

RVMS Track and Field – 2026

Welcome to Track and Field! Please read the information carefully and be sure to sign the attached slip and return it to your coach as soon as possible. **PARENTS: Please make sure your email is correct on SportsNet (link is on our RVMS website). This will be our best form of communication with you for practice and meet cancellations, time changes and other important information.**

Coaches:	7 th Grade girls:	Mrs. Sweet	asweet@srcs.k12.ca.us
	8 th Grade girls:	Mr. Pena	apena@srcs.k12.ca.us
	7 th Grade boys:	Mrs. Myers (Head Coach)	kmyers@srcs.k12.ca.us
	8 th Grade boys:	Mr. Meyer (Head Coach)	jmeyer@srcs.k12.ca.us
	Assistant Coach:	Demetre Coffey	dcoffey@srcs.k12.ca.us

Important Dates and times:

Practices: Monday - Thursday 2:15 - 3:30 *We will have practice the first two Fridays of the season 3/27 & 4/3

1 st meet	Rincon vs Santa Rosa @ Maria Carrillo HS (Start time 4:00 - Arrive @ 3:30)	<u>Wednesday, April 8th</u>
2 nd meet	Rincon vs Montgomery @ Montgomery HS (Start time 4:00 - Arrive @ 3:30)	<u>Monday, April 13th</u>
3 rd meet	Rincon vs CCLA @ Elsie Allen HS (Start time 4:00 - Arrive @ 3:30)	<u>Monday, April 20th</u>
4 th meet	Rincon vs. Comstock @ Maria Carrillo HS (Start time 4:00 - Arrive @ 3:30)	<u>Wednesday, April 22nd</u>

Girl's Semi's @ Maria Carrillo HS	(Start time 4:00 - Arrive @ 3:30)	<u>Monday, April 27th</u>
Boy's Semi's @ Montgomery HS	(Start time 4:00 - Arrive @ 3:30)	<u>Wednesday, April 29th</u>
Finals @ Elsie Allen HS	<u>(Field Events start @ 1:00 - Running events @ 3:00)</u>	<u>Wednesday, May 6th</u>

Meets hopefully begin around 4:00 and finish between 6:00 and 7:00 --- see unique start times for Finals above

Order of Events: 200H → 800 → 100 → 400 → 70H → 200 → 1600 → 4x100

*long jump, high jump, shot put, and discus occur whenever athletes get a chance to participate

RULES: PLEASE READ

1. You are allowed to miss two practices during the season as long as you notify your coach that you will be gone. Things like baseball games and soccer tournaments are common reasons.
2. If you miss practice due to a medical reason (illness, medical appointment) or a family vacation and notify the coach prior to your absence, your absence will be excused. An excused absence does not count as one of your two allowed absences.
3. You are expected to attend practice for the full length of each practice. If you need to leave early, please speak with your coach individually.
4. You will be removed from the team if any of the following occurs:
 - a. You have two unexcused absences
 - b. You are removed from practice two times, due to lack of effort or disruptive behavior
 - c. You receive two after school detentions. 2 lunch detentions = 1 after school detention.
 - d. You are placed on the "loss of privilege" list for behavioral reasons or not serving detentions
 - e. You are suspended from school

Events – You will get to try every event in the first few practices of the season. You can tell your coach what you would like to do, however, it is up to your individual coach to decide which event(s) they put you in. You can compete in a maximum of 3 events, plus the relay team (if you qualify). ***Only the top 8 athletes in each event will travel to away meets.***

Weather - Track & Field practice and meets will take place rain or shine. ***If you do not feel comfortable with your child running in the rain or the heat then this sport might not be a good choice.*** On occasion, a meet may be canceled due to inclement weather.

Safety - ***If your son/daughter decides to compete in a distance event then they will be running off campus during practice.*** We try to choose the safest routes possible but there is traffic to contend with and streets to cross. We talk a lot about safety, but it is imperative that athletes follow directions and do not goof around while running off campus. We typically have two coaches run with the distance group and have each athlete buddy up with another runner. ***With this being said, please be aware that athletes are not directly supervised 100% of the time. If you don't feel comfortable with this then we suggest that your son/daughter not compete in a distance event.***

Injuries – If you get injured during track practice, please notify the supervising coach immediately. *If you are injured, we still expect you to attend practice.* Please discuss any injuries with your coach during roll call prior to the start of practice.

Equipment – You are responsible for your own equipment. A decent pair of running shoes is important, spikes for sprinters and jumpers are optional.

****Spikes may not be longer than 3/16 of an inch and must be pyramid shaped!***

Attitude – We expect a hard working and positive team attitude each day. If you don't like to run and exercise, then maybe track is not for you. We expect you to be a positive example from our school at all meets and practices.

Responsibility – We expect you to be responsible for your work ethic and behavior. This means treating your coaches, opponents and teammates with respect. Any type of bullying and harassment will not be tolerated. During practices, you need to be on task. During meets, you need to get yourself to your events on time. You are expected to help out at both meets and practices with whatever coaches need you to do. *Before you leave a meet, you must check out with your coach.*

Communication – Most information about track practice and meets will be given during track practice but there may be other messages during morning announcements that are important as well. *It is your child's responsibility to relay this information to you.*

Concerns - If you or your son or daughter has a concern about track & field, please follow the guidelines listed in the RVMS athletic packet that you filled out.

Step 1: If an athlete/parent is having any issues relating to track, then the athlete should have a conversation with his or her coach *first.*

Step 2: If it can't be resolved, the parent needs to make an appointment with their child's individual coach.

Step 3: If it is still unresolved, then the parent can take up the issue with the Athletic Director Kara Myers.

We look forward to coaching you in Track & Field. We feel that you will find it to be a fun and rewarding experience if you're willing to work hard and listen to what your coaches have to say. If you have any questions, please email one of the coaches.