

# TRACK AND FIELD Guidelines

## Newbury Park High School 2022

A-Z guide of all program policies, procedures and expectations for Track athletes and parents.

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Welcome to Newbury Park High School Track and Field! In order to ensure the success of this program, it is important to read, understand, and adhere to the following guidelines and information.

*If you ever have any questions, contact us immediately at school 805-498-3676 - Ext. 1509 for Coach Brosnan (sbrosnan@conejousd.org) or for Coach Rasheed (arasheed@conejousd.org).*

Thank you in advance for your time and cooperation in making this year a positive experience for all involved.

### **Academics/Academic Eligibility**

Obviously, school is your first priority and responsibility. It is expected that you will give your best effort in the classroom at all times. It is understood that you all have strengths and weaknesses in school. This does not excuse you from failing your "difficult" classes and/or slacking off in your "strong" classes. You will give your best effort at all times, remembering that you are representing Newbury Park Track and Field and that you are held to a higher standard. For this reason, **your minimum grade point average (G.P.A.) is 2.00 (C-)**. C.I.F. regulations require a 2.00 G.P.A. to remain eligible. Any athlete who earns below a 2.00 G.P.A., receives two or more "F" grades, or who receives two or more "U" marks in citizenship or effort will be declared academically ineligible and will not be able to participate in any competition until the next grading term. Anyone falling below a 2.00 G.P.A. anytime during the season will still be eligible to practice and travel to meets, but **will not be able to participate**. As soon as you can show verification that your G.P.A. is above a 2.00, you will be immediately eligible to compete.

### **Athletic Packets**

All athletes must complete and submit an athletic packet (physical exam, insurance confirmation, general information, parent release, etc.) to **athleticclearance.com** before they can participate in any practice or track and field meet. **There are no exceptions.** *Those athletes who participate in another sport already have this packet on file and simply need to inform the site so it can be transferred over to the track and field file at the appropriate time.* Instructions can be found on the Track website at <https://www.nphstf.org/athlete-requirements>

### **Booster Club**

The Booster Club's primary function is to raise money for the Newbury Park High School Track and Field Program. Though the Boosters only meet monthly, they are constantly at work to make everything run smoothly for the athletes and coaches. The hours they dedicate are countless and their work is critical to the overall success of this program. Please avoid using them as a liaison to the Newbury Park High School coaching staff or athletic

department; their duties do not include fielding complaints. **If you would like to join the Booster Club, please contact the Boosters at [nphstf@gmail.com](mailto:nphstf@gmail.com).**

### **Coaching Staff**

Each coach has a unique style and strength that will allow athletes to gain as much knowledge and perspective as possible. All coaches should be respected equally for the time and commitment they provide the athletes and program. Your child may have from 1-4 different track coaches at NPHS. Coaching Staff information can be found at [www.nphstf.org/about-nphs-track](http://www.nphstf.org/about-nphs-track).

### **Detention**

Any athlete who earns a detention from a teacher needs to understand that attending that detention is more important than attending a track and field practice or meet. Please be prepared to accept the consequences from the varsity coach, as well, if you miss a class, practice or meet due to unacceptable classroom behavior and conduct.

### **Donations**

The NPHS Track & Field program is possible because of parent donations. We rely on the \$200 donation per athlete to pay for Coaches, Equipment, Entry Fees, Timer for the Home Meets; everything that it takes to run and to have a T&F program. Without the requisite donations, the program could not exist. T&F receives minimal funding from the District and NPHS. Donations can be made by cash, check or credit cards. Visit [www.nphstf.org](http://www.nphstf.org) to make your donation online. All donations are tax deductible. Tax ID 23-7035339.

### **Drugs and Alcohol**

Drugs and/or alcohol use will not be tolerated—**this includes tobacco (cigarettes/cigars) AND performance-enhancing drugs**. Any athlete caught using any of these substances, on or off the field, will be dealt with by the N.P.H.S administration. Consequences can range from extra conditioning to meet suspension(s) to dismissal from the team. If there is a second violation, you will have the option of entering a voluntary substance abuse program (as directed by the N.P.H.S. administration) or being removed from the team immediately.

### **Equipment**

All equipment will be treated with respect. Equipment is inventoried and assessed annually to ensure that the athletes have the best possible equipment. Because equipment is expensive and we are on a limited budget, any athlete causing intentional damage to equipment will be expected to pay for the replacement cost. Athletes violating this rule will be subject to immediate disciplinary action, in addition to compensating the track and field program for any damages incurred. Athletes are also responsible for all lost items checked out. *Parents: If you would like to help purchase equipment, please let us know – we can use all the help we can get!*

### **Meet Days**

All athletes must be in school for at least two periods in order to be eligible to compete. Athletes will be expected to either arrive at competing school (away meets) or on the track (home meets) fully dressed and ready to go by the specified time. Unexcused tardiness will jeopardize your inclusion in an event. On days where you will need to be excused from class early, your teachers will be notified in advance. **Athletes are to leave only at the designated time, not before it for any reason.**

All athletes should be ready to participate during the meet at any time, which includes staying stretched and warm. In addition, all athletes will support their teammates at all times during a meet. **Athletes who are fooling around during the meet will be asked to leave and sit in the stands in full uniform.**

Be prepared for meets the night before. Keep your body well fueled and hydrated. Eating well days before and the morning before a track meet is essential for optimum performance (this includes carbohydrates and protein). Bring a small snack with you to the meet (sometimes you may have to wait a while between events). Attend to all injuries no matter how minor they may appear to be.

### **Holidays**

Spring Holiday Week. Practice will be optional during this week, unless your event coach deems otherwise. Please note that on other days when school is not in session and on minimum days we will be holding practices, though they will likely not be held at the regularly scheduled time.

### **In-Season Practice\***

**Practices are mandatory!** Practice will begin at 2:30pm and will end by 4:00 P.M. Athletes are dismissed as a discipline according to the individual coach.

Outside coaching, not affiliated with NPHS, during the season is not allowed.

**\*Due to COVID-19 safety protocols, spectators during practices are prohibited. Practice times, days and location are subject to change due to scheduling and stadium availability.**

**Any athlete who is late to any practice WITHOUT first notifying the head coach may be subject to non-participation in practice that day.** Any athlete who is late to any practice with prior consent of the coach will still be eligible to participate. Coaches will exercise extreme caution in allowing athletes to miss practice, but some reasons will be compelling enough to grant permission. Examples of compelling reasons include, but are not limited to, academic field trips, necessary doctor's appointments\* and religious holidays.

\*we respectfully ask that you schedule doctor appointments after practices.

With very few exceptions, if you are absent from school for the entire day, you are not eligible to practice or compete in a meet on that day. Class grades are based on attendance and participation!

### **Other Sports**

**All coaches affiliated with Newbury Park High School Track and Field completely encourage and support any athlete participating in other NPHS high school sports.** Every athlete should take full advantage of the high school experience by participating in as many different activities as possible. The varsity coach expects athletes in other sports to give their full time and dedication to those sports while in season, just as he would expect athletes to give their full time and dedication to track and field in the Spring. Splitting time between two sports at the same time (NPHS track and a club sport, for example) during the season is **NOT** recommended and may require you to make a choice as to which one you want to do. If it causes you to miss meets or practices, we will let you go from the track team.

### **Parents**

Your **attendance** and **unconditional support** at all of our meets and functions is appreciated. Our program cannot exist without your assistance and **unconditional support.** Please remember to make all of your comments positive, whether they are to your own child, a coach, or an opposing athlete, coach, or fan. We can all identify schools whose athletes and parents demonstrate little respect and are out of control, and we can all agree on how poorly it reflects upon their program and school. Further, **parents will not openly badmouth or degrade any athlete or coach at any time.** Athletes give their best effort to compete for their school, and coaches make decisions that are in the best interests of their team. **Parents causing consistent and substantial disruption will be banned from attending Newbury Park High School Track and Field meets.** Parent complaints must first be fielded by one of the event coaches before contacting the Head Coach and then the NPHS Athletic Department.

Parent(s) should not coach any NPHS Track Athlete, either at meets or practices. Let the coaches coach, parents should support.

### **Philosophy**

High school track and field is not only about striving to do one's best as an individual athlete, but also about being part of a team. It is also about accepting all of the challenges, successes, and failures that come with that responsibility. It is not about winning and losing; rather, track and field is about how one reacts to victory and defeat and how to incorporate those valuable lessons into one's life.

### **Player/Athlete Conduct**

All athletes will participate with pride and class when they step onto the track. All athletes will respect their teachers, coaches, teammates, fans, and opposing coaches, athletes, and fans, officials and more importantly, THEMSELVES.

Using profanity or displaying a hostile attitude is unacceptable. Being dishonest is unacceptable.

*The reputation of Newbury Park High School Track and Field is critical and will be with us forever.* Any athlete who places that reputation in jeopardy will face (severe) reprimand, including possible expulsion from the team. **It only takes a single moment for one athlete to destroy what we have all worked so hard to build.**

**You are always representing Newbury Park High School Track and Field—act to make the Black and Gold proud.**

It is expected that all athletes act appropriately in school at all times. Any athlete who is brought to my attention for any disciplinary reason, either by an administrator, teacher, or other faculty member, will be dealt with appropriately. Athletes who do not immediately rectify the problem or are a perpetual disciplinary problem will be removed from the team.

### **Problem Solving Hierarchy (see attached policy)**

All coaches in this program are more than willing to discuss any problem that may arise during the course of the season, providing that you go through the proper channels. All discussions will begin with the athlete talking with the event coach first. If the problem is not resolved, then the parent may become involved and request a meeting with the event coach and athlete present. If the problem is still not resolved, then the parent may ask to speak directly to the varsity coach; if the problem concerns an athlete and parent, then the parent may request a meeting with the athletic director. *In essence, a problem should almost never reach the desk of the athletic director without the athlete and/or parent first attempting to resolve it with the coach.* In many instances, the coach may not even realize a problem exists. **The coach should have every opportunity to resolve any situation before it reaches the administrative level.**

Parents, before approaching a coach with any problem, it is a good idea to attend a practice as a passive observer to acquire a full understanding of what may or may not be happening. Appropriate times to talk with a coach vary with each individual coach. However, discussing any matter with a coach, either before, during, or after a meet is completely inappropriate. Please understand that coaches have lives outside of track and field, as well. Coaches have spouses, families, school, and many other obligations when practices and meets end. While coaches are here to assist with any potential problem, please be sensitive to their time.

### **Program & School Support**

Newbury Park High School Track and Field is an entire athletic program. Therefore, athletes, coaches, and parents at all levels are encouraged to attend as many meets as possible to show support. Valuable team camaraderie is

established when athletes and parents at all levels value each other's importance in the program. It is also important to support other athletic teams at Newbury Park High School.

### **Season Schedule and Attendance**

This year's track and field season begins in the last week of February. League meets will begin mid-March. The last day of the regular season is in early May. C.I.F. playoffs will follow this date. Practice is between 2:30 P.M. (for attendance check in) and 4:00 P.M., Monday through Friday. **Attendance is mandatory prior to meets, as well as the end of the meet.** This is an Academic class (you get a grade) as well as a sport. Parents must call in absences as they would any other class. **Multiple tardies and unexcused absences will affect the athletes grade.**

### **Suspension**

Newbury Park High School has adopted a new suspension policy—"One Plus One." Please see attached document. Any athlete who is suspended from school, will receive an additional suspension from athletics upon his return. For instance, if an athlete is suspended from school for three days, then that athlete, upon his return to school, will also be suspended from any athletic participation (practices or meets) for an additional three days. Newbury Park High School Track and Field athletes are held to a higher standard than non-Track and Field athletes. Any athlete suspended from school will also face severe consequences from the Newbury Park High School coaching staff.

### **Tardy**

Each athlete is expected to be dressed and ready to practice at 2:30 P.M. everyday. If you are tardy, consequences may include a drop in grade after the 3<sup>rd</sup> tardy. Unexcused absences may also result in a drop in grade. If you are injured you are still expected to report at 2:30 P.M. and help out when possible. Do not simply disappear!

### **Transportation\***

All athletes will be required to be driven to and from all away meets, including Saturday Invitational Meets. *A signed parent drive waiver must be turned in @ mandatory parent/athlete meeting or to their event coach.* Transportation forms can be found at [www.nphstf.org/athlete-requirements](http://www.nphstf.org/athlete-requirements).

**\*Due to COVID-19 safety protocols & shortage of drivers, buses are not be provided. All athletes must submit the Parent Drive Form and are responsible for own transportation to and from away meets.**

### **Uniforms**

**Athletes are to wear the current Under Armour singlet (uniform top) and shorts\*.** When athletes register on [www.nphstf.org](http://www.nphstf.org) they need to indicate if they need a singlet and what size. Athletes who make a donation will be allowed to keep their singlet. Athletes who chose not to donate will be provided a singlet for the season to borrow.

**\*Athletes are responsible for purchasing their own plain black shorts. P.E., youth track and football shorts are unacceptable.**

### **Vacations**

Newbury Park High School Track and Field will participate in Saturday meets. Please see the schedule early in the season so that you can mark the dates well ahead of time. If you are planning a vacation or have other commitments that conflict with these weekend meets, please let your event coach know about it as soon as possible.

### **Volunteering**

All parents are expected to volunteer time to help run our 2 home meets (or by other methods that will help our boosters in organization). Sign ups can be done online at [www.nphstf.org/volunteer](http://www.nphstf.org/volunteer).

### **Zero Tolerance**

The Conejo Valley Unified School District Board of Education will have zero tolerance for the following violations of the California State Education Code and Penal Code:

**Student will be suspended and face the Board for expulsion if:**

- **Student is in possession of a knife, explosive, gun, or other dangerous object of no reasonable use**
- **Student sells or provides alcohol or other drugs at school**
- **Student causes serious physical injury to another person**
- **Student is in possession or under the influence of any controlled substance**
- **Student commits robbery or extortion**
- **Student commits assault or battery**

***---Please PRINT THIS SHEET or detach and return to the Head Coach as soon as possible---***

***THIS MUST BE ON FILE FOR YOU TO BE ELIGIBLE TO PARTICIPATE IN ANY MEET OR PRACTICE***

I have read all of the information in the “Newbury Park High School Track and Field Guidelines.” I understand what is expected and agree to follow and support all guidelines, policies, and procedures throughout the entire season. I understand that if I choose not to support any of the guidelines, policies, and procedures that dismissal from the Newbury Park High School Track and Field Program is probable.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Athlete’s Name (**Print** legibly please!)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Parent’s Name (**Print** legibly please!)

\_\_\_\_\_  
Date

Comments/Concerns (Days you might miss due to vacation, etc.)