EXPECTED to attend EVERY practice.** However, if you are absent from school, you may not attend practices.
  - **BE ON TIME:** This means dressed & ready for warm ups, announcements, and attendance (taken during warm ups). If you are going to be late due to academic issues, school related events, you must contact your discipline coach. Arriving late without notification may result in an absence & no practice (for you).
  - Athletes who have **unexcused absences** (of practice) during meet week, **WILL NOT** compete in that week's dual meet and/or invitational.
  - Athletes who are present, but **do not** participate in planned practices during meet week, **WILL NOT** compete in that week's dual meet and/or invitational.
  - Athletes who miss 2 dual meets can get cut from the team.
  - If you miss consecutive days of practices (unexcused and without notification), you will be dropped from the class/team.

- Violations of good behavior on the track during practices or during a meet, may result in inability to compete or possible removal from the team by Coach Rasheed, Coach Flores, or the NPHS Athletic Department. Show good behavior and humility AT ALL TIMES. You not only represent your school, your team, your family, you represent yourself as an athlete and young adult. Ask yourself "How would my coaches describe me to a potential college recruiter, a personal reference for a college application or job interview?"

## **MEETS & TRANSPORTATION**

**Every athlete** will compete at a **league meet** and are required to stay until the end of the meet. League meets are held on Tuesday or Thursday. Please do not set appointments/reservations that will prevent the athlete from competing and/or having them leave early.

**Invitationals** are invite only meets during the weekend (Friday/Saturday). Athletes who have submitted a Transportation Permission Form may check out with discipline and/or head coach and leave after their final event. For some invitationals, athletes must provide their own transportation. In these cases, athletes must stay through their final event, and then parent may take their athlete home.

**Transportation** will be provided for all league meets. Student athletes are to ride on the bus and follow all bus rules. If you are unable to ride on the bus, you must ride with your parent(s) or authorized/approved carpool driver. If you will not take the bus home from a meet, you must check out with the head coach and have turned in the Transportation Form.

- Transportation will be provided to most invitationals. Student athletes may need to provide their own transportation to a local invitational. Student athletes may leave with parent(s) after their final event
- Student athletes are not allowed to drive themselves to and from a meet.

## **GRADING CRITERIA**

The grading rubric for track & field is as follows:

- **Participation (75%):** The class requires full and active participation to fulfill our program objectives and satisfy class credit.
- **Work a Meet (25%):** NPHS hosts 2 meets per season. Everyone is required to assist with meet setup and breakdown, hurdle setup and breakdown, jump pits, as well as clean up: walking the turf, track and surrounding areas picking up trash, hip stickers, water bottles, etc.
- **Injuries & Non-participation (0%):** If you have an injury that prohibits you from participating in practices and prevents you from competing,

you will be dropped from the class.

- **Incomplete Grade:** If a borrowed uniform is lost, unwashed, or damaged\*, you will receive an "incomplete" for the class until uniform is returned clean & free from stains, tears, mold, etc. or replaced via replacement cost.

## **TEAM PRACTICES**

Team practices are held Monday through Friday from 3pm - 5pm (stadium).

Saturdays: to be determined

Times, days and locations are subject to change per discipline coach.

## **OUTSIDE TRAINING & COMPETITION**

Coaches invest their time programming training cycles, managing the load of all athletes for best performance and injury prevention. Athletes are not to receive private coaching, as well as compete in unauthorized meets.

With that said, no athletes are permitted to receive outside training or participate in additional meets or invitationals at any time without the permission of the head coach during the season.

- **CLUB TRACK/UNATTACHED:** Athletes cannot compete for a club track team or unattached, while competing for NPHS Track & Field during the spring season.
- **CLUB SPORT (non-track)** is highly discouraged while participating in NPHS Track & Field because we train at a high level. Managing the workload of multiple sports can be difficult. It results in poor performance/recovery, overuse of muscles, ligaments, and tendons, physical/mental fatigue, and injury. \* If you CANNOT PRACTICE, you CANNOT COMPETE.

## **DISTANCE ROAD RUNNING**

The following rules for running workouts on roads must be strictly observed by all athletes for their own safety.

- Never run alone
- Always run on the sidewalk
- Avoid major intersections whenever possible
- Never challenge a car or driver
- Misconduct on the roads will not be tolerated. Remember who you are and who you represent.
- Always report any unusual occurrences immediately upon your return to the campus or venue of practice.
- Always check-in with your coach when you return to the campus or venue of practice.

## **VARSITY LETTER**

To earn a varsity letter, an athlete must meet the following criteria:

1. Must have competed varsity in at least 50% of the meets, including league to be eligible.
2. Place 3<sup>rd</sup> or higher in your individual event(s)
3. Qualify for league, CIF or State (as an alternate) to the varsity team.
4. Upperclassmen are eligible for a letter after 3 or more years of active participation in our program.

NOTE: Athlete must finish season in good standing

## **TEAM COMMUNICATIONS**

Communication is important. Please make sure to monitor all sources of communications on a daily basis for team updates, event and/or schedule changes. It is the responsibility of the students, not the parents, to check sources of communications.

- **Team Reach app:** main source of communication from coaches to athletes and vice versa. Please see Coach Flores to get signed up.
- **School email:** occasionally you will receive an email from your coaches. Check you district ([learn.conejousd.org](http://learn.conejousd.org)) emails daily.
- **Issues/Concerns:** discuss with discipline coach first. Next, discuss with the head coaches. If still left unresolved, meeting with parent, head coach and the athletic department.

## **SPIRIT PACKS**

The Spirit Pack contains the required gear and additional merchandise for student-athletes in the Track and Field program. The suggested donation is \$300 for all levels, boys and girls team. If an athlete chooses to make the full donation, all the Spirit Pack items may be kept by the athlete. If a full donation is not made, the athlete will receive a uniform top at the start of the season that must be returned clean & free from damage after their final competition of the season.

## **STUDENT ATHLETE CODE OF CONDUCT**

***I will be respectful to my parents:*** My parents are the reason that I am able to be on this team. My parents are **NOT** responsible for my uniform, track bag, shoes, ANYTHING that I need for the day. I will be ready & prepared in a timely manner if my parents are my transportation to and from track.

***I will be respectful to my teachers:*** My teachers have a very difficult job, but ultimately want me to learn the skills that I need for the rest of my life. I will act appropriately while I'm in school and in the classroom. I am a **STUDENT**

**FIRST.** If I am not responsible for my actions in school, it will hurt me as an athlete.

***I will be respectful to my coaches:*** All of the track coaches have taken a lot of time to plan and spend time with me and my fellow teammates. They want me to be the best version of myself on and off the track/field. I will listen and not have my coaches repeat themselves. I will respect the planning, the training provided, and will not seek outside training that may result in injury and hinder progressions in my performances and results during the season.

***I will be respectful to my teammates:*** The other athletes I train next to have worked just as hard as me. I will respect their talents & opinions and do my part to build a family amongst my teammates. I will help them be the best versions of themselves, uplift them and be supportive.

***I will be respectful to the opponents.*** My opponents make me a better athlete. They give me the opportunity to learn patience & grace if they are hostile. I will be an example to my competitors of what good sportsmanship looks like.

***I will be respectful to the officials.*** I will respect the decisions of the officials and speak with my head coach(es) or my discipline coach if I have any problems. I will always speak in a respectful tone to every official I come in contact with. I understand the RED COAT makes the final decision.

***I will be respectful to the bus driver.*** I will sit in my seat and follow the rules of the bus driver as we ride to and from meets. I will pick up after myself before getting off the bus.

### **AND FINALLY...AND MOST IMPORTANTLY,**

***I will be respectful to myself:*** I will work hard every day even when things are tough. I will show up to practice on time and prepared. I will work on taking full responsibility for my behavior on and off the track/field. I will do everything in my power to be present and learn what I need to do that day. I will give myself grace when things are not perfect and will not be boastful when they are. My hope is to be better than I was the day before.

**Sign and return this page to Coach Rasheed or Coach Flores. Keep guideline for yourself.**

**NPHS TRACK & FIELD GUIDELINE ACKNOWLEDGEMENT**

By signing this form, you are acknowledging receipt of the NPHS Track and Field Guideline, understand and will abide by the guideline.

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Athlete Signature

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Date

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Athlete Name (Printed)

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Parent(s) Signature

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Date

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Parent(s) Name Printed