

San Ramon Valley High School 2020 Track & Field Team Contract

BOYS DISTANCE

I. PRACTICES

Monday	6:30am - 7:30am / 3:30pm - 5:30pm
Tuesday	3:30pm - 5:30pm
Wednesday	6:30am - 8:15am / 3:30pm - 4:00pm
Thursday	3:30pm - 5:30pm
Friday	3:00pm - 5:00pm
Saturday	9:00am - 11:00am
Sunday	Off

A. Attend all practices & be on time!

Regardless of your ability level, your performances will greatly improve if you are attending all practices! Missing practice decreases your ability to achieve your goals and our mission is to help you reach your potential. If you know ahead of time that you will be missing a practice, please notify your event coach as soon as you are aware of it. The email addresses of each coach are listed on our team website www.srvxctf.com. If you miss practice but do not communicate with your coach even with valid reasoning, this will unfortunately count as a cut. Excessive cuts and/or tardies will result in disciplinary action and possibly dismissal from the team. Practice will occur rain or shine, unless otherwise noted. Athletes must include at least one parent/guardian in a conversation with a coach outside of practice time.

- Morning Practice

Morning practice is mandatory for any athlete on the boys distance program. However, this does not mean you will be running twice one day depending on your experience and health levels. Individual volumes will be assigned, as athletes who are newer to training or prefer to stay at lower mileage will have access to the pool both Monday & Wednesday morning. The entire team will meet at SRV Track promptly @6:30am for warmups, from there groups will split off to complete their assigned sessions.

- Dress Appropriately

Please dress appropriately for each day's workout. If it's cold, wear a sweatshirt and tights, if it's raining wear waterproof gear. You should always bring both your trainers and race shoes to every practice, just in case they are required for the day's session. Athletes may store clothing/race shoes in our storage unit located at the track.

- **Stay For The Entire Practice**

Unless you have a valid reason and have notified a coach before the start of practice, you are expected to stay until the workout is fully completed. Athletes who surpass 3 cuts during the season can result in absence of the team.

- **Give Your Best Effort!**

Trying your hardest at practice will translate into peak performances down the road. Set realistic goals each day at practice and let the coaches know what your intentions are!

II. MEETS

For most members of the team, the track meets are the most enjoyable part of the season. Track meets give you the opportunity to use what you've learned in practice and see how much you have improved.

- **Attendance**

Attendance for all meets is mandatory and now showing up without prior approval from a coach constitutes a cut. All athletes are required to check out with their event coach before leaving any meet.

- **Events**

For all meets, you may compete in up to 4 events including relays. Which events you will do will be determined by the coaches prior to the meet. If you like to offer input to the coaches about which events you would like to do, please let them no later than 48 hours before the initial competition. Once your events have been determined, it is expected that you will compete to your full capabilities. Do not ask coaches to scratch you from any event once the meet has started. Please be responsible for checking in, getting appropriate race stickers, and making sure you are lining up for the correct heat!

- **Home Meets**

We need significant help from team members to have a home meet run smoothly. Everyone is required to arrive at the track as soon as school is dismissed to help set up. During the meet, you are expected to be respectful, polite, and remain on or near the track at all times. After the meet, every member must stay announcements have concluded and until all equipment is put away.

- **Uniforms**

For home meets, you should put on your uniform after the facility has been set up for the meet. Your meet shirt and sweats should be put on over your uniform. For away meets, the uniform

should be on before you arrive at the facility. For league/sectional meets, it is required for you to show your uniform upon entering.

- Warm Ups

Before any workout or race, we have a structured routine which begins 45 minutes prior to the first event. After the warmup, transition into drills and strides. Always loose, walk around, and avoid staying still for too long. For those doubling events, warmup 20 minutes before your secondary race.

- Invitationals

Invitational track meets are elite competitions held on weekends with many schools sending athletes to participate. Since the meets are highly competitive, athletes must hit a qualifying time to be accepted into the meet. All qualifying times will be posted on our team website, or can be brought to your attention by your respective coach at practice.

- Training / Strava

Training will be provided through Strava, a free app/website that organizes sessions in a fun, easy way! Search: SRV XC / TF among “Clubs” as both athletes and parents will have access to what’s planned for the day. Athletes must log training and be prepared before arriving to practice.

<https://www.strava.com/clubs/sanramonvalley>

III. WEIGHT TRAINING

A proper weight-training program is an important aspect of your total conditioning regimen. It will improve your overall strength, flexibility, and explosiveness, which in turn, will improve your performance. Different events require different approaches to weight training, so your vent coach will suggest one best suited to your needs. Team members who have weight training class should talk to their event coach for suggestions on how to balance both. Weights will be available Monday and Thursday every week from 4:30pm - 5:30pm.

IV. ANNOUNCEMENTS

Everyday at the beginning of practice, we will have a 5-10 minute period of team announcements. This is to provide team members with information on meets, team rules, and other important team concerns. During announcements as a courtesy to the coaches and your teammates, you are expected to be respectful and listen accordingly.

V. BEHAVIOR

As a member of the San Ramon Valley High School track & field team, you are expected to conduct yourself in an appropriate and courteous manner of any function in which you are representing the team. This includes meets, practices, and other team activities. This means showing respect to coaches, teammates, officials, competitors, and spectators at all times. Similarly, others should be treating you respectfully as well. If you feel you are not being treated properly by anyone, immediately notify a coach and they intervene on your behalf. Bullying and/or inappropriate behavior or language directed at another individual either in person or by other means, is cause for disciplinary action. The coaching staff reserves the right to render additional disciplinary measures on top of what the school designates if an athlete violates the school's code of conduct policy, this may include dismissal from the team.

VI. COACHES

During the time you are at practice, a meet, or any other track function, you are expected to listen to your coach and respond appropriately. If there are any differences of opinion, you may discuss them with the coach at the end of practice. During meets or practices is not the appropriate time to discuss disagreements with your coach. If you feel you are being treated unfairly, or if you have any other problems with your coach, please contact another coach on the team or the school's Athletic Director for advice.

VII. EQUIPEMENT

All equipment used by the track team is the property of San Ramon Valley High School. Please treat it properly and use it only as it is intended to be used. If any equipment is damaged, please notify a coach so it can either be repaired or replaced. Proper treatment of equipment includes helping to put it back in its appropriate storage unit after you are done using it. Anyone caught stealing or intentionally destroying the track team's equipment will be immediately disciplined appropriately.

VIII. UNIFORMS

Every team member is responsible for purchasing their own team uniforms, competition shoes and current year shirt. Information regarding uniform ordering purchase can be found on our team website or by asking any member of the coaching staff. Any undergarment which is visible during competition should be a solid black color. Athletes who cannot afford to purchase a uniform or meet shirt be lent one by the team.

IX. INJURIES

Nothing is more frustrating than working hard in practice, preparing yourself for a big meet, and then becoming injured and missing critical sessions. The key to preventing injuries is by warming up thoghourly, and learning to listen to your body. If you are experiencing any unusual pain or discomfort, notify your coach and the first immediate signs. You can make a minor

injury a major one if you continue to practice on it. There are plenty of other resources available to help accommodate your needs.

X. ACADEMICS

To be eligible to participate in athletics, you must maintain a 2.0 GPA in all classes taken during the previous quarter and be currently enrolled in 20 units. If there is a possibility you may become ineligible, please notify your coach immediately. Please let a coach know if you need class absence verified.

X. GOALS

The best way to maintain your focus and intensity throughout the entire session is to set goals for yourself to achieve during the season. Having something to strive for and concentrate on helps to motivate you during practices. It is also a great feeling of satisfaction to achieve a personal goal that you have set for yourself. A couple of key points:

- Goal should be attainable, you can always set a new goal
- Goals take many forms, achieving a distance, place, or time, or being in better fitness.
- Unrealistic goals will only frustrate you, take it one day at a time.

Each team member is not required, but encouraged to share their goals for the season.

XI. NUTRITION

What you eat during the season plays a large role in preparing your body to perform at peak potential. If you are not eating properly, you will not gain the strength or energy needed to practice and perform efficiently. Some guidelines to observe:

- Eat moderate to large quantities of Complex Carbohydrates - these include whole wheat pasta, whole grain breads, brown rice, potatoes, cereals, & grains. They provide long-term energy for your body.
- Eat large quantities of fruits and vegetables - these provide necessary vitamins and nutrients to help your body perform.
- Drink lots of water - 6-8 glasses of water a day is recommended. Water helps your circulatory system transport nutrients to muscles, eliminate waste products and dissipate excessive body heat.
- Moderate amounts of Protein - these include lean meats, fish, poultry, dairy products and eggs. Drinking a glass of chocolate milk or a protein shake after a difficult workout speeds up the recovery process immensely.
- Limited quantities of Fats and Sugars - these include meat fats, sugar, sodas, greasy foods, high fat cheeses, and yes, fast food!

The day of a meet, you should eat most carbs and proteins and limit your fat intake. If you have a lot of time between races, whole wheat bagels, nuts, raisins, apples, oranges, and bananas make good snacks to keep your body energized. Remember, before and after your race drink water!

XII. WORK / OTHER COMMITMENTS

If you have a job or other regular commitment and there is a potential schedule conflict, you must notify your coach before the start of the regular season. If you must schedule an appointment during practice time, please inform your coach ahead of time.

XIII. TEAM BANQUET

Towards the end of the season, the team will be having an awards banquet at a local facility to celebrate the success of the team for the year! It's truly a fun event and everyone is encouraged to bring friends and family. During the evening, we will be handing out Varsity letters, league meet awards, and special awards for expectation team members.

XVI. TEAM BANQUET

Students who wish to receive credit through Athletic PE must contact the school administration before the season. You will be treated equally and fairly to any other teammate on the program, so give it your best, make new friends, and have fun!

XVII. DONATIONS

The participation donations enables the team to pay for invitational fees, equipment, travel / hotel fees, and incentive awards. It also pays for the additional members of the coaching staff who aren't covered by the district funds and the team's yearly athletic department contribution. Without donations, this team wouldn't be able to compete in any meets! We greatly appreciate all parent donations to help fund our program.

CONTACT INFO:

Coach Alaka	Head TF Coach / Sprints / Hurdles	jalaka@srvusd.net
Coach Schafer	High Jump	chaefer@srvusd.net
Coach Werne	Pole Vault	erne1@l1n1.gov
Coach Intravaia	XC / Boys Distance	jintravaia@srvusd.net
Coach Thornberry	Girls Distance	tomilyn.thornberry@gmail.com
Coach Freeborn	Long / Triple Jump	bwfreeborn@gmail.com
Coach Swenson	Hurdles / Throws / Girls Distance Asst.	pswenson@srvusd.net
Coach Tavella	Team Administrator	btavella@gmail.com
Coach Spiker	Throws	spiker.hammerthrow@gmail.com

Athletic Director Peter Scarpelli

pscarpelli@srvusd.net

I have read and understand the terms of agreement.

Student Print & Date:

Student Signature:

Parent Print & Date:

Parent Signature:
