



Eastside Track & Field Team Rules

All athletes are expected to:

Be a student first

Athletes are expected to attend all classes regularly and on time. You are also expected to be the example student in the classroom and maintain a C average in all classes.

Be present & on time

Not only do athletes need to be physically at practice, but it's important that athletes are mentally present at practice. Workouts will serve as a stress reliever if you let it, so leave all the drama when you come to practice and be ready to work.

Give 100%, always

Your 100% on a Monday with fresh legs may be different from the 100% you can give on Thursday after a hard workout the day before. But it's important that you always give 100%. It is not expected that you will be perfect all of the time, but it is important that you give everything you have.

Be respectful

Be respectful to everyone around you. This includes the way you talk (the words being used) to teammates and coaches, but also at home and in the classroom.

Work as a team

Although Track & Field is mostly an individual sport, we also earn a team score at most meets. Working together throughout a meet or hard workout is often what will get you through "the wall." Sometimes this also means that athletes will be asked to compete in events they may not prefer to. This is your family away from home, and it doesn't work unless we're all working together.

Encourage success in EVERYONE around you

The Track & Field community is a very supportive group, and Eastside athletes will be active members of that group. When competing in events you will show compassion for fellow athletes and encourage those around you. Not only will we strive to be our best, but we will also encourage and cheer on those around us.

I understand and agree to the rules and expectations of a track and field athlete at Eastside High School.

Student-Athlete Name _____ Signature _____

Student-Athlete ID# _____

Parent/Guardian Name _____ Signature _____

Parent/Guardian e-mail _____



Uniforms

Uniforms will be issued to each athlete. This includes a singlet and traditional running shorts. Athletes who require a sports bra will need an ALL WHITE sports bra in order to compete and participate in meets. Athletes who prefer to wear running tights or spandex running shorts must wear ALL BLACK bottoms.

Required Equipment

Track & Field is a relatively low need sport for equipment, however, proper shoes for practice and competition are incredibly important to the health and success of an athlete.

- **Running shoes** are important for warm-up and workouts (and sometimes competition). They do not need to be anything fancy, but it is an important part of injury prevention.
- **Spikes, jumping, and throwing shoes** are not absolutely required, but an important piece of equipment for a successful track and field athlete in competition. The shoes will be dependent entirely on the events the athlete competes in, so make sure to touch base with the coaches about the type of shoes you should be looking for.

Athletes will not be allowed onto the bus to travel & compete without the proper uniform and equipment.

Uniforms that are not returned at the end of the season will result in a charge on student accounts.



Practice Schedule

Athletes are required to attend practice every day (Monday-Friday) in order to compete in the meets for the week. Every day the team will meet in the visitor bleachers in the stadium for roll call, workout assignments, and a daily team meeting where we will discuss any important/necessary information.

Practice start times are as follows:

Monday, Tuesday, Thursday, Friday - 3:30pm

Wednesday - 1:15pm

You can expect practice to last up to 2.5 hours and athletes are expected to stay for the full duration of their practice in order to count as present for the day.

Meet Schedule

Date	Meet	Location	Meet Start Time
2/19	Jerry Harwood Memorial Meet	Oxnard High School	10:00am
2/26	Paramount Relays	Paramount High School	8:30am
3/5	Culver City Invitational	Culver City High School	10:00am
3/9	vs. AVHS & HHS	Antelope Valley HS	2:00pm
3/12	Desert Christian/Eastside Invitational	Knight High School	8:30am
3/16	vs. LHS	Antelope Valley HS	2:00pm
3/19	Monrovia Relays	Monrovia High School	9:00am
4/2	Spartan Relays	Rio Mesa High School	8:30am
4/6	vs. KHS & QHHS	Knight High School	2:00pm
4/8	Tiger Invitational (Qualifiers Only)	South Pasadena HS	10:00am
4/13	vs. LnHS & PHS	Palmdale High School	2:00pm
4/20	Golden League Prelims (Varsity Only)	TBD	10:30am
4/23	JV Golden League Finals	TBD	9:00am
4/27	Golden League Finals (Varsity Only)	TBD	10:30am