



Team Handbook

PROGRAM REQUIREMENTS

The following are **REQUIRED** before you may participate at practice

1. Be completely cleared through the athletics office: <https://athleticclearance.com/>
 - A physical exam must be completed on the proper CVUSD forms (<https://s3-us-west-2.amazonaws.com/sportshub2-uploads-prod/files/sites/1287/2018/04/19210404/WHS-Physical-Form.pdf>) and then uploaded to the site above.
 - All online forms from the site must be completed.
 - The "Confirmation Message" page must be printed and signed. A photo of the completed form must be sent to BOTH Mrs. Rogers (arogers@conejousd.org) AND Coach Scott (chadscott@conejousd.org) on the same email.
 - Please see <https://westlakeathletics.com/athletic-clearance-instructions/> for more info.
2. Complete the Google Form
 - https://docs.google.com/forms/d/e/1FAIpQLScn8fHsiDwzYKd8geXBcDozMp91VeouZw_FKrvtt2jD3Zzdqw/viewform
3. A properly fitted pair of running shoes
 - It is highly recommended that you get properly fitted at a running store like Fleet Feet
 - Other stores either are not as knowledgeable on proper fitting of shoes or try to up-sell you on unnecessary products, such as inserts
 - A properly fitting pair of shoes based on your own running mechanics is the best way to prevent injury
 - Shoes should be replace *at least* once per season
4. Proper running equipment
 - T-shirt, running shorts, and socks
 - Water bottle for during/after the run
5. A positive attitude
 - A positive attitude and the willingness to endure discomfort to be successful

PRACTICE

Attendance

1. Practices are held Monday - Friday from 3:00pm until approximately 4:30pm. Coach Scott is the ONLY coach who can cancel a practice.
2. Athletes must attend all practices. Athletes are enrolled in the class and are receiving credit toward graduation.
3. Athletes may not miss practices to attend outside training sessions. Those need to be scheduled outside of our practice time.
4. Athletes must be properly dressed (athletic shoes and clothing) at all practices, regardless of their ability to participate that day.
5. Athletes must check-out with their event coach before leaving.

Participation

1. Athletes are to positively participate each day as they are able.
2. Athletes are required to participate, even if their individual event coach is not at practice. Athletes may join the sprints group for the day as the basis for all events in Track and Field is speed.
3. Athletes who are injured or are otherwise unable to participate must still attend practice and must still be dressed in proper athletic attire.

Absences

1. If an athlete is unable to be at practice, there are two things that must be done.
 - a. The athlete (not the parent) must email both Coach Scott (chadscott@conejousd.org) and Coach Burns (tburns@conejousd.org) indicating why they will not attend a practice.
 - b. The parent must contact the attendance office to excuse the absence.
2. Athletes will be graded according to the cumulative number of absences during the semester.

Grading Period	A	B	C	D	F
5-Week	5	6	7	8	9+
Quarter 3	10	11-12	13-14	15-16	17+
15 Week	15	16-18	19-21	22-24	25+
Semester 2	20	21-24	25-28	29-32	33+

MEETS

General Meet Information

1. While athlete preference is taken into account, the coaching staff has the final say on the events in which each athlete will compete.
2. Athletes may not leave the stadium without direct approval of Coach Scott or Coach Burns. They are the only coaches who can give permission to leave the stadium (exception listed below)

Meets at Westlake

1. Meets held at Westlake are required. Exception: Westlake Distance Carnival is only required for Distance athletes.
2. Athletes must stay in class until the dismissal time listed on their 5-Star app.
3. Athletes are to report, properly dressed, to the track at the indicated time.
4. Athletes must stay for the entire meet and may not leave early.

League Meets Not at Westlake

1. League meets are required.
2. Athletes must stay in class until the dismissal time listed on their 5-Star app.
3. Athletes are to report, properly dressed, to the bus by the indicated time.
4. Athletes must travel to and from league meets with the team, on the bus.

Invitationals

1. Invitationals are often very long meets and though we do encourage athletes to attend, we do not require it.
2. Athletes must provide their own transportation to and from invitationals.
3. Athletes should plan to arrive in enough time to properly warm-up and check-in for their event(s).
4. Athletes may leave at the conclusion of their event(s).