

Practice

A. All team members are expected at every practice. If there is an absence, the Head Coach will decide if the athlete is eligible to compete in the next track meet.

B. Practice takes place daily, in the case of rain, the team WILL practice, dress accordingly.

C. Each student-athlete will be permitted a total of 12 absences/tardies during the season. These absence/tardies include but are not limited to: sick days, week end meets that the athlete is invited to and does not attend, medical, appointments, afternoon detentions, leaving practice or dual meets early, work projects, vacations, missing any scheduled practice (school day or not), family gatherings, retreats or any other reason you can think of. There is no difference between an excused absence and an unexcused tardy. Each athlete is allowed to miss attendance 12 times. The 13th miss will result in dismissal from the team. If an athlete is dismissed from the team, he/she forfeits his P.E. credit. No refunds will be given if an athlete is dismissed from the team.

- a) I will start taking attendance on **Monday of the last week of January.**
- b) If you cannot make the necessary commitment to the team, do not come out for the team. We understand that these student-athletes have several commitments.
- c) Serve your detentions and meet with teachers when practice is not scheduled whenever possible.
- d) On meet week, Mondays are mandatory. If an athlete misses a Monday workout the week of a meet, he/she will not be permitted to compete in the following meet.
- e) Athletes must check in for attendance using the TeamSnap availability function. They must do this prior to the start of practice.
- f) Athletes who leave practice early without notifying either Coach Powers or their event coach will be marked absent and it will count towards their total absences.
- g) Easter break is the week leading up to Arcadia. If an athlete misses any scheduled practices during this week, they will not be eligible to race at Arcadia.
- h) It is the athlete's responsibility to find Coach Powers on the track if he/she shows up after the initial attendance.

D. Multi-Sport athletes: Special consideration is given to multi-sport athletes who are competing in club sports in the Spring. For example, a soccer or basketball player who has club in the spring, or a football player who has Spring football. They must be in constant communication with Coach Powers about their availability, which days they have club practice, and must adhere to the same attendance policies as their teammates on the days they have communicated availability. It is the student's responsibility to keep Coach Powers informed on their club schedule, from practices to games. Furthermore, football players must communicate the above with Coach Powers, Coach Rouzier, and Coach Holley.

E. The athletes are *student/athletes*, be sure to consider your academic work load before making a commitment to the Track program.

F. All athletes must dress for every practice – no exceptions. If you are injured or ill you will dress out but the extent of your participation will be determined by you, the training staff, and your event coach.

G. Team members should be dressed and on the field ready for practice 15 minutes after the bell.

H. The whole team will meet **20** minutes after school to start practice. Stretching, which will be done with event coaches, is essential to ensure maximum mobility and injury free practice and meets.

I. After any roadwork, report promptly to your coach.

J. The team has a zero-tolerance policy regarding bullying. Whether it is physical, emotional or cyber. Any athlete found to be bullying will be disciplined through the Dean's office.

K. "Behind the Fence Policy": We ask that during any and all practices, non-SMCHS personnel remain behind the fences to avoid any interference with coaches or athletes during instruction.

L. No Personal Trainers/Coaching: While in season, your son/daughter is to utilize the SMCHS coaching staff only. SMCHS Coaching staff has designed a progression that will not only get them running fast at the right time (League Finals through the State meet) in high school, but will also prepare them to run well at the collegiate level. Club or private coaches do not necessarily have the same objectives. Your son/daughter's experience and improvement at SMCHS is paramount. Medically, the athletic training staff here at SMCHS is highly regarded. We encourage injured athletes to work closely with them. Certain field events may receive special privileges, but this must never interfere with their attendance at practice or meets. If a student goes to a coach for a field event, it will be in-addition-to not in-replacement-of our team practices and we ask that you inform Coach Powers and your event coach when (what days of the week) and where (which coach)

you are going to. Furthermore, these students most participate in the in that events practice throughout the week, failure to do this will result in not being entered in that event in that week's competitions. **This is non-negotiable and for both the health and safety of the students, as well as the continuity and cohesion of the team.**

M. Coaches Contact: As we all value our family time, please do not expect coaches to return emails or phone calls past 5:00pm. You can reach Coach Powers by phone at 949-766-6000, ext 1724, email at powersm@smhs.org, or through TeamSnap. **Students are not to communicate with coaches through text or call on the coaches' personal cell phones.** Students can communicate directly with their event coaches through TeamSnap. If it is an emergency, please call 9-1-1, otherwise coaches will return your email promptly the following morning.

Roadwork

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

- a) NEVER RUN ALONE
- b) Always run on the sidewalk
- c) Avoid intersections, if possible.
- d) Never challenge a car or driver. Remember the "rule of bigness".
- e) Misconduct on the roads will not be tolerated. Remember who you are and who you represent.
- f) Always report any unusual occurrence immediately upon your return to the track.
- g) Always check in with your event coach when you return to the track.

Meet Days

- a) C.I.F allows an athlete to compete in a maximum of 4 events. The coaching staff will utilize the athletes' talents to benefit 1. The team and 2. The individual, in that order.
- b) A track meet is like a 10 ring circus with many chores to be done. Every athlete is expected to help make sure that the meet runs smoothly. All athletes should be willing and happy to assist.
- c) The athletes' level of competition may/will vary from meet to meet.
- d) Athletes competing at the Varsity level will compete in the event(s) that the coaching staff believes will best benefit the team. If the athlete does not want to compete in that/those event(s), he/she may choose to compete in the event of their choice at the junior varsity or frosh/soph. level, whichever is appropriate.
- e) All athletes are expected to stay until the end of every dual meet. There will be a brief meeting following the final event and attendance will be taken.
- f) Athletes are permitted to leave an invitational meet following their last event provided that check out with the Head Coach or their event coach.
- g) All relay teams are determined by the coaching staff. Relays are not always made up of the fastest athletes. Relay teams frequently change throughout the season, including order and level. Relays are a privilege, not a right.
- h) Athletes are expected to provide their own transportation to invitational meets. This allows the athlete to leave after their last event.
- i) The athletes that travel to away dual meets will be on the bus or van provided by the school. All athletes are permitted to go home with their OWN parents following the team meeting that takes place at the conclusion of every dual meet. Athletes are only allowed to go home with their own parents, not other parents.
- j) If you fail to compete in an invitational that you have been entered in, you will be held responsible for the entry fee and the accompanying discipline.
- k) Any athlete who quits the team or who is dismissed from the team and wants to return to the team in a future year, must submit a letter to Coach Powers requesting consideration to be readmitted to the program.
- l) **All athletes must be present at Eagles Invite and League Finals, either as participants or as volunteers as these are hosted by Santa Margarita (Eagles Invite Feb 17th, Lower-Level League Finals April 19th), from the beginning to the end, in order to earn P.E. credit and or qualify for post-season awards.**
- m) ANY EXCEPTIONS TO THE ABOVE ARE SUBJECT TO THE HEAD COACHE'S DECISION.

Eligibility for Awards

In order to win any end of the season award the athlete must meet the following criteria:

- a) The athlete must complete the season. Anyone who fails to compete in an end of the season meet for which they qualified will be considered to have quit the team. NO AWARD.
- b) To earn a varsity letter an athlete must:
 - Qualify for League Finals at the Varsity level AFTER having competed in 50% of the teams' meets.
 - The coaches will take into consideration any athlete who competes at the Varsity level in 60% of our

meets yet fails to qualify for League Finals.

- All 4 year athletes for Track and Field will have earned a Varsity letter.

Eligibility for Team Captain

Being the Team Captain means you are in a leadership position and as such you must demonstrate the characteristics of a leader and a teammate. The honor of Team Captain is a privilege and not a right. Please do not conflate Team Captain with Team MVP, an MVP is simply the best performer and/or highest point scorer on the team in their respective event(s), a captain is a leader.

In order to be a captain, an athlete must:

- a) Be an upper classman.
- b) Have been on the team for at least 1 season prior to the current season.
- c) Is expected to be at all their event practices, including weights and pre-season training.
- d) Demonstrate good sportsmanship and moral character both on and off the track/field, and in both practice and competition.
- e) Follow all team rules. They are expected to observe not just the "letter of the law" but also integrate the spirit represented by this contract.
- f) Be approachable by their teammates to be an intermediary between their teammates and the coaches about any issues.
- g) Demonstrate the Christ like virtues of a Servant Leader. They are here to help their teammates get better and thus can approach issues that may arise amongst their teammates with compassion and empathy as a peer.
- h) Always maintain academic eligibility. Faling below the minimum requirement will result in the loss of the Team Captain honors.

Responsibility of Team Members

- a) Team members are expected to attend every practice, every dual meet and every invitational that they are entered in unless excused by Coach Powers.
- b) All athletes are required to report all injuries to their event coach. Note: sore muscles, blisters and minor bruises are not injuries. See the trainer if you have a pain or injury.
- c) Team members must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of an individual team member.
- d) Violation of any team policy will be reviewed by the coaches and penalties will be assessed as the staff sees fit. For minor infractions (uniforms etc.) the penalties will take the form of physical activity. If there are continuous violations, even minor ones, the athlete may be dropped from the team.
- e) Athletes who quit the team or who have been dismissed from the team, are expected to return any/all school issued equipment within 48 hours.
- f) Meet singlets that are issued must be returned, clean, to the Head Coach within 1 week of the athletes' final competition. Damaged or lost jerseys will result in a \$100 reimbursement to the team. Jerseys that are purchased (top and bottom) do not need to be returned.
- g) Athletes must follow all directions/instructions given by the coaching staff.
- h) All athletes are expected to conduct themselves in a manner reflecting credit upon themselves, their coaches, their parents and their school. It is expected that all athletes will act according to the high Christian standards that is expected from all students at Santa Margarita.

It is, of course, impossible to identify and list all possibilities for the many infractions that could result in disciplinary actions in a sport contract. We have tried to specify as much as possible, but we are aware of the limitations. There will be some student/athletes who will search for ways to get around the "letter of the law" and THIS WILL NOT BE TOLERATED. We expect our athletes not only to observe the letter of the law, but also integrate the spirit represented by this contract. Athletes who cannot or will not manage this will be dismissed from the team.

Warning

There are some inherent dangers that accompany participation in high school athletics and Track and Field, although not a contact sport, is not exempt from these dangers. Please be aware that injury is possible, and in extreme cases, death could occur. All preparations and precautions will be taken to minimize and avoid all possible instances of the aforementioned. It is the athletes' responsibility to follow all directions given by the coaching staff.

Student-Athlete

Signature

Date

Parent/Guardian

Signature

Date