

Foothill High School Track and Field 2026 Team Handbook

Making the TEAM

Traditionally, Foothill track and field has been viewed as a non-cut sport. For the 2026 season, athletes will not be cut from the team if they dedicate their time and efforts to be contributing members of the team.

However, someone may be cut at any time during the season for the following reasons:

- If an athlete misses a substantial amount of time from practice or meets,
- Displays poor sportsmanship toward another athlete, coach, judge, or spectator,
- Does not give an honest effort at every practice and meet.

Any athlete dismissed from the team cannot earn a varsity letter.

Commitment

Like anything in life, being a part of the Foothill Track and Field team is a commitment that requires dedication and enthusiasm. We are a family that works hard and have fun. The coaches do ask a lot of all of our athletes, both new and returning.

Therefore, this program may **not** be for you if you are....

- just looking to earn PE credit
- just want to add the participation to a college application
- just looking to use this time to socialize with friends
- just looking for any kind of work-out class
- unable to make practices or meets

If any of these things are what you are looking for...then Foothill Track and Field may **NOT** be the sport for you.

We look to each other for motivation and support on and off the field. Joining this team, as an athlete, you are committing to stand by your teammates and coaches. We look to each other for motivation and support on and off the field.

Participation Cost

The participation cost is **\$XXX.00** per athlete, which includes transportation and coaching expenses.

Practice Schedule

Practices are held RAIN OR SHINE! Practices will be held Monday – Friday (except on meet days). On school days practice will begin at 3:35 PM sharp in the stadium and will run until about 5:40 PM. We will normally have a daily 5-10 minute meeting at the beginning of practice to discuss any important details.

Varsity athletes will occasionally be asked to attend Saturday practices. Saturday practices will be from 8:00 to 9:30 AM. Athletes will be told on the Monday before if they should be at a Saturday practice.

Attendance and Expected Participation Level

1. If you cannot attend a certain practice(s):
 - Email/phone/text your event-specific coach in advance and let them know ASAP.
 - The following day, this absence will need to be followed up with a written note from a parent/guardian.
2. Being a part of this team means attending all practices. Respect the work that your coaches put in, the efforts your teammates give, and the support your school gives you. That means:
 - Minimum attendance is 3 times per week
 - Expected attendance is 5 times per week
 - If you have 3 weeks with less than 4 attendance days, you will be dismissed from the team.
 - If you have 3 Friday absences, you will be dismissed.
3. Meets - Athletes must attend all the meets where your coach decided that you will compete. If there are meets that you cannot attend, you must discuss with your Event Coach AS SOON AS you know you will be unable to attend.
 - Additionally, there are reasons for which a coaching decision will be made where you would not be attending a meet:
 - Bad practice performance
 - Bad attendance
 - Lack of respect to the event coach or coaches from other events

Attire/Equipment

The best way to be prepared is to use a duffle bag (backpack too) with all of the essentials for practice/meets. This bag should include items based on your individual needs for competition (e.g., athletic tape, inhalers, energy bar, spikes, measuring tape, water bottle, and whatever else you want maybe a lucky rabbit's foot).

Regardless of what you decide to include in your bag, every day you must wear sweats to every practice! This is required in order to properly warm-up/cool-down, regulate temperature, and prevent injuries.

Athletes must be prepared for practice EVERYDAY! Whether it is cold, hot, raining, snowing, etc., **athletes MUST come to practice in full warm-ups (includes pants/tights, long sleeve shirts/sweatshirts/jackets).** **Athletes not prepared for practice (including not having full warm-ups on) will not be able to practice on that day and will receive an unexcused absence.**

For all athletes that are new to the team, we will have all the uniforms information ready for you for the first week of practice and we will open an e-store for the athletes to buy uniforms and warmups directly from there.

Note: these uniforms are for use during the season and then yours to keep after the season (and for future FHS Track & Field). On this website, you can also purchase additional optional items for yourself and family members.

Rainy Days

On rainy days we will still meet for practices! Meet under the overhang at the entrance to the stadium, and workouts will be subsequently given. The weather in Pleasanton can be drastically different from day-to-day and hour-to-hour; this is another important reason for the appropriate attire (i.e. sweats!)

Inter-league Meets

It is important that we all represent our school well every time we put on our uniforms. Sportsmanship is something that stands as one of this team's core values. Profanity and poor sportsmanship only disrespect yourself, your team, and your school. When we visit schools and host meets, be aware of your surroundings and make sure that you are creating a positive impression.

Home Meets

When we host meets, athletes will not be dismissed early! Athletes should come down to the track immediately following 6th period, geared up, and ready to help set up and compete. It is important that the team stays together so that coaches can make announcements to the entire team, and be able to easily find any athlete that they need to locate.

Our "home base" is the bleachers right under the "Falcon Nest." If you need to use the bathroom or leave the bleachers, please let a few teammates know.

You can find the meet schedule online through the Schedule link on the Foothill Track website www.foothilltrack.com.

Buses for away meets

When we have an inter-league away meet, athletes will be excused for part of 5th period and all of 6th period. It is important that athletes **DO NOT LEAVE PRIOR** to the appropriate dismissal time! All athletes are expected to ride home on the buses with the team after an away meet. Any departure from a meet without checking in with a coach will result in an unexcused absence. We need to be accountable for all athletes...no athlete left behind!

Matching Athletes to Events

Some events are better suited for every individual. Our coaching staff will work with athletes to find the events that best match to that individual. That event match-up has to do with a number of factors, including but not limited to: fast-twitch vs. slow-twitch muscle makeup, endurance, strength, and agility.

The decision of which event for an athlete is fully up to the coaches, not the athlete. Athletes should be open to trying new events, and to also be serving the benefit of the overall team's needs.

The time trials are scheduled for February 20, 2026. Based on the results, coaches will be able to guide athletes to the events that best suit their abilities. The time trials will include the 100, 400, and 1600 meter runs, along with long jump and throwing events. Throughout the season, if athletes improve their performance or demonstrate potential in different events, coaches may reassess and redirect them to those events as appropriate.

Once all the athletes are designated for certain events, if there is a scarcity of athletes in a particular event, athletes should evaluate if they would like to be considered for those particular events (s). If helping the team isn't motivation enough, remember that sometimes it's easier to succeed in a less-impact event. (Better Performance = Varsity Letter)

Earning a Varsity Letter

All of the details for earning a Varsity Letter can be found on the track website www.foothilltrack.com under the Athletes section. Just download the Lettering Standards for information on how to earn a varsity letter.

Parent Involvement

Parent involvement is a crucial part of having a successful track and field team. By attending and cheering on your children, everyone can benefit. Here are a few crucial ways that you can help our team have a successful season:

- Support your son/daughter as athletes on this team...make sure they are getting good rest and nutrition to support their active lifestyle.
- Monitor your child's grades so they stay academically eligible to participate
- Volunteer to help out in the snack shack. We need parent volunteers to help sell sodas, snacks, and food. It's a great way to support the track team and raise funds
- Donate snack shack stock. There will be an active sign-up sheet for items needed to be stocked in the snack bar.
- Volunteer to help out at home meets. A meet cannot run without officiating. By volunteering for home meets you can watch your son/daughter from a unique perspective, as well as get a better understanding of track & field. Please note that in the best interest of our student-athletes, parents are not allowed down on the track during meets or practices (unless they are volunteering).
- Participate in fundraising opportunities. We are the sport at Foothill that has the most athletes participating, so we have a lot of overhead and logistics because of that fact (uniforms, hurdles, track surface, timing system, jump/vaulting pits, etc.).
- Feel free to come to practices to watch your son/daughter train, but parents are restricted to observing practice in the bleachers and cannot be on the track or field. Also, for accountability purposes, individuals unauthorized by the school district cannot instruct athletes.

2026 FHS Track & Field Team Commitment

1. Responsibilities: Family first, academics second, track & field third
2. Own up: Every action has a consequence, be willing to own up to them
3. Roles: Coaches coach...Athletes train & compete...Parents support
4. Respect: Respect your body, your coaches, and your teammates
5. Compromise: Let's meet each other halfway
6. Focus: Focus on your personal goals and what you can do to achieve them

Upon understanding and agreement of this information & criteria presented here, please return the attached sheet to Coach Jorge Quero by 2/17/2026

Athlete Name (please print): _____

Athlete Signature: _____

Parent/Guardian Name(s) (please print): _____

Parent Signature: _____

VOLUNTEERS - ALL PARENTS PLEASE PLAN TO COVER AT LEAST 2 SHIFTS

- | | |
|--------------------------------|--------------------------|
| • TRI-MEET LIV-GRA-FHS | 20 |
| • • SNACK BAR | 12 |
| • AVHS-FHS | 20 |
| • • SNACK BAR | 12 |
| • BAY AREA RELAYS | 120 (3 SHIFTS) |
| • • SNACK BAR | 36 (3 SHIFTS) |
| • TRI-VALLEY NCS CHAMPIONSHIPS | 20 (1 SHIFT) |
| • • SNACK BAR | 12 (1 DAY) |
| • BANQUET | 12 (SET UP AND CLEAN UP) |

The sign-up pages and the uniform forms will be available during the mandatory parents' meeting (2/19/2026).