DUBLIN HIGH SCHOOL
GAELS TRACK & FIELD 2019
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Team Handbook
An Information Resource for Parents & Athletes

Athlete Checklist

1. **ATHLETIC PACKET** – *Due January 28, 2019*. The **2019 Online Athletic Clearance** must be completed and the **Physical Form** turned unto student activities office before you are allowed to practice. Athletes will only be allowed to participate with the team once all the information on these forms is filled out properly and with the respective signatures.
2. **ELIGIBILITY** – *Each grade report period*. Athletes will not be allowed to compete as a member of the team without having achieved the minimum academic standard for interscholastic sport participation. This requires a 2.0 GPA and no more than one "F" for the most recent grading period.

2019 Athletic "Fair Share" Donation – Track & Field – $125

Dublin High School has set up an athletic "fair share" donation of ***$125*** for the track and field team. These monies are for transportation fees, which include buses and usage of district vans. The donation is asked to be received by Friday, February 8, 2019.

Track & Field Team Rules

- **Academic**: Each athlete will be expected to maintain a 2.5 Grade Point Average (GPA) or higher while participating on the Dublin High School Track & Field Team. If an athlete fails to reach this requirement, the parent/guardian of this athlete, the athlete, and the head coach will have a conference.
- **PE Exemption**: In order to receive PE exemption, the student athlete must complete the entire season *AND FULFIL TWO (2) **PE EXEMPTION EVENT STANDARDS** (POLE VAULTERS MUST FULFIL ONE (1) PE EXEMPTION EVENT STANDARD - THE POLE VAULT STANDARD)*. If a student athlete is removed from the team for any reason, the student athlete will forfeit their PE exemption even if they have completed their mandatory hours.
- **Participation:** Each athlete is expected to be able to physically and mentally handle the rigors of the track & field season at the first official practice. All returning student athletes must be within 2% of their seasonal personal bests at the beginning of the season or are subject to removal from the team.
- **Standards**: Every event group will have performance and training standards and may be limited by numbers of student athletes and results from these standards. Any student athlete is subject to removal from an event group if they are not hitting these performance and training standards.
- **Practice & Competition Attendance**: Each athlete is expected to attend all practices AND competitions. Roll will be taken everyday. Every effort must be made to schedule time so that there are no conflicts with the track & field team. The first unexcused absence will result in suspension from the next competition; the second will result in a one week suspension from practice and the next competition; the third will result in removal from the team. ***Please read special section regarding attendance for Double Days.*** An unexcused absence from a competition will result in an immediate suspension and or removal from the team. ***SPRING BREAK*** – we will be having mandatory practice during spring break so please plan accordingly. More than two unexcused absences during Spring

Break will result in a suspension from the next competition and or removal from the team. ***PLEASE NOTE*** – A NOTIFICATION OF A MISSED PRACTICE ***DOES NOT*** EXCUSE THE STUDENT ATHLETE FROM PRACTICE – IT IS SIMPLY A COURTESY TO ENSURE THAT THE COACHING STAFF DOES NOT THINK THAT THE STUDENT ATHLETE IS CUTTING PRACTICE AND OR QUITTING THE TEAM. The only excusable absences are:

- **Illness or emergency** – must be accompanied with a parent note upon return to practice.
- **Academic (including college visits)** – must be accompanied with a parent and teacher note upon return to practice. Athlete must have also tried to meet with the teacher before school and or at lunch. ***NOTE - taking an SAT/ACT test IS an excused absence; taking an SAT/ACT prep class and or tutoring is NOT an excused absence. Taking a PRACTICE SAT/ACT test is also NOT an excused absence.***
- **Medical appointments**

- **Notification of an Absence**: It is the responsibility of the student athlete to give notice of absences to the coaching staff via email at least 24 hours before the absence for it to be considered excused. Excuses given post absence will NOT count as excused.
- **Distance Makeup Practice** - If a student athlete misses a practice for any reason outside of injury or sickness, they are required to "makeup" that practice at the next available "Double Day" practice. For example, if someone misses a Thursday afternoon practice, they are required to come to the next "Double Day" practice, which would be Friday at 7:00 AM.
- **Air Quality/Heat** - Utilizing AirNow, when the air quality registers in the "USG" range or higher, we will be modifying practice accordingly. This may include practicing indoors on campus or going indoors off campus. Please have alternative measures available if this occurs (ie, treadmill, elliptical machine, exercise bike, etc. at a home or public gym). Also, afternoon practice may be moved indoors or to 6:30 AM in the morning when there is excessive heat in the forecast. Notifications will be made at least 24 hours in advance of an afternoon practice. For example, if the forecast for a Tuesday 3:45 PM practice time is calling for excessive heat, then a notification will be sent out by 3:45 PM the preceding Monday to notify of the 6:30 AM Tuesday practice time change
- **Personal Coaching/Outside Track & Field Athletic Participation** – not allowed for any reason. ***Active team members are not allowed to participate in the Powder Puff football game.***
- **Punctuality**: Each athlete is expected to arrive to practice and competitions on time and ready to participate. After the third tardy, each tardy will count as an unexcused absence along with the consequences.
- **Practice Apparel**: Each athlete is required to wear the proper attire for their event practice and will be determined by their event coaches.
- **Meet Uniforms**: Team uniforms, team shirts and warm-ups are to be worn at all competitions. Athletes are expected to arrive at a competition wearing their team shirts and warm-ups and shall remain on at all times before and after their events. This is important for warming-up, mental focus, team unity and intimidating our opponents. WASHING INSTRUCTIONS: WASH IN COLD, HANG DRY IMMEDIATELY! DO NOT PUT IN DRYER!
- **Conduct**: The Track & Field team members represent Dublin High School and the community. ***Each athlete is responsible for exemplary conduct, both on the playing field and in the community (this includes social media).*** Support your teammates, make a positive contribution to the sport, and act responsibly in every situation. Problems must be handled in a mature and rational manner.

Communication with your coach is essential. If an athlete is unable to live up to these standards, they will be dropped from the team. Additionally, under no circumstances are athletes or parents allowed to dispute rulings with meet officials. Athletes and parents must maintain their composure and let their coach deal with the situation. Parents are only to talk with coaches after practice/competitions, not during. Failure to follow this protocol is grounds for disqualification from competition and suspension from the team.

- Each student athlete is expected to communicate responsibly with Coach. Student athletes that are involved in sports or extracurricular activities *at Dublin High School* must attach schedules for those activities. However, this does not mean they are excused from track and field on those days. Each student athlete must discuss the situation with Coach and determine a plan that allows them to fulfill their obligation to the track and field team. If a compromise cannot be reached, the student athlete will not be allowed to participate on the track and field team.
- **Travel:** The Dublin High School Track & Field team will only be responsible to chaperon and provide transportation and lodging for the student athletes. If a parent would like to travel and lodge with their student athlete, DHS will relinquish responsibility and cancel the travel and lodging arrangements for that student athlete. DHS will not arrange any travel and lodging arrangements for anyone outside of the DHS Track & Field team.
- ***Double Days Attendance*** - if a student athlete misses one of the morning runs during the week, they will make up that run following the next hard workout day (normally Tuesday or Saturday). If a student athlete misses two of the morning runs during the week, they will make up one of the runs after the next hard workout day and the other run will be either the next hard workout day or recommended to do on their own on Sunday. If a student athlete misses three of the morning runs, they can do one of the following:
    - One after the next hard workout, another after the 2nd hard workout, and the 3rd recommended on Sunday.
    - One after the next hard workout and a combination of the other two runs recommended on Sunday.

Mandatory Equipment

Required items: The following are required at all practices and competitions.

- 1 liter water bottle
- running shoes (specifically fitted at running specialty store)
- sweat pants
- running shorts (NO basketball or long shorts)
- digital watch with split/lap time capabilities (***MANDATORY*** for distance runners)
    - **Recommended Watch** - ***GARMIN Forerunner 25***
- spikes (distance runners, hurdlers, jumpers, sprinters, vaulters) and or shoes (throwers)
- post workout snack
- tennis ball, lacrosse ball and a golf ball

Parent Involvement

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Dublin High School Gaels Track & Field depends upon the involvement of parents who are interested in the success of their student athletes. With your help we are able to maintain a safe and supportive environment in which every athlete has the opportunity to experience the rewards of our sport. We realize the pressures and time constraints that parents may have with work, as well as the myriad of responsibilities related to raising teenagers. Many of you are already actively involved in other aspects of your athlete's life. The sacrifice you make to take part in Dublin High School Gaels Track & Field, no matter what role you choose, will make a difference for these athletes.

Involvement Opportunities:

- Help your student athlete be safe and healthy. Good training shoes are a must. Eating the right foods, drinking at least 2 liters of water a day, and getting enough sleep are essential. Help them make track & field a priority in their life.
- Sign-up for volunteering at numerous activities.
- Attend the awards banquet.
- Be a photographer during the meets.

Communication Procedures/Contact List

- Contact 1 – athlete w/ event coach
- Contact 2 – athlete w/ head coach
- Contact 3 – athlele & parent w/ head coach
- Contact 4 – athlete & parent w/ athletic director
- Contact 5 – athlete & parent w/ principal

Head Coach
CHRIS WILLIAMS
Phone: (925)829-4322 x7918
Email: coachchriswilliams@yahoo.com

Athletic Director
TIM SBRANTI
Phone: (925)833-3300 x7110
Email: sbrantitimothy@dublinusd.org

Principal
MAUREEN BYRNE
Phone: (925)833-3300 x7001
Email: byrnemaureen@dublinusd.org

Websites
Team: www.dublincrosscountry.com
Dublin High Athletics: www.dublinathletics.org
Dublin High School: http://www.dublin.k12.ca.us/Domain/132
Dublin Unified School District: www.dublin.k12.ca.us