

ALEMANY TRACK AND FIELD PARENT INFORMATION

OUR PHILOSOPHY

Our program is based on a developmental system. We as coaches focus on strength, technique, and mechanics of each event. We lead by example and emphasize intrinsic motivation versus extrinsic outcomes. We encourage athletes to push themselves individually as well as motivate collectively as a team. We are bottom up coaches who focus on the basics and set high standards for, cooperation, team, and competition. We want to stress the importance of participation and commitment during each season.

EVENT STANDARDS

Coaches will determine which events athletes will compete in. Whether the judgment is made for a relay, an individual event, or track meet, it is the coach's option for the betterment of the **team**. The coaching staff will utilize the talents of our athletes to benefit the team **first** and the individual **second**. Please understand that coaching decisions are made with the best interest of the team, taking priority over any individual motives.

Track events, relay orders, etc may change on a weekly or yearly basis due to the needs of the team, as well as an athlete's performance, improvement, and commitment levels. Event standards are generally used to assess the athletes' ability. Standards will also give the athlete an idea of the ability level needed for each event. Again, coaches reserve the right to use their professional discretion in determining if an athlete is capable of competing on this team and in certain events. Track is a team sport, which individual incentives; it is not a part-time recreation. **There are no part-time Track athletes.**

TEAM RULES

1. Athletes **MUST** maintain at least a 2.0 grade point average at all times during the season.
2. The **TEAM** must be placed above individual motives.
3. **Athletes must attend practice daily.**
4. **NO** cellular devices during practice times.
5. **Erratic behavior will not be tolerated (strong attitudes, refusing to run/practice, disrespect, etc).**
6. Athletes must ride with the team on buses and/or in vans during meet days.
7. On meets days, a **NOTE** is needed in order to leave with your parents (**Liability reasons**).
 - a. Athletes may only leave after the meet is completed.

OUR DAILY/YEARLY GOALS

1. Give Maximum effort daily (**set a goal daily and go after it**).
2. Have a little fun.
3. Improve as a team, which will help us improve individually (**You are your Brother's/Sister's keeper**).
4. Become boys and girls Mission League Champions.
5. Qualify more and more athletes to CIF prelims, finals and on.
6. Division 3 CIF Champions on both sides.
7. Send student-athletes to college

HOW TO ACHIEVE THESE GOALS

1. Being selfless and putting the **TEAM** before you.
2. Attending practice daily (See Attendance policy).
3. Having the mindset of working toward an end.

By signing this document I(We) are declaring that we accept and will adhere to the rules that are established by the Alemany Track and Field coaching staff. I (We) understand that consequences will be in effect if rules are broken.

Parent Signature _____ Date _____

Athlete Signature _____ Date _____