

BECKMAN HIGH SCHOOL



TRACK & FIELD
MANUAL
2018

Dear Track Athlete,

Welcome to our Track and Field program and congratulations on your decision to join the 2018 team. The entire staff is really looking forward to working with you and helping you to develop your skills and abilities in our sport.

TRACK is an individual-based team sport, which provides unique opportunities to its athletes to develop on a pace appropriate to that individual's **physical, emotional and social level**. Within our team, we have room and the coaching expertise to accommodate not only those athletes that want to become the **elite performers** of track & field in league, CIF and State competitions, but also those that want to experience high school sports, become physically fit, and learn the skills to become future elite track & field performers.

The athletes on our past squads have valued the **fun, excitement** and **lessons** learned during their time in Track & Field and have used the discipline and self-confidence gained in our sport to also succeed in the other aspects of their lives.

BECKMAN TRACK OBJECTIVES

The immediate and long-range objectives of our program:

1. To provide an enjoyable and fun experience for the athletes participating in the sport, while strengthening their bodies physically and emotionally.
2. To provide the type of training that would enable each athlete to realize his/her potential.
3. To provide the type of training and motivation that would produce league team champions, as well as individual league, CIF and State Champions.

CONTACT INFORMATION

The Beckman Track & Field coaching staff for the 2018 season:

Coach	Position	Email
Luis Ramirez	Head Coach/Sprints	3sport13@gmail.com
Steve Burnett	Asst Head Coach/Sprints	sburnett@dfndusa.com
Manuel Benavides	Throws	mbjfitness@gmail.com
Kilee Holroyd	Hurdles	kileeholroyd@yahoo.com
Ashley Burnett	Sprints	ashleyburnett@cox.net
Jerry Palazzo	Distance	palazzo51@verizon.net
Leilani Rios	Distance	leilanirios@gmail.com
Mahmoud "Paul" Niyoumand	Jumps	nirou@pacbell.net

Athletic Clearances

We do not let an athlete practice without athletic clearance! It doesn't matter if they have participated in another sport we need a copy of their clearance before they can practice. This is a school district policy and it will be upheld. It is the parent/athletes responsibility to make sure that their physical does not lapse during season time.

Booster Board

This group of parents has donated their time and efforts to raising funds for our program to ensure that all of our athletes in our program have what they need in order to be successful. If you would like to help out in their efforts please shoot them an email.

Booster Contact Email: beckmantrack@gmail.com

Team Website: www.beckmantrackandfield.com

2017 Dual Meet Schedule

3/7 – @ Fountain Valley HS

3/15 – vs Villa Park HS

3/22 – @ Corona Del Mar HS

4/12 – @ Woodbridge HS

4/19 – vs Northwood/Irvine @ Portola HS

4/25 - vs University HS

2017 Invitational Schedule

2/24 – Patriot Games @ BHS

3/2 – Griffin Relays @ Los Alamitos HS

3/10 – Irvine Invite @ Irvine HS

3/10-11 – Redondo/Nike Festival @ Redondo Union HS

3/17 – Mustang Relays @ Mira Costa HS

4/6-4/7 – Arcadia Invite @ Arcadia HS

4/14 – OC Championships @ Mission Viejo HS

2016 PCL Finals / CIF Meet Schedule

5/1 – PCL Prelims @ University HS

5/4 – PCL Finals @ University HS

5/12 – CIF SS DIV 1 Prelims @ Trabuco Hills HS

5/19 – CIF SS Finals (Masters Qualifier) @ El Camino College

5/25 – Masters (State Qualifier) @ El Camino College

6/1 – State Prelims @ Buchanan HS (Clovis)

6/2 – State Finals @ Buchanan HS (Clovis)

3/26 – 3/30 Spring Break

Please see event Coach for practice schedule. We do not have a home meet during spring break this year.

Invitational Entries

- Must be based off performances in prior meets and also based on attitude at practice
- Please be advised even if an athlete meets a standard for a particular meet, this does not guarantee their entry into that meet
- If an athlete fails to show up to an invitational that they are entered in, they will not be entered in another invite for the rest of the season

REGISTRATION & PAPERWORK

- **TSUSD Clearance Packet**
 - This is required to participate
- **Athletic Physical**
 - This is required by a licensed doctor
- **Insurance**
 - This is required if you have no medical coverage from your parents
- **Yellow Emergency Card**
 - This is required by the first practice date
- **Team Store**
 - Minimum apparel required: practice shirt, practice short, warm-ups
- **Uniforms**
 - NO Charge! (Jersey - \$40, Shorts - \$40 Boys, \$20 Girls if lost or not returned)
- **Shoes/Spikes**
 - Must buy on your own. It is best to have your own pair.
- **Team Banquet**
 - There will be NO charge for the athlete at the banquet
- **Fund Raiser**
 - It takes lots of money to run our TRACK program. **ALL TRACK ATHLETES ARE REQUIRED TO PARTICIPATE** in our fund raisers this year: Crazy Raise! and others

PRACTICE & ATTENDANCE

With such a large group, in order to keep absences under control, the following rules are in effect for the season: If practices are missed for any reason during the week, you will not be running in the next track meet.

There are three exemptions from this rule.

- 1.) You have a standing doctor's appointment that you cannot change...On your return the next day, you will provide me a note from the doctors' office confirming the appointment...parent note will not be accepted.
- 2.) Your teacher required you to go on a field trip, or performance for a grade. A note from the teacher, well in advance of the event is required. *Getting together to prepare for a project or group work is not excused.*
- 3.) An extreme family emergency is excused. Not having a ride, going to Disneyland, and going snowboarding... *is not an extreme emergency.* A parent note will be required on return.

All absences must be excused; however, an excused absence does not necessarily mean you will be running in the next meet. If you miss practice, only the **above excuses** will be accepted for that to happen!

Bad Weather

If a coach plans on cancelling practice we will let you know as soon as we make the decision. Athletes will be informed of a no practice day due to weather on the school PA system or through our Team Page Emailer. Even if it is inclement weather we do have alternative activities or indoor areas you can practice in.

Practice Policies

Practice begins every day at 2:00 pm. Please follow the below guidelines for all practices.

- **Minimum Time at Practice Required** – 2 Hours
- Early releases must be obtained from event coach.
- Early dismissal will not be allowed on a regular basis.
- All absences must be cleared by parent note or Dr. note, or they will be considered unexcused.
- ***Failure to complete entire workout will result in not competing at that week's meets.***
- *5 absences, for any reason, may mean dismissal from the team!*

Relay Teams

Anyone on a relay team **must** be at practice the day before a meet in order to participate on the relay team. There are no excused absences for this!

Tardies

If late for **any reason** athletes must do 25 burpees; in the presence of a coach before boarding the bus or starting practice. 3 Tardies = 1 Absence

Not practicing - Due to injury

Athletes are required to attend practice and be dressed out. Coach will assign a duty for you to assist workout. Failure to attend is unexcused absence and a meet suspension. They will help with timing, raking, measuring, anything you need help with.

Practice and Meet Uniform

- Every track team member must wear the proper attire during practice time.
- No shirts from other schools will be allowed
- Please wear athletic shorts or compressions during practice time (have sweats available)
- Always bring track shoes and flat running shoes to all practices and meets.
 - **Meet shoes will need to be acquired before our time trial “Patriot Games” on February 24th**
- If they come to practice in any other apparel, they will not be allowed to practice.
 - This will be looked at as an unexcused absence.
- Jewelry, undergarments showing, etc. is not allowed.
- Do not bring iPods to practice.
- No Cell Phones allowed during practice includes weight room. A cell phone out during practice time will result in: 1st Offense: Burpees, 2nd Offense: Race Suspension, 3rd Offense: Dismissal from the team

Varsity Letter

- To be eligible for a Varsity letter you must meet the following requirement.
 - Not missed more than 3 practices during the season
 - Competed as a scoring varsity athlete in at least 2 events
 - Must finish season in good academic standing
 - Must finish season in good behavioral standing with coaching staff
- Meet one or more of the following standards:
 - Competed at the varsity level in at least five dual meets and scored a total of at least 8 varsity points, or scored a total of at least 15 varsity points in Varsity competition, or
 - Are a Senior who has completed four seasons on the BHS Track & Field team in good standing, or
 - Set a new BHS track & field record, or
- Achieve a Division I qualifying mark
- The final decision to award an athlete a Varsity letter is the coach’s discretion and is not negotiable.

Meet Day Procedure

Warm – Up:

All athletes will be required to warm up together in proper attire before every meet. Any athlete who does not do this will not participate, and be given an unexcused absence...not only missing that meet, but the next one as well!

Responsibilities:

Meets are on Wednesday/Thursdays starting 3/7/2017 usually go until 6:30

Home meets:

Athletes will always be released at 1:45 pm

Athletes need to be dressed out by 2:00 pm

Following Duties are as follows and need to be done by 2:15 pm

Distance: Responsible for Hurdle crew when 100/110's are being run. At end of 100/110's help move to infield.

Sprinters/Hurdlers: Hurdles need to be pulled out. Get out blocks and responsible for taking them to the appropriate starting line. Help move hurdles after 100/110's to appropriate spots for 300 hurdles.

Throwers: Get out all shots and discs, sport markers and Measuring Tape

Jumpers: Get Chalk, measuring tape, rakes and shovels, remove pit covers, and rake pit.

High Jumpers: Get out pits and standards as well as a piece of chalk and measuring tape.

Away meets:

- Release times will vary and athletes will be made aware of departure times the day before by either the coaching staff or through Team Emailer
- Athletes need to be dressed out prior to boarding bus in Track Warm-Ups, Sweatshirt or T-Shirt
- When not competing, Track gear will be worn at all times
- Following Duties are as follows and need to be done by 10 minutes before bus loading begins

Distance: Responsible for getting Water Jugs and cups.

Sprinters/Hurdlers: Help Coach Kilee with Equipment; Tents, etc.

Throwers: Get out all shots and discs and Measuring Tape

Jumpers: Get chalk and measuring tape

High Jumpers: Get chalk and measuring tape.

Transportation to meets

- Each athlete will be required to ride the bus to and from each meet, where a bus is provided
 - Saturday Invitationals may require athletes to have their own ride to and from the meet
- A coach must see or talk to an athlete's parents before we will release them
- No athlete will be allowed to go home with a parent or anyone else without proper documentation

Behavior

- Athletes are expected to support all team members during practice and competition
- Any rude or inappropriate behavior or comments to either athletes or coaches will not be tolerated
- Any behavior, that in the opinion of the coaching staff is inappropriate, distracts from practice, or brings discredit to the team, coaches, or school, will result in suspension from practice or meet
- Any further incidents and the athlete will be dismissed from this team

Discipline

As students and as athletes, you are expected to act responsibly in the classroom as well as on the practice field. You represent your team, school, and community; so always act with respect, pride, and sportsmanship. If everyone acts responsibly and works hard, there will be no need for discipline. However, if someone acts irresponsibly, disciplinary action will be taken. Disciplinary actions may include but not limited to:

1. Verbal warning
2. Suspension from one day of competition
3. Three day suspension from practice and one day of competition
4. A reduction in grade for the class
5. Denial of Letter Award
6. Removal from the team and an "F" in the class

AS A MEMBER OF OUR TEAM, YOU SHOULD SET YOUR PERSONAL GOALS HIGH AND WORK HARD TO ATTAIN THEM. DEPEND ON YOUR OWN ACHIEVEMENTS TO PULL THE TEAM THROUGH. EXPECT TO WORK HARD IF YOU ARE GOING TO BE SUCCESSFUL. REMEMBER, "THERE IS NO EASY WAY". THE GOALS OF THE TRACK MEMBER ARE THE DRIVING AND MOTIVATING FORCES THAT PUSH HIM/HER TO CHAMPIONSHIP PERFORMANCES.



2018 Policies and Procedures

By signing below, I verify that I _____, have read and fully understand the policies and procedures for the 2018 Track and Field Season. I also understand that if I am to violate any policy or procedure it may result in my dismissal from the Beckman Track and Field team.

Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Athlete Name: _____

Athlete Signature: _____