

2025 EAGLE TRACK & FIELD

Boys and Girls

HEAD COACH: MIKE POWERS



- I am an Alumni of SMCHS, '03, and UCSB, '08.
 - XC: League and CIF SS Champion, All State
 - TF: 1600 School record, 3200 League Champion
 - UCSB: Conference Champion, All Region, NCAA D1 All American (Steeple Chase)
- I've coached for 8 years at SMCHS.
 - '23, '24 Boys Trinity League Champions
 - 9 school record holders
 - 3 individual CIF Champion, '21, '22, '23
 - 2023 Girls 4x1CIF Runners Up
 - 6 NCAA D1 recruits in '23 class.
- I hope to instill the virtues of discipline, hard work, and sportsmanship, so that Students can apply these principles to their lives outside of sport.
- I specialize in distance, but my true passion lies in building a strong Team. My goal is to inspire students to fully invest in the Team spirit, fostering collaboration and unity so we can achieve victory together.

COACHING STAFF SPRINTS



Coach Martin



Coach Yapo



Coach Williams



COACHING STAFF DISTANCE



Coach Gordon



Coach Dugard



COACHING STAFF JUMPS



Coach Furr
Pole Vault



Coach Schmidt
Long/Triple Jumps



Coach Miranda
High Jump



COACHING STAFF THROWS



Coach Schilig



EAGLE TRACK & FIELD MISSION STATEMENT

The mission of the Eagle Track & Field program is to take a collective group of individuals and teach them how to become a team.

Eagle track and field athletes will all be held to the same standards and expected to uphold the Catholic-Christian values of the school and the program.

Our goal is to teach these young men and women the value of hard work, patience, sacrifice, and teamwork, all of which will be used well beyond high school.



HOW TO SIGN UP FOR TRACK & FIELD

1 Athletic Clearance

1. You will need to get a Physical
2. You will need to submit Physical to Home Campus
3. Register for T&F on home campus

2 Sign up to BAND

1. Scan QR code later in the presentation
2. Download App
3. Create Login
4. All students and at least 1 parent per household


3 Tryouts

- December 2-13th
- 2 weeks of Training
 - M/W/Th after school
 - 2:45-4:30
- Time Trials 12th and 13th
 - Th 12th: 100m, Long Jump, Shotput
 - F 13th: 300m, HJ, PV, Discus
 - Everyone needs to do 100/300-time trial unless you are distance or throws.

ATHLETIC CLEARANCE:

[Sports Medicine - Santa Margarita Catholic High School \(smhs.org\)](https://smhs.org)

This website will guide you through the process of athletic clearance.



QUICK LINKS

- ▼ **INFORMATION FOR VISITORS**

The Athletic Training Office is located in the first floor of the Eagle Athletic Center (R109), just across the service road from the entrance to the pool. We are here to ensure the health and safety of Santa Margarita Catholic High School and visiting student-athletes, coaches, spectators, and officials.

A Certified Athletic Trainer will be on site for all SMCHS home contests. Please contact the Athletic Training Office ahead of time to assure assistance or with any questions.

vegaa@smhs.org, frischh@smhs.org, & burnsm@smhs.org
(949) 766-6000 Ext. 2212
Fax: (949) 766-6066

Santa Margarita Catholic High School
ATTN: Athletic Training Room
22062 Antonio Parkway
Rancho Santa Margarita, CA 92688
- ▶ **OUR STAFF**
- ▶ **TEAM PHYSICIAN**
- ▶ **PHYSICAL THERAPY**

ATHLETIC CLEARANCE

ATHLETIC CLEARANCES FOR THE 2022-2023 SCHOOL YEAR ARE NOW OPEN! PLEASE SEE BELOW FOR ALL REGISTRATION INFORMATION.

Every student-athlete is required to be cleared through <https://www.homecampus.com/>. The athletic clearance process includes all the necessary forms required by the NFHS, CIF, state of CA, Diocese, and school. You must upload your current physical as part of this process. Physical forms are valid for 365 days from the original date of service.

- When selecting the school, we are listed as "Santa Margarita"
- **STUDENT ID INFORMATION:** For incoming freshman: type "unknown" in the "Student ID" field. For returning SM athletes: type in your SMCHS Student ID in the "Student ID" field.
- Physical must be completed by a MD or a DO. Physician Assistant is ok with a doctor's office stamp. All others will NOT be accepted.

TO BEGIN THE PROCESS [CLICK HERE](#) ▶

DOWNLOAD PHYSICAL FORM [CLICK HERE](#) ▶

Some things to keep in mind as you complete the clearance process via [homecampus.com](https://www.homecampus.com/)...

COMMUNICATION, SCHEDULE AND ATTENDANCE



- **All STUDENTS** must have the BAND App downloaded onto their phones.
- At least **1 parent per household must sign up for BAND**. The app is suggested, but desktop works just fine for parents.
- All students are responsible for checking their own messages for team updates.
- All students are responsible for checking in for attendance daily. **No check in – no record, its an absence.**

2025 SEASON KEY DATES

- **December 2** – Team Store opens
- **December 13** – Team Store closes
- **January 21** – 1st Official Practice
- **January 24** – Invoiced for *Participation Fee (\$1050)
- **February 4** – Team Picture Day
- **February 14** – Participation Fee (\$1050*) collected online through F.A.C.T.S
- **February 22** – Eagle Invite
 - *THOSE NOT COMPETING ARE REQUIRED TO WORK THE MEET.*
- **March 24-28** – Spring Break
- **April 18-21** – Easter Break
- **April 29** – Frosh-Soph League Finals (Home) Tuesday
- **May 2** – Varsity League Finals (JSerra) Friday
- **May 3** – Team Awards Picnic

** Families with siblings on the team, pay full for one student (\$1050), half for the second and third (\$525)*

Full meet schedule can be found on our team website, <https://www.smhs.org/athletics/teams-page/track-field>

2024-2025 Track & Field Schedule

Day	Date	Opponent	Location
Saturday	2/22/25	Eagle Invite	SMCHS
Wednesday	2/26/25	Trabuco Hills Duel Meet	Trabuco Hills HS
Saturday	3/1/25	Mustang Roundup	Trabuco Hills HS
Wednesday	3/5/25	SMCHS v Sage Hill Duel	SMCHS
Friday	3/7/25	Huntington Classic	Huntington Beach HS
Wednesday	3/12/25	Yorba Linda HS	SMHS
Friday/Saturday	3/14-3/15	Laguna Trophy Classic	Laguna Beach HS
Thursday	3/20/25	Trinity Cluster #1	St. John Bosco
Wednesday	4/3/25	SM v MD Duel	SMCHS
Saturday	4/5/25	Trabuco Hills Invite	Trabuco Hills HS
Friday/Saturday	4/11-4/12	Arcadia Invite	Arcadia HS
Wednesday	4/16/25	Trinity Cluster #2	Mater Dei
Saturday	4/19/25	OC Champs	Mission Viejo HS
Tuesday	4/29/25	Lower Level League Finals	SMCHS
Friday	5/2/25	Varsity League Finals	Jsera HS
Saturday	5/10/25	CIF SS Prelims	TBA
Saturday	5/17/25	CIF SS Finals	TBA
Saturday	5/24/25	CIF SS Masters	TBA
Friday/Saturday	5/30-5/31	State Championships	Clovis, CA

2025 MEET SCHEDULE

Home Meet
 Away Meet
 Post Season

SPRING/EASTER BREAK

Spring Break March 24-28,
Easter Break April 18-21. Varsity
will have practice. For non varsity
students it will be optional.

*OC Champs is the Saturday before
Easter. In order to be eligible, you
must be at practice during Easter
Break.*



INVITATIONALS VS. DUAL MEETS

(SEE MEET SCHEDULE ON TRACK WEBSITE)

- **League Cluster Meets** - Everyone is permitted to compete. Count towards Trinity League Team Titles. All Trinity League teams compete at the same time.
- **Invitationals (Friday's or Saturday's)** – Typically top 2-3 Var and FS athletes per event.

Dual Meet Entries

- **THHSvSM 2/26, SMvSageHill 3/5, SMvYorbaLinda 3/12, SMvMD 4/3.**
- **Entries** – everyone is permitted to compete, and we have unlimited entries.
- **Attendance** – students who compete must stay till the end of the dual meet. Attendance will be taken.

**Lower level athletes sign up Monday and Tuesday for the events they want to compete in. If they don't sign up by the end of practice Tuesday, they do not compete. Allowed 4 events per meet. Athletes that miss the Monday practice do not compete in the upcoming meet.*

TRAVEL TO MEETS

- **Home Meets** - All athletes are required to stay from beginning to end of dual meets hosted by SMCHS to support the team. Attendance will be taken at the beginning and end of the meet.
- **Away Cluster Meets** – Friday March 8 (Location TBA) and Thursday April 11 (Location TBA). 2-3 busses will take athletes to meet, 1 bus will return. You are encouraged to take your son/daughter home from the cluster meets. Athletes can only go home with their own parents, not other parents. Athletes are permitted to leave after they cool down and check out with Coach Powers or their event coach following their last event .
- **Invitationals** – Athletes are responsible for getting themselves to and from invitationals. They are permitted to leave after their final event but must check out with Coach Powers or their event coach.

WHAT DO I NEED TO BUY?





MEET UNIFORMS

- **ALL STUDENTS** will need to purchase a meet uniform
- This includes the singlet, pictured to the left, as well as racing bottoms.
- Racing bottoms:
 - Boys: split shorts or half tights
 - Girls: split shorts or tights

Sizes are often limited in the racing tights for both boys and girls. Any pair of Nike, solid ROYAL BLUE tights will work. You can purchase them from an outside Vendor like Dick's if your son or daughters' size is not available on our Team Store.



PRACTICE GEAR

- **Our 2025 Gear will be available December 2nd!** It is mandatory that athletes are in Eagle Track & Field Gear at every practice and competition. IT CAN BE FROM ANY YEAR. If you have practice gear from years past, YOU DO NOT NEED TO BUY ANYTHING NEW.
- Shop Link on our Team Website
- **Orders Close December 13th**
- Product will ship to your home

TRACK&FIELD TEAM STORE

ATTENDANCE POLICY

- 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, medical, appointments, afternoon detentions, leaving practice or dual meets early, work projects, vacations, missing practice, 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 their P.E. credit. No refunds will be given if an athlete is dismissed from the team.
- Please review the team's attendance policy in more detail in the team contract.
- Missing 12 practices equates to almost 25% of the entire season missed. Very rare this occurs but consider the workload before making the commitment to the program.

ATTENDANCE POLICY CONT.

- I will start taking attendance on **Tuesday, January 21, 2025**.
- 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.
- Serve your detentions and meet with teachers when practice is not scheduled whenever possible.
- **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.
- **Athletes must check in for attendance using BAND. They must do this prior to the start of practice.**
- 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

MULTI SPORT ATHLETES & ATTENDANCE

- Special consideration is given to multi-sport athletes who are competing in club sports.
 - 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 practice, and must adhere to the same attendance policies as their teammates on the days they have communicated availability.
- We pride ourselves in being flexible with Club schedules, all I ask is to communicate club games/tournaments that can't be missed (Showcase, Vegas, 7 on 7), so I can plan accordingly and give that spot to another athlete(s). We love multi-sport athletes at SMCHS.

TRYOUTS

- While T&F is a non cut sport we are going to be holding “tryouts” this year.
- This will not determine if you do or don’t make the team, rather it is a time trial to help us organize and situate the students into the appropriate training groups for the start the season.
- Date will be: December 2nd-13th
 - Monday/Wednesday/Thursday after school (Band will have the exact times)
 - 2 weeks of fitness prep
 - Thursday, Dec 12: 100m, Shot Put, High Jump
 - Friday, Dec 13: 300m, Long Jump, Discus, PV*
- This is MANDATORY for all students unless they are involved in a Winter Sport.

*Due to the inherent hazard in PV, new students who would like to participate in this tryout must attend all PV practices during the 2-week tryout period.

WAYS TO GET INVOLVED

- **Golf Tournament:**
- Ball Drop – Every student-athlete must sell 10 golf balls for the ball drop.
- \$10/ball, 10 balls, \$100 a student*. If everyone contributes that could but around \$14,000 for the program.
 - 2023 – Updated Pole Vault Area with Turf, pull-up bars, and weights in the garage
 - 2023 – Brand new Pole Vault Runway
 - This year – New High Jump Pit and Team Canopies
 - In addition, these funds also help off set financial aid and other incidentals that are involved with travel, awards, and uniforms.

*There have been rumors in the past that they will raise the price of the golf balls but we have not received confirmation on this at this time, FYI.

PAST SEASONS PASSION PROJECT



FINAL



GOAL OF THE SEASON

- We want the kids to learn the value of hard work, sacrifice, discipline and dedication.
- My hope is that each student-athlete ends their season having gained a newfound respect for the sport, and appreciation for all of their hard work.
- Gain a new family in their team and develop a shared bond over the course of the season.
- End the season with a positive experience and to look forward to the next season.

QUESTIONS?

BEFORE YOU LEAVE

- Pick up a hard copy of the power point
- Make sure to sign up to BAND!
- Pick up a copy of the team contract, this will be due on December 12th before the first-time trial.