

INCOMING FRESHMAN NIGHT TRACK & FIELD

COACH POWERS



TRACK & FIELD—ATHLETIC INFO NIGHT

- **INTRODUCTIONS**
- **TRACK & FIELD TEAM HISTORY**
- **TRACK & FIELD GENERAL INFORMATION (SEASON LENGTH, REQUIREMENTS, ETC)**
- **WHY IS TRACK & FIELD SUCH A GREAT SPORT 😊**
- **Q&A—AT THE END OF THE PRESENTATION**



HEAD COACH MIKE POWERS

- **I AM AN ALUMNI OF SMCHS, '03, AND UCSB, '08. I WAS A CIF SS CHAMPION (XC IN 2002) IN HIGH SCHOOL AND A D1 ALL AMERICAN IN TRACK & FIELD AT UCSB (3000M STEEPLECHASE, 2008)**
- **I'VE COACHED FOR 7 YEARS AT SMCHS.**
- **I HOPE, THROUGH ATHLETICS, TO INSTILL THE VIRTUES OF DISCIPLINE, HARD WORK, AND SPORTSMANSHIP, SO THAT STUDENTS CAN THEN APPLY THESE PRINCIPLES TO THEIR LIVES OUTSIDE OF SPORT.**
- **MY PHILOSOPHY APPROACHES EACH ATHLETE AS AN INDIVIDUAL, HOPING TO HELP STUDENTS SET AND REACH THEIR ATHLETIC GOALS, RESULTING IN A LIFELONG LOVE OF RUNNING AND FITNESS.**



DIRECTOR OF OPS: COACH MATT GIRARDIN

- **COACH G COACHED AT SANTA MARGARITA FROM 1994-2003... AND HAD THE PRIVILEGE TO RETURN TO WORK WITH THE PROGRAM IN 2021. IN BETWEEN, HE COACHED AT THREE DIFFERENT NCAA DI SCHOOLS (UNIV. OF LOUISVILLE, UNIV. OF VERMONT, & BELLARMINE UNIVERSITY) AS WELL AS SPENDING TIME COACHING HIGH SCHOOL IN KENTUCKY.**
- **CA HIGH SCHOOL: 12 CIF CHAMPIONS KY HIGH SCHOOL: 4 STATE CHAMPIONS & 28 ALL-STATE PERFORMERS**
- **NCAA: 27 CONFERENCE CHAMPIONS 41 NCAA QUALIFIERS 6 ALL-AMERICANS 63 ALL-CONFERENCE PERFORMANCES**
- **COACH G IS ALWAYS HAPPY TO ANSWER ANY AND ALL QUESTIONS...**



ASSISTANT COACHES

High Jump:

• **Albert Miranda**

Distance:

• **Martin Dugard**

Pole vault:

• **Arnold Furr**

Long/Triple jump:

• **Greg Schmidt**

Sprints/Hurdles:

• **Jim Martin**



TRACK & FIELD HISTORY

- **THE GIRLS TEAM HAS WON 16 LEAGUE TITLES, 6 CIF CHAMPIONSHIPS, WITH 33 INDIVIDUAL/RELAY CIF CHAMPIONS.**
- **THE BOYS TEAM HAS WON 9 LEAGUE TITLES, 1 CIF CHAMPIONSHIP (4 TIMES CIF RUNNER-UP), WITH 22 INDIVIDUAL/RELAY CIF CHAMPIONS.**
- **THE TRACK & FIELD TEAM IS A NO CUT SPORT... THIS MEANS THAT YOUR ONLY REQUIREMENT TO BE ON THE TEAM IS YOUR COMMITMENT/ATTENDANCE, AND NOT A PERFORMANCE STANDARD.**
- **WE HAVE 3 TEAMS, VARSITY/JV/FROSH-SOPH, FOR BOTH BOYS AND GIRLS. THE VARSITY TEAM IS SELECTED THROUGH ATHLETIC ASSESSMENT FROM PRACTICES AND COMPETITIONS.**



TRACK & FIELD SEASON

- **YEAR ROUND TRAINING IS AVAILABLE TO THOSE ATHLETES WHO WISH TO PARTICIPATE**
 - **THIS TRAINING INCLUDES WEIGHTS, CONDITIONING, TECHNIQUE WORK... AND DURING THE SCHOOL YEAR IS FREE!!! 😊**
 - **WE HAVE A SUMMER PROGRAM THAT IS COMBINED WITH THE [CROSS-COUNTRY TEAM'S CAMP. XC CAMP INFO](#)**
 - **FALL T&F IS FREE (DURING THE 1ST SEMESTER OF SCHOOL)**
- **TRYOUTS: AS TRACK & FIELD IS A NO-CUT SPORT, THERE ARE NO OFFICIAL TRY-OUTS TO BECOME A MEMBER OF THE TEAM. VARSITY AND ELITE FROSH-SOPH MEET PLACEMENTS WILL BE BASED UPON PRACTICE AND MEET PERFORMANCE.**
- **THE TRACK & FIELD REGULAR SEASON STARTS IN MID-FEBRUARY AND ENDS THE LAST WEEK OF APRIL WITH LEAGUE FINALS. POST SEASON GOES FROM LEAGUE FINALS TO THE STATE CHAMPIONSHIP, WHICH TAKES PLACE THE LAST WEEKEND OF JUNE.**



TRACK & FIELD

- **ALTHOUGH TRACK & FIELD HAS AN INDIVIDUAL COMPONENT, IT IS STILL VERY MUCH A TEAM SPORT. IT TAKES THE EFFORTS OF ALL ATHLETES ON THE VARSITY, JV OR FROSH-SOPH SQUAD TO HELP YOUR TEAM WIN. THE BEST PART – WHETHER YOU ARE FINISHING A RACE OR A WORKOUT... YOUR TEAM IS ALWAYS THERE. 😊**
- **WE ARE A NON CUT SPORT... SO... ALL ATHLETES GET TO COMPETE.**
- **SANTA MARGARITA TRACK & FIELD HAS ESTABLISHED ITSELF AS ONE OF THE TOP PREP PROGRAMS IN CALIFORNIA AND THE NATION... IF YOU WANT TO BE A PART OF A CULTURE THAT STRESSES HARD WORK, SUCCESS, COMRADERY, AND FUN... COME OUT AND JOIN US!**



WHAT DO I NEED TO DO????

- **MUST REGISTER AND UPLOAD REQUIRED DOCUMENTS (INCLUDING A VALID PHYSICAL) AT [HOMECAMPUS](#).**
- **FOLLOW THE INSTRUCTIONS ON OUR [SPORTS MEDICINE WEBSITE](#).**
- **TRACK ATHLETIC FEES: \$1050 FOR THE SEASON**
- **WILL BE CHARGED TO STUDENT ACCOUNT IN SPRING**



LEARN MORE ABOUT SMCHS

ON CAMPUS TOURS AVAILABLE THROUGH SMCHS ADMISSIONS:

WWW.SMHS.ORG/ADMISSIONS ~ 949-766-6076

COACH POWERS: POWERSM@SMHS.ORG



TRACK & FIELD Q&A

FEEL FREE TO ASK ANY AND ALL QUESTIONS...





**WELCOME TO THE
EAGLE FAMILY**

THANK YOU FOR ATTENDING TONIGHT

