

How do I sign up for track? How do I register? UPDATED WITH LINKS 4/1

To participate in the track season with us, you must be formally registered and cleared. Follow the link on Sunset HS's home page to "ATHLETICS" and "Athletic Registration":

<https://sunset.beaverton.k12.or.us/athletics/athletic-registration>. Follow all the instructions there, including how to use the "InTouch Registration" system. The final form, titled "BEAVERTON SCHOOL DISTRICT WAIVER OF LIABILITY AND HOLD HARMLESS FOR COMMUNICABLE DISEASES INCLUDING COVID-19" must be printed, signed, and brought to the school at first check-in. [Questions about registration should be directed to the athletic office: lisa_smith-shs@beaverton.k12.or.us.](mailto:lisa_smith-shs@beaverton.k12.or.us)

I am trying to pay the fee. Is there a fee this spring?

All athletics and activities are being offered without charge this spring.

Can I make a donation to the team?

Yes! Please use the InTouch System. There is a category for making donations to the track team. We are not conducting a formal fundraiser this spring so donations are greatly accepted.

How do I "check in" for practice?

Athletes will enter the campus at the south gate of the school near the student parking lot. Athletes will then enter the school through the south 2-hall doors next to the cafeteria where they will use a phone and a QR code to "check in", answering a series of questions aimed at guarding against COVID exposure on our team. Next, they will check in with a school employee who will give a visual check. "What if I don't have a phone?" This isn't a problem. Proceed to the check-in desk and the questions will be asked directly.

Do I have to wear a mask at all times?

Yes. As long as an athlete is on campus and "at practice", they will have a face covering that covers nose and mouth. The face covering can be dropped to drink water or in cases of emergency. The same rule applies for coaches.

What other measures are you taking to guarantee athlete safety during the pandemic?

Athletes are expected to bring their own water bottles. We will do everything we can to promote and encourage social distancing. All of our activities are taking place outside. We are following all OHA guidelines.

What is the practice schedule? **UPDATED 4/8**

DETAILED PRACTICE PLANS WILL BE POSTED EVERY DAY TO OUR CANVAS COURSE:
<https://bsd.instructure.com/enroll/6XDYAM>.

All athletes can expect practice to begin with a 3:00 pm check-in every week day until the season concludes.

Week 1 practice will have the following structure:

- Athletes **NOT** participating in fall sports check in at 3:00 pm on Monday, April 5, as described above. Practice for these athletes will last about an hour except in select instances for some veteran athletes who will have communication from a coach. These athletes will continue to check-in at 3:00pm on Tuesday and Wednesday. Plans for Thursday and Friday may change after Monday. This information will be communicated on Tuesday morning.
- Athletes participation in fall sports check in at 4:00 pm on Monday, April 5, through the usual manner. We will spend roughly 30 minutes with these athletes communicating about plans for the week once we have a sense of who is on our team and which sports they participate in. An athlete's event interest for the season will determine when and where they return. We want to do what is best for our athlete's health as competitors, students, and human beings. Please refrain from asking questions via email in this regard. There is still a lot of information that needs to be gathered. *It is possible that a fall sport athlete will not be asked to return to track practice until Monday, April 12.*

Athletes on the FOOTBALL team are asked to attend practice on Monday as described above and then NOT again until 4/9 for those without a game that evening or 4/12 for those playing on Friday night. SOME athletes might make some plans to work individually with coaches during practice time of week 1.

How often do I have to practice? **UPDATED 4/8**

We expect that our athletes will attend practice every day that there is practice. Signing up for the track team means a full commitment, not just on sunny days or days of IPH (in-person

hybrid). ~~With the uncertainty of the season, all we can promise at this time is that practice will be held after the normal school day with check-ins starting at 3:00 pm. Depending on the athlete and the day, practice will end anywhere from 4:15 to 5:30. Details like these will become more clear and will be communicated to athletes at practice about the days ahead.~~

~~There will never be practice on Thursdays when there are competitions. Some varsity-level athletes may have practice on meet day Wednesdays but this detail has yet to be finalized.~~

What do I do if I have to miss practice?

For starters, we don't want you to miss. We are asking you to move things like haircuts to late May or weekends for the next 7 weeks. We are asking you to make the decision up front to commit to being a part of the team which means "doing homework" isn't a reason to miss practice: you need to be able to balance the commitment of being on our team.

If you must miss, you must report your absence to the track team, just like you would have to tell your boss you have to miss work. Use the Google Form at this link to report an absence: <https://forms.gle/dtzTDSHzNafT2XhPA>. This same link is posted in Canvas.

If you are feeling under the weather or have been exposed to COVID, please do not attend practice! Communicate with your coaches and use the absence form.

What do I need to have with me at practice each day?

Everyone will need a mask, a good pair of shoes, comfortable clothing, and a water bottle with your name on it. Dress comfortably in general workout attire. All athletes should have a bag with their name clearly printed on it as many bags look the same. Other obvious adornments to distinguish your bag from others are helpful, too.

It is better to be prepared for colder and wetter weather every day, bringing dry clothes to change into.

Sprinters and jumpers should be in the habit of bringing their spiked racing shoes to practice every day.

When is the last day to join? UPDATED 4/5

The last day to join the track team will be Monday, April 19. The group sizes that had this date set earlier have relaxed.

Do I need to buy a uniform?

No. Uniforms are provided to athletes. We plan to distribute these on Monday, April 19, and Tuesday, April 20. They are on loan during the season and will be recollected at season's end. Lost uniforms are subject to replacement fees.

Do I need to buy special shoes?

Everyone needs good supportive running shoes. These are the first line of defense against injury.

Everyone will feel faster and be faster in racing shoes. These are not a requirement for participation.

Foot Traffic is offering discounted shoes and apparel to members of our team. Their message:

Your code is SUNSET21 and they can use this online or they can mention it in-store to get the discount. It's good through April 15th. The code is valid for any family or friends of Sunset athletes as well. We won't restrict additional usage. Happy to support the program and we appreciate the families shopping local! They can also just use this link to have it auto applied online as well.

<https://foottraffic.fittedrunning.com/?coupon-code=sunset21>

Will I have access to locker rooms?

Not at this time. Decisions about locker room access with the beginning of the 4th quarter and in-person education on April 19 have yet to be finalized.

~~The outdoor recreation limit for gatherings is 150 people. What will the track team do if more than 150 athletes sign up? UPDATED 4/5~~

~~We will use different parts of the school's campus to keep groups separate and under the 150 threshold. We have spent considerable time making plans to keep this season safe for everyone involved.~~

This limit has been changed. We are still trying to understand the most recent updates.

What will track meets look like? **UPDATED 4/8**

Just like any other year, except with masks, and on Thursdays instead of Wednesdays. Meets start around 4:00 pm with warm-ups starting roughly an hour earlier. Track meets generally last until 7:30 pm and ALL athletes are expected to be at the track meet for the ENTIRE competition, not just for their individual events. More detailed information will be provided to athletes in the days leading up to a competition.

~~This section is likely to receive a major update with the changes in the limits.~~

~~This is more complicated than usual... our competition schedule is on [athletic.net](#). Our league competitions will take place over two days. An athlete will only compete on one of these two days. Day 2 is intended for our more serious athletes and will be generally described as the "varsity meet".~~

~~Each day, a track facility is limited to 150 people. 10 of these people are meet officials (timers, clerk, trainer, starter, etc) and the other 140 will be divided evenly between teams. The 70 from each team will include coaches and athletes. Not all coaches will attend each day of competition. We expect that our 70-person roster will include 8-10 coaches and rosters of roughly 30 boys and 30 girls.~~

~~When competing against a smaller opponent who will not use their allotment of 70 people, a larger school like ours would be given the unused spots to bring more athletes. Our goal will be to give EVERY athlete who is healthy enough AT LEAST ONE opportunity to compete in a meet this spring. We can, however, imagine situations where this will not be possible.~~

~~In any one competition, athletes will be limited to only 3 events this spring. This is a change from the usual 4 event rule.~~

Will there be buses for away meets? Do I have to ride? **UPDATED 4/2**

Bus transportation will be provided **to every away meet** with a current maximum of 40 per bus. Athletes will have the choice not to ride the bus. Athletes choosing not to ride must:

- Check-in at the school on the day of the meet as part of the whole team
- Arrive at the away facility at the same time, entering the opposing facility as part of the competing team

- Fill out a BSD form **that is posted in the Canvas course:**
<https://bsd.instructure.com/enroll/6XDYAM>

Athletes may drive themselves. All athletes depart the meet at the same time as a group.

Will there be a state meet? A district meet? UPDATED 4/1

The OSAA has ruled out a state meet. With this new information, the Metro League coaches and athletic directors will work together to make a plan for the “culminating week” starting on May 17. STAY TUNED.

I want to play basketball/swim/wrestle. I see that there are two weeks of overlap in the seasons. Can I do both?

Yes! A track season would be great conditioning for your “winter sport”. It will be possible to do both. Coaches will work together with our athletic director to plan for a schedule that allows for athletes to do both sports and not feel over-extended with time.

I’m in a fall sport. Can I join a week late? UPDATED 4/8

Yes. Please see the note above about the last day to join.

~~We are asking all fall sport athletes to come to practice on Monday, April 5. They will check in at 4:00 and be ready for a “practice” to start at 4:15. We will limit this first day to 30 minutes and use it to do a little bit of teaching. Our primary goal is to get a grasp on the size of our roster so that we know how BIG our program will be. We need everyone’s help to make suitable plans to accommodate our team of currently unknown size. Depending on your sport would determine how often you attend practice for the rest of the week.~~

Will there be t-shirts and sweatshirts available for purchase this spring? UPDATED 4/2

Information here:

<https://docs.google.com/document/d/1jOOHx1jq0B1lptrPkRZjqri7SXOQaB8U7omxP99QaDg/ed it?usp=sharing>

Orders due by midnight on Sunday, April 11.

Will there be spectators allowed at meets?

Most likely yes. We still have some hurdles to navigate before this becomes firm. Stay tuned.

Does the district provide transportation to practice on days when I am not at school in person?

No. Transportation to and from practice is the responsibility of the family. If this would be the lone reason for your non-participation, please reach out to Coach Neeway to discuss. Thank you

What do I do if I get injured?

The first step in injury is to communicate with your coach at practice. Coaches will advise on next steps which could include talking to our athletic trainer.

If you notice the ache or pain on the evening after practice, please attend on the next day of practice to communicate with your coach. Please do not self-excuse yourself from practice due to aches and pains.

Any athlete who sees a doctor for a sports-related injury during our season MUST have a release note from the doctor clearing their return or they will not be allowed to participate. Our trainer will advise an athlete if a doctor's visit is a valuable or necessary intervention.

What if I have a question that isn't on this list?

Please email Coach Neeway and we will get it added.