

Alhambra High School Track & Field 2018

Team Handbook *An Information Resource for Parents & Athletes*

1. **ATHLETIC CLEARANCE**– *Due NO LATER THAN Feb 16th.* Athletes will not be allowed to fully participate with the team until all the information in the registration is filled out properly and with their respective signatures. This means making an appointment for a physical ASAP! New this year Alhambra is using an online clearance process. Just look for the “Online Athletic Clearance Link” on the Alhambra Athletics website page. Alternatively, a hard copy registration packet is also available for printing out by clicking on the “ATHLETIC PACKET” link.

2. 2018 Sports Contribution – \$150

These monies are an essential funding for Alhambra Athletics. These funds go towards transportation fees, league fees, officials, equipment, and general athletic costs. Since a court ruling a few years ago, not allowing schools to require a fee for athletic participation, funding for athletics has drastically dropped. Please help with what you can. The online athletic clearance process allows for an easy way to provide this.

Important Team Rules

1. Consistent Practice Attendance: Each athlete is expected to attend all practices. Every effort must be made to schedule time so that there are no conflicts with daily practice. If a valid reason for missing practice exists (illness or emergency), the athlete must notify the coach prior to the practice that will be missed. **MISSING PRACTICE WITHOUT PRIOR NOTIFICATION WILL RESULT IN SUSPENSION FROM COMPETITION. ATHLETES THAT FALL BELOW 80% PRACTICE ATTENDANCE ARE INELIGIBLE FOR COMPETITION AND MAY BE DROPPED FROM THE TEAM.**

2. League Competition Availability: Each athlete is expected to be available to compete at all league competitions. Athletes and parents must examine the competition schedule to ensure that the athlete is able to meet this requirement for competition. **BEING ABLE TO COMPETE AT THE LEAGUE COMPETITIONS, INCLUDING ALL REGULAR SEASON LEAGUE MEETS AND THE LEAGUE CHAMPIONSHIP MEET IS A REQUIREMENT OF PARTICIPATION.**

3. Punctuality: Each athlete is expected to arrive to practice and competitions on time and ready to run. **IF LATENESS BECOMES CHRONIC ATHLETE WILL BE DROPPED FROM THE TEAM.**

4. Practice Apparel: Each athlete is required to wear **RUNNING SHOES, SHORTS or TRACK PANTS,** and **TOPS** to practice. **Basketball or other long shorts are NOT acceptable.**

5. Meet Uniforms: Team uniforms, sweats & team shirts are to be worn at all competitions. Athletes are expected to step off the bus wearing sweats and team shirts! Sweats & team shirts shall remain on at all times before and after your races! This is important for warming-up, mental focus, and team unity. It is a CIF violation to wear a school uniform in unsanctioned competition. **WASHING INSTRUCTIONS: REMOVE ANY BIB NUMBERS. Wash in cold, hang dry! DO NOT PUT IN DRYER!**

6. Athlete Conduct: Track & Field Team members represent our team on campus and represent Alhambra when off campus. They are representatives of the school and the community. Each athlete is responsible for continuing our tradition of exemplary conduct. Support your teammates, make a positive contribution to the sport, and act responsibly in every situation. Problems must be handled in a mature and rational manner. Communication with your coach is essential. **ATHLETES UNABLE TO LIVE UP TO THESE STANDARDS WILL BE DROPPED FROM THE TEAM.**

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Under NO circumstances are athletes or parents allowed to dispute rulings with meet officials! Athletes and parents must maintain their composure and let their coach deal with the situation. FAILURE TO FOLLOW THIS PROTOCOL IS GROUNDS FOR DISQUALIFICATION FROM COMPETITION AND SUSPENSION FROM THE TEAM.

7. Transportation to and from Competition: Team policy regarding student-athlete transportation will be followed WITHOUT exception! This policy is as follows: Athletes transported from AHS to an away competition via district bus must also return to AHS via district bus or be released to their **legal guardian** at the competition site. Athletes will not be released to anyone other than a legal guardian. Friends, relatives, neighbors, etc., are **NOT** legal guardians. Team policy further requires that any athlete not returning to AHS with the team via district bus give the head coach verbal notification and visual confirmation of the presence of a legal guardian before departure. FAILURE TO FOLLOW THESE PROCEDURES WILL RESULT IN SUSPENSION FROM THE FOLLOWING COMPETITION.

Mandatory Equipment

REQUIRED ITEMS: The following items are required at all practices and competitions.

- Water Bottle
- Running Shoes
- Spikes (sprinters, hurdlers, jumpers) **Deals on training shoes & spikes!** <http://www.firsttothefinish.com/index.asp>
Or <http://www.runningwarehouse.com/>
- Running Shorts (**NO basketball or long shorts!**)
- Digital Watch with Split/Lap Time Capabilities (distance)
- Post Workout Snack

Communication Procedures

Parents are encouraged to allow their **athlete** to communicate directly with the coaches at practice and through email to the Head Coach.

All communication regarding practice and meet attendance, questions about team policies, reporting of injuries or other concerns, must start with the coaching staff!

Please follow the following communication chain with regards to resolving questions and concerns: Always start with the coach!

- Contact 1 – athlete w/ event coach
- Contact 2 – athlete w/ head coach
- Contact 3 – athlete & parent w/ head coach
- Contact 4 – athlete & parent w/ athletic director
- Contact 5 – athlete & parent w/ principal

Head Coach

Katherine Hern

Phone: (925)335-5810 x1846

Email: khern@martinez.k12.ca.us

Athletic Director

Pat Ertola

Phone: (925)335-5874

Email: pertola@martinez.k12.ca.us

Principal

Tom Doppe

Phone: (925)335-5810 x1807

Email: tdoppe@martinez.k12.ca.us

Websites

Team: alhambratrack.org

Alhambra High Athletics: <http://www.alhambrahigh.org/athletics>

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Varsity Athletic Letter Requirements

• **Athlete must compete in a minimum of 3 Varsity competitions and attend a minimum of 90% of the practice sessions to be considered for a Letter Award:** Only athletes that compete in at least 3 Varsity competitions and attend at least 90% of the practice sessions during the spring season are eligible to be considered for a VARSITY Track & Field Letter Award.

Achievement of one of the following automatically earns Letter Award provided the athlete has competed in 3 Varsity competitions and attended at least 90% of the practice sessions.

- **30 points earned in league competition**
- **Achievement of 2 Letterman Event Standards**
- **Qualification to DAL League Finals**

ATHLETES THAT QUIT THE TEAM FOR ANY REASON, OR ARE DROPPED FROM THE TEAM AS DISCIPLINARY ACTION, OR FAIL TO ACHIEVE THE MINIMUM ACADEMIC STANDARD FOR PARTICIPATION FORFEIT ALL AWARDS.

THE COACHING STAFF RESERVES THE RIGHT TO MAKE THE FINAL DETERMINATION ON ATHLETE LETTERMAN STATUS IN THE INTEREST OF PRESERVING THE INTEGRITY OF THE LETTERMAN AWARD.

Letterman Standards

Achievement of Letterman Standards in TWO separate events qualifies athlete for a Track & Field Letter Award provided that the athlete has attended 90% or more practice sessions and participated in at least 3 competitions during the season.

EVENT	VARSITY BOYS	VARSITY GIRLS
100m	11.7	13.4
200m	24.2	27.8
400m	54.2	64.4
800m	2:08.0	2:34.0
1600m	4:52.0	5:48.0
3200m	10:46.0	12:44.0
110H/100H	17.8	17.2
300H	44.6	52.4
400 Relay	45.0	52.0
1600 Relay	3:36.0	4:14.0
High Jump	5-8	4-8
Long Jump	18-6	14-9
Triple Jump	38-3	29-9
Shot Put	42-0	27-0
Discus	110-0	88-0
Pole Vault	11-0	8-6