



## **TRABUCO HILLS HIGH SCHOOL**

### **TRACK & FIELD TEAM POLICIES**

*This team policies document is not exhaustive, and all students are required to abide by these policies in addition to governing CIF, SVUSD and THHS Athletics Policies and Guidelines.*

#### **OUR MISSION/PURPOSE**

**We are creating the most dynamic, disciplined, and competitive Track and Field program in California.**

*“It’s not about getting something, it’s about becoming something.”*

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#### **II. COACHING STAFF**

The Trabuco Hills Track & Field coaching staff is a team of highly talented and skilled professionals who are deeply committed to the academic, athletic, and overall success of our student-athletes. With many of our coaches being proud alumni of Trabuco Hills, Mustang Pride is ingrained in our identity. We strive to meet and exceed the unique needs of every student we serve.

*“Each member of your team has a potential for personal greatness, the leader’s job is to help them achieve it”.*

—John Wooden



### **TRACK & FIELD COACHING STAFF**

JT Ayers	Boys Head Coach. All Sprints, Relays, and Hurdles
Dennis Kelly	Girls Head Coach Girls Distance
Rick Ayers	Asst. Head Coach - Asst. Sprints
Derick Milgrim	Asst. Sprints
Reggie Pamintuan	Jumps
Jack Barnhart	Jumps
Liam Clemons	Head Distance Boys
Darrell Cross	Asst. Distance Boys
Mark Vinci	Pole Vault
Michael Talafus	Shot Put and Discus
Hartzell Alpizar	Shot Put and Discus
Ron Lee	High Jump
Jessica Ayers	Asst. Director of Operations
Mark Nolan	Strength and Conditioning
Caitlin Johnson	Asst. Distance Girls
Jessica Garcia	Asst. Distance Girls

### **III. PHILOSOPHY AND VISION**

Track and Field is a unique sport where athletes compete not only against others but also against themselves. While not every athlete will have the opportunity to compete in CIF Finals or on the Varsity team, every participant will have the chance to improve and achieve new personal records (P.R.) with each race, jump, vault, or throw.

Track and Field is primarily a mental sport where attitude defines success. Participation in the sport allows student-athletes to develop the skills necessary for their specific events while also learning how to reach their fullest potential through hard work, a positive attitude, self-motivation, dedication, consistency, discipline, and effort.



Team members must understand that coaching decisions are made with the team's overall welfare taking precedence over individual preferences. The coaching staff sets strategic objectives for the season while upholding the vision and purpose of the Track and Field program.

Participation in the Trabuco Hills Track & Field program is both a privilege and a valuable endeavor that fosters lifelong lessons and growth for every athlete.

#### **IV. POLICIES**

All athletes are expected to adhere to the following team policies, as well as all governing policies and regulations established by CIF, SVUSD, and THHS for athletic participation. Failure to comply may result in disciplinary action, up to and including removal from the class or team.

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#### **NON-NEGOTIABLES**

The coaching staff has established non-negotiable standards for practices, meets, and team meetings. These expectations are critical for maintaining a productive and respectful environment. When athletes follow these guidelines, coaches can effectively serve as both mentors and leaders. However, failure to adhere to these standards disrupts the team dynamic.

- **Be Early**
- **No Profanity**
- **Always Help Your Team**

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#### **PUNCTUALITY**

Athletes are required to arrive on time for all practices, meets, invitationals, and team meetings. Remember: **“Early is on time, on time is late.”**  
If an unavoidable situation arises, it is the athlete's responsibility to notify the event or head coach immediately.

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#### **PRE-SEASON TRAINING**



Pre-season training begins in early January. Athletes participating in winter sports will join the Track & Field program once their winter season concludes. Optional off-season training is available starting in August. For more details, contact Coach Ayers.

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## **OUTSIDE TRAINING AND COMPETITION**

Athletes may not participate in outside training or additional meets during the Track & Field season (January–May) without prior permission from the Head Coach.

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## **DRESS CODE**

Proper athletic attire, including running shoes, is required for all practices and meets, regardless of injury status.

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## **PERSONAL RESPONSIBILITY**

Athletes are expected to demonstrate personal responsibility both on and off-campus by:

- Attending practices consistently. No missed practices without telling a coach first
- Bringing required materials to practice daily.
- No Cell Phones out during practice or the allotted training time.
- Reporting all injuries to their event coach (including sore muscles, blisters, and minor bruises). Coaches will assess injuries before referring athletes to the Athletic Trainer or recommending external treatment.

### **Leaving Competitions**

Athletes may not leave competition facilities during events, including dual meets and weekend invitationals, without prior approval from the head coach. Exceptions may include:

- Cool-down runs (with permission).
- Early departure with a parent/guardian (requires a signed Transportation Exemption Form).



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## FIELD ACCESS

Access to warmup and competition areas is restricted to coaching staff, authorized volunteers, campus faculty, and competing athletes. Parents and non-competing students are not permitted on the field during practices or meets.

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## TRANSPORTATION

For **dual meets**, athletes must remain for the entire event unless given prior authorization by the head coach. Attendance will be recorded at the start and end of the meet.

For **invitationals**, athletes may leave after their final event if they have submitted a Transportation Exemption Form. Athletes are typically responsible for arranging their own transportation to and from invitational meet sites.

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## QUITTING THE TEAM

Athletes who quit the team or are dismissed must submit a letter to their head coach if they wish to be considered for readmission in future seasons.

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## SPIRIT PACKS

The Spirit Pack includes essential gear and additional merchandise for the season. The suggested donation for the pack is \$350 for both boys' and girls' teams.

- Athletes who make the full donation or secure appropriate sponsorship may keep all items in the Spirit Pack.
- Athletes who do not make the full donation will receive a uniform (top and bottom) that must be returned at the end of the season.



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## PROFANITY & LANGUAGE CONSIDERATIONS

The Track & Field program enforces a zero-tolerance policy for profanity, vulgar language, inappropriate imagery, or gestures. Additionally, hazing, bullying, or discrimination in any form—whether in-person or online—will not be tolerated.

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## ZERO-TOLERANCE POLICY

The Track & Field program enforces a strict zero-tolerance policy regarding:

- Alcohol, drugs, smoking/vaping, and other harmful substances.
- Weapons or dangerous items.

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## DISTANCE ROAD RUNNING

To ensure safety during road running workouts, all athletes must strictly adhere to the following rules:

1. **Never run alone.** Always stay with a group or partner.
2. **Run on the sidewalk.** Avoid running on roads whenever possible.
3. **Avoid major intersections.** Choose safer routes to minimize risk.
4. **Never challenge a car or driver.** Always prioritize safety—remember, vehicles have the right of way.
5. **Maintain respectful conduct.** Misbehavior while running on roads will not be tolerated. Represent your team and school with integrity.
6. **Report unusual occurrences.** Immediately inform your coach of any concerning or unusual incidents upon returning to campus.
7. **Check in with your coach.** Always notify your coach upon returning from a road run.

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## EXCEPTIONS & VIOLATIONS

All exceptions to team policies are subject to approval by the Head Coach, though exceptions will be rare. Violations of team policies or school regulations will be



reviewed by the coaching staff, and appropriate penalties will be determined as necessary.

### **Conduct Detrimental to the Team**

Any behavior that is detrimental to the team or violates school or district policies may result in dismissal from the program.

## **V. MEETS**

Our team participates in two types of meets: dual meets and invitationals.

### **Dual Meets**

Dual meets provide an opportunity for every athlete to compete, and all athletes are **required to remain at the meet until its conclusion.**

For dual meets held off-campus, transportation to and from Trabuco Hills High School will be provided by the team.

As part of our commitment to excellence and team cohesion, athletes are expected to prioritize participation in Track & Field meets above any other outside activities, including club practices or games, church activities, or other engagements. Dedication to the team is essential for maintaining its integrity and success.

*Exceptions to this policy will be granted only in rare circumstances and must be requested and approved by the Head Coach prior to the scheduled meet. In approved cases, athletes may be permitted to leave a meet early.*

By adhering to this policy, we reinforce the importance of each athlete's contribution to the collective success and integrity of our team.

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### **Invitationals**

Invitationals are selective meets held on weekends (Friday and/or Saturday), where participation is by invitation only.

For invitationals, athletes must submit a Transportation Exemption Form. They may leave after completing their final event. In some cases, athletes may need to provide their own transportation to and from the meet.



When self-transportation is required, athletes must stay through their final event before leaving. Parents may then take their athlete home, but athletes must check out with their event coach and/or Head Coach before departing.

## VI. VARSITY LETTER

To earn a Varsity Letter, an athlete must meet the following criteria:

1. Complete a race in a meet at the Varsity level and place 3<sup>rd</sup> or higher or receive at least one point in a dual meet. This includes being a member of a relay team.\*
2. Qualify for CIF or State as an alternate to the Varsity Team.
3. Upperclassmen are eligible for a letter after 3 or more years of active participation in our program.

NOTE: Athlete **must** finish season in good standing

\*Winning an individual event at the Frosh-Soph level, even at League Finals or OC Champs, does not make an athlete eligible for a Varsity Letter. They must compete at the Varsity level to be eligible.

## VII. GRADING CRITERIA

The grading rubric for Track & Field is as follows:

### PARTICIPATION: 75%

The class requires full and active participation to fulfill our program objectives and satisfy Physical Education requirements.

### WORK A MEET: 25%

Trabuco hosts many meets throughout the season. Each grade level will be required to work a track meet. Students are also eligible to receive Service Hours that are required to graduate high school.

**Freshman - TH Invite**

**Sophomore/Juniors - CIF Prelims**

**Seniors - Mustang Round Up**



## VIII. SPRING BREAK/SKI WEEK

### Attendance Requirement for Varsity Athletes:

All athletes who consider themselves **varsity team members** must attend all practices during the spring break period. Failure to attend will result in the athlete being ineligible to compete in the subsequent invitational track meet. All Athletes are welcome!

### Option for Frosh/Soph Athletes:

Frosh/Soph athletes have the option to attend spring break practices. While attendance is encouraged, it is not mandatory for these team members.

### Communication and Planning:

The Head Coach will provide the practice plan and spring break schedule in advance to allow for proper planning and coordination.

### Importance of Continuity in Training:

It's crucial to recognize the significance of maintaining training momentum, especially during the midpoint of the season. Continuing our training during spring break will contribute to our overall performance and success.

## IX. MISCELLANEOUS

### **Athlete Conduct and Accountability**

All athletes are expected to conduct themselves in a manner that reflects positively on themselves, their coaches, their parents, and Trabuco Hills High School. Athletes must uphold the high standards of behavior expected of all Trabuco Hills students, both on and off the field.

While this document outlines many of the policies and expectations for participation in Track & Field, it is impossible to anticipate and list every potential infraction. Any attempt to circumvent these policies or exploit loopholes will not be tolerated.

Athletes are expected to adhere not only to the **letter of the law** but also to the **spirit of these policies**, demonstrating integrity, responsibility, and respect at all times. Those who fail to meet these expectations will be subject to disciplinary action, including potential removal from the team.



By participating in practices and competitions, athletes agree to abide by all the policies and expectations outlined in this document. The coaching staff will hold each athlete accountable to these standards to maintain a safe, supportive, and successful team environment.

These policies are in place to ensure the safety, integrity, and cohesion of both the individual athlete and the team as a whole. Together, we strive to build a program that embodies excellence, discipline, and Mustang Pride.

Updated: 1/2026