

# Track Orientation

March 28, 2023

# Coaches:

Aric O'Brien (Sprints)

Lisa Crouch (Distance)

Rosemary Elliott (High Jump)

Jasmine Alvarez-Warren (Long Jump)

Michelle Banta (Shot Put)

# Remind

- ▶ In order to keep you informed throughout the season, we would like to invite you to join Remind. It is a very simple and efficient way to communicate without the hassle of papers going home!
- ▶ Please follow the instructions below to sign up!
  - ▶ Text the message **@centurytf** to **81010** to join

"Nobody who ever gave his best regretted it."

- ▶ Track Events:
  - ▶ 100 meters
  - ▶ 200 meters
  - ▶ 400 meters
  - ▶ 800 meters
  - ▶ 1500 meters
  - ▶ 4 x 100 relay
  - ▶ Shot put
  - ▶ Long jump
  - ▶ High jump
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# Practice Dates

- ▶ We practice on Monday, Tuesday, Thursday, and Friday(unless a meet day).

All athletes are expected to be at every practice. If detention or missed practices are an issue, coaches will limit participation at their discretion.

- ▶ Athletes need to bring water bottles and sunscreen to our practices and meets.
- ▶ Practice starts on Tuesday, April 11

# Track Meet Dates

- ▶ April 21 – Tri meet at Dry Creek
  - Century, Dry Creek, Cole

All Century track athletes participate
- ▶ April 28– Buchanan Area Participation Meet at Buchanan
- ▶ All Century track athletes participate
- ▶ May 5– Buchanan Area Championships at Buchanan
- Only top two athletes in each event are invited to this meet.
- ▶ May 19 – District Championship Meet at Clovis East High School.
- Only athletes who qualified from league meet are invited.

# Track is a Team Sport

- ▶ Our league meet on May 5 counts toward the Buchanan Area standings. The league meet participants are the top two athletes in each event for each grade. Each team overall (grade level and gender) counts toward a place in our league and at the district meet.

# Order of Events at Track Meets

- ▶ All track meets go in this order:
- ▶ Running Events: 1500, 100, 800, 200, 400, Relays (4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>)
- ▶ Field Events:
  - Long Jump– 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>
  - High Jump– 5<sup>th</sup>, 6<sup>th</sup>, 4<sup>th</sup>
  - Shot Put – 6<sup>th</sup>, 4<sup>th</sup>, 5<sup>th</sup>

Track meets only have a starting time. The length of a track meet depends on the number of participants. The coaches and office can not give you an exact time for an event. Come and enjoy the afternoon. Parents are to stay in the stands or on the grass berms to watch their child compete.

# Track Meet Checkout

- ▶ All athletes ride the bus to our track meets.
- ▶ If a parent wishes to take their athlete home from a track meet they must sign out their child from our grade level binders. Binders are located near our team tents in the wagon.
  - Only people listed on their track release form can take a child home from a track meet. Make sure these people are on your emergency contacts in the office.

# Uniforms and Practice attire:

Wear comfortable clothes and comfortable shoes to practice. Make sure they adhere to the CUSD dress code. Athletes are able to change right before practice. Track spikes are not needed. We supply them for league and district meets.

All athletes will check out a uniform the week of April 17. Remember they are responsible for them. **DO NOT** Iron the uniforms. If it isn't returned or is damaged they will be charged for the uniform.

# Track Sign Up and Notes

- ▶ Track reminders will be sent via the office. Find it on our Century website if you don't have it already. We will upload this presentation to the website in the next few days.
- ▶ Make sure you have signed up on Permission Click before our first practice on April 11. The link is below and can be found on the Century Website. Parents without a computer can go to the front office to fill in the paperwork online.
- ▶ <https://permission.click/yOgz9/us>

# Student Athlete Code of Conduct

- ▶ You are a student first and an athlete second.
  - ▶ All athletes maintain passing grades.
  - ▶ All students have good character. This includes the school day as well as on the track team. Multiple detentions and suspensions will lead to track team termination.
  - ▶ You are to be at all practices. If you will be absent it needs to be approved by one of the coaches.
  - ▶ All athletes have a positive attitude and strive to improve at practice.
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# Code of Conduct – cont'd

- ▶ All athletes respect and care for their uniforms and track equipment.
- ▶ Block C points are awarded only to athletes who participate in at least 2 track meets.

**Remember all parents need to be in the bleachers or the grass a at all track meets. Parents are not allowed in the infield of the track due to safety issues.**

# Common Questions

1. How many meets does each athlete get to participate in?
  - All athletes participate in the first 2 meets. Remember that if your conduct doesn't follow the code you signed, these meets can be taken away.
2. What if it is a hot day?
  - The office helps us keep track of the healthy air zones and we take water breaks throughout practice.
3. How do we pick league participants?
  - Meet results, run offs, athlete attitudes, coach's expertise.