

Los Altos Track and Field Handbook

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1. Program Goals

Overall

- Learn the sport of competitive track and field - the training, the competition, the personal commitment and lifestyle requirements
- Foster and maintain a positive team culture of hard work, respect and supportive friendships
- Improve fitness and performance level through commitment to training and racing

Coaches Goals

- Coaches will help shape student athletes by clearly communicating the goals, expectations, and rules of Los Altos High School and the Track and Field Program.
- Coaches will guide student athletes to a mature view of competition that embraces an appropriate perspective of both victory and defeat.
- To Encourage student to become life long athletes and understand proper health, nutrition and body maintenance.

Team Goals

- As a team we will develop a strong, positive team spirit and respect for oneself and your fellow teammates.
- As a team, we will strive for the highest level of success that our talents and hard work will allow us to achieve.
- As a team, we will support our individual members as they strive for athletic excellence.

Individual Goals

- Model values that are consistent with Los Altos tradition

- Support their teammates and the whole of the Track and Field program in the pursuit of athletic excellence.
- Enjoy the experience in participating in a team structure and contributing their talents to a larger whole.
- Learn the importance of setting goals and the discipline, hard work, and commitment that is necessary to achieve these goals.
- Learn to graciously manage both success and adversity in a manner that is consistent with Los Altos moral and ethical standards.

Parent Goals - parents involved in the Los Altos Track and Field Program will:

- Understand and participate in the philosophy, goals and objectives of the Track and Field Program
- Support the team through positive reinforcement of their student athlete's efforts as well as those of their teammates and coaches.
- Develop and demonstrate an understanding that their student athlete is part of a team and that team goals take precedence over individual goals.
- Assist the coaches in building team and community through participation by attending team events, track meets, and support of the athletes.
- Demonstrate support for their student athletes by volunteering to throughout the season.

2. Essential Parent/Athlete Info

Mailing List - Required to get Timely Announcements

Go [here](#) to subscribe.

Physicals

Physicals must be completed and turned in with medical/contact forms by the first day of practice 2/1. Athletes may not train until this is done.

Equipment Needs

- Good pair of running shoes - every 350 miles. Recommended: get fit for shoes at a good store that watches you run (On Your Mark - ask for Adam).
- Spikes or event specific shoes.
- Sun protection: hat, sunglasses, sunblock
- Water bottle - mandatory to avoid trips to the water fountains during practice

Transportation Assessment

- A \$100.00 transportation assessment is required for participants. This pays for busses to and from meets. Please make the check out to LAHS Athletics and turn it into the LAHS bookkeeper. An email will be sent at the start of the season.

ASB Card

- All athletes are expected to purchase an ASB card. ASB pays for all invitational entry fees.

GPA

- All athletes must maintain a minimum gpa of 2.0 in order to compete and receive a grade in track and field.

Volunteers

- We depend on our amazing and generous parent volunteers to run a smooth program. Each season, we seek volunteers for the following roles: team parent, uniform coordinator, pasta feed coordinator, pumpkin patch coordinator, slideshow, photographers and awards banquet coordinator.

3. Practice and Training

Regular Practice

- 4:00 PM START - SHARP!
- 6:00 PM END - if you hang around past 6pm, it is your choice, let your parents know.
- Athletes must not run directly home after a training run. Always return to LAHS to check in and stretch.

4. Attendance

- **We expect that Track and Field is your highest priority extra-curricular activity.** Of course academics comes first, but Track and Field should be next. If you have another after school activity that is a higher priority than Track and Field and it will conflict with practices or meets, you should rethink your interest in Track and Field. Make a decision and pick one, don't try to do everything, The Track and Field team is a full time sport that requires 6 days a week for the majority of the season. Please Talk to your coach about your other activities and your coach will help in deciding if Track and Field will fit into your schedule.
- **Be on time!** Practices will start at 4:00pm this year and end at 6pm.. If you are late more than one time in a week, it will count as an unexcused absence (3 and you are off the team - see below). Please be on time and don't push this rule. If you know you are going to be late unexpectedly, notify the coaches before hand. Being late to practice is seen as a lack of respect to your teammates and coaches.
- **3 unexcused absences is grounds for dismissal from the team.** Parents should make a best effort to email the coaching staff of absences *before* they occur.
- **2 missed meets for non-injury reasons is grounds for dismissal from the team.** Athletes are expected to be at all meets for which they are eligible. The tentative schedule is posted early in the summer so please work around the meet dates for

SAT/ACT testing and vacations.

- Missing more than 15 practices for any reason (excused or unexcused) is grounds for dismissal from the team.
- **Winter Break and Spring Break** is a very important time during the track season and attendance during this time is mandatory. If there is any possible conflicts during the break times the parents should notify the Head Coaches as soon as possible. We will be flexible with practice days and times during the break. Do not wait until break to notify the coaching staff of a conflict. Late notification may result in a suspension of the athlete from the team.
- While injured or sick, if you're able to come to school, you still must come to practice. We won't make you do anything unsafe, but we need to check on your progress with the athletic trainer. You will be given an appropriate athletic trainer approved workout that can include bike, pool, core and strength workouts. You may not leave early. If you have a doctor or physical therapist, have your parent notify us before hand just like any excused absence. Try to schedule these around practice times.

5. Meet Rules

- All Athletes are expected to set up for meets and clean up after meets. We will have job assignments for meets. Athletes are required to stay until the finish of the 4x400 relay and cheer on their teammates.
- Athletes must compete in an official LAHS uniform. You may swap out the shorts with identically colored Royal Blue running shorts if you prefer. Black shorts or spandex will not be allowed and you may not be allowed to compete.
- Track and Field is a competitive team sport where we all pitch in to do our best abilities to achieve an optimal outcome in meets. For dual meets, we place emphasis on being competitive and winning the meet with honor. Weekend invitationals place more emphasis on individual competition however we may still try to field competitive relay teams to best represent our school.
- It is important for athletes and parents to accept that Coaches decide the events in which each athlete will compete. The coaches will consider the health, doctor recommendations, personal goals, athlete preference, event variety as well as team goals in selecting the right events for each athlete.
- Relay team participants are completely at the discretion of the coaches. In selecting relay teams, coaches will consider several factors including performance in individual events, relays, team dynamics, attendance and sportsmanship. Because of this, the fastest athletes may not necessarily earn a spot on a relay. This would be an uncommon case however. In order to be on a relay team you must be at all of our Monday -

Saturday workouts. Time trials may be used to aid coaches in team selection, but only at the discretion of the coaches judgement.

- All meet registration and communication with meet and CCS officials is the sole purview of the coaching staff. Athletes and parents must not directly contact meet officials, register their athletes directly with meet officials or meet websites or communicate with meet, league or CCS officials in any way. Doing so will result in the athlete being pulled from the meet on race day. Two occurrences of this by a parent/athlete will result in removal from the team and no credit for the course.
- Coaches cannot guarantee the accuracy of times on various track and field websites (athletic.net etc), meet programs, and invitational results. Coaches will make an effort to ensure correctness of athlete names for relays, but cannot guarantee correctness. Coaches will consider special requests for corrections only as time permits.
- All athletes are expected to ride the bus unless other arrangements have been made prior to the meet. You must be on time, the bus drivers have a schedule to keep, we will leave on time.
- Athletes may NOT drive themselves or with any other student. Breaking this rule will result in immediate dismissal from the team, and the possibility of suspension from school.
- A parent driver may NOT take home any other athlete, unless they're on file with the LAHS District. If a student goes home with a non approved district driver that student will be immediately removed from the team. The volunteer parent driver form can be found [here](#).
- **If you need to take your athlete home earlier, please sign them out with a coach at the end of their warm down. A coach needs to see the parent at sign-out.** This may sound silly, but it is a safety issue that wouldn't seem so silly if your child was involved in a situation.
- Be respectful and courteous to everyone - especially other teams, athletes, officials and coaches.
- Cheer on your teammates in other events!

6. Dealing with Injuries

Part of athletics is dealing with injuries. Almost every athlete will experience some type of injury in their career. It is important to know how to deal with them.

- If an athlete suffers an injury they must notify the Head Coaches, their Event Coach, and the Trainer as soon as possible.

- While injured or sick, if you're able to come to school, you still must come to practice. We won't make you do anything unsafe, but we need to check on your progress with the athletic trainer. You will be given an appropriate athletic trainer approved workout that can include bike, pool, core and strength workouts. You may not leave early. If you have a doctor or physical therapist, have your parent notify us before hand just like any excused absence. Try to schedule these around practice times.

Prevention

- **Stretch** - do your warm-ups, drills and pre-workout stretches with focus and good form.
- **Stretch** - do your post workout cooldown and stretches EVERY DAY.
- **Ice** - ice sore spots, take a 12 minute cold water or ice bath up after hard workouts (up to your hips).
- **Good shoes** - get running shoes professionally fit at a shop that watches you run. On Your Mark in downtown Los Altos is one of the best. Ask for Adam. Replace them every 300 miles. This is one reason why we keep the mileage log.
- **Roll** - get a foam roller and a stick roller and work the sore parts of your body daily.
- **Sleep** - Get regular good sleep every night. You can't heal without sleep.
- **Increase mileage safely** - check with your coaches on mileage increases.
- **Rest** - sometimes taking a few days off is all that is needed to heal.

When Injured

- **If you think you're injured, report the injury to your coaches immediately.** Injuries may not be obvious at first
- **If you're injured for more than three days, a doctor's note is required.**
- **See a specialist,** if your pain is persistent, talk to the coaches about seeing a sports medicine doctor. We can refer you to several doctors and physical therapists in the area.

7. Following the Rules of the Road - Distance or Off-Campus Running

The following rules are required - not optional. They exist for your safety. Not following them repeatedly can be grounds for dismissal from the team or lose in one letter grade.

- Always run with a buddy - at least one other person. If somebody in your group falls behind, someone in your group must wait for them until you get to Mt. Hamilton return route.
- All runners must be back from runs by 5:45pm. Workout officially ends at 6pm. If you stay longer, that is up to you and your parents.
- All runners must return to the LAHS track after their runs and check in with a coach. We need to know you are back and there is important post-run cooldown and stretching you must do. This part of the workout is part of your attendance and grade!

- Obey all traffic rules. Tip: Don't trust the flashing light crosswalks on San Antonio. Just because the lights are flashing doesn't mean cars will see you and stop!

8. Other Rules & Tips for Success

For Athletes:

- **No swearing.** No exceptions. If you slip up, immediately apologize.
- **Show respect** for your teammates, coaches, competitors, officials, bus drivers and parents.
- All equipment must be respected and maintained by the athletes and coaches. Any mistreatment of the equipment will be grounds for dismissal from the team. The cost to replace any damaged or lost equipment will be charged to the responsible party. It is especially important that smaller implements such as barbells, shots, discs, tape measures, poles and watches be well respected.
- **Be Passionate** - Bring a strong work ethic, big enthusiasm and strong resolve!
- **Positive Attitude** - Believe in your abilities and yourself. Say can-do statements to yourself during hard workouts.
- **Consistency and Patience** - Fitness improvements come with a slow progression of regular workouts over time. Believe in the training and the process.
- **Faith in Your Coaches** - Believe in the program. Trust what you are doing. Talk with your coaches about your training and your fitness.
- **Set Goals and Read Them** - Write them down and put them in a place you can read them every day (bathroom mirror where you brush your teeth). Commit to pushing yourself hard and improving toward those big goals.
- **Training Secret #1 - Hydrate** - Can't emphasize this enough. Drink water throughout the day and after your workouts. You also need electrolytes after hard workouts so optimally drink a 50/50 mix of water and Gatorade or Endurox.
- **Training Secret #2 - Sleep** - Teens don't get enough sleep. When you add in 30 to 50 miles of training a week, sleep becomes even more important.

9. Los Altos Track and Field Rules and Expectations

Please refer to this online document for the rules and expectations:

[LAHS Track and Field Rules and Expectations](#)