

# Alhambra High School Track & Field 2022

## Team Handbook

### An Information Resource for Parents & Athletes

1. **ATHLETIC CLEARANCE**– Due NO LATER THAN Feb 4th. Athletic Clearances have to be renewed every year. Athletes will not be allowed to fully participate with the team until all the information in the registration is filled out properly and with their respective signatures. This means making an appointment for a physical or getting a cleared note from your doctor ASAP! Alhambra is using an online clearance process. Just look for the "Online Athletic Clearance Link" on the Alhambra Athletics website page. See the

### 2. Sports Contribution – \$150

These monies are an essential funding for Alhambra Athletics. These funds go towards transportation fees, league fees, officials, equipment, and general athletic costs. Since a court ruling a few years ago, not allowing schools to require a fee for athletic participation, funding for athletics has drastically dropped and the school district DOES NOT fund any of this for athletics. Please help with what you can. The online athletic clearance process allows for an easy way to provide this.

### 3. Fundraising

Different than the sports contribution to AHS General Athletic Fund, this is the essential team budget. This is a very expensive sport in regards to equipment costs. We rely heavily on contributions directly to the team for the cost of starting blocks, hurdles, poles, throwing implements, training gear, etc. Our fundraising efforts focus on the following sources:

- Martinez/Tim Bruder Relays - Sponsorships from families and the Community at large
- E-team Sponsor - email donation campaign
- Fan Cloth - buy gear and fundraise at the same time!
- Checks made out directly to AHS Track & Field

### 4. Volunteering

We literally *cannot* run track meets without parent volunteers. This is your chance to get a front row seat at competitions by helping to officiate the Shot Put, Discus, High Jump, Pole Vault, Long & Triple Jumps. Sometimes we also need help at the starting line, relay exchange zones, bullpen, etc. You don't have to be a coach to know who to run the events and easy training will be provided. Sign ups will be available online through <http://signupgenious.com>

## Important Team Rules

**1. Consistent Practice Attendance:** Each athlete is expected to attend all practices. Every effort must be made to schedule time so that there are no conflicts with daily practice. If a valid reason for missing practice exists (illness or emergency), the athlete must notify the coach prior to the practice that will be missed. MISSING PRACTICE WITHOUT PRIOR NOTIFICATION MAY RESULT IN SUSPENSION FROM COMPETITION. ATHLETES THAT FALL BELOW 80% PRACTICE ATTENDANCE ARE INELIGIBLE FOR COMPETITION AND MAY BE DROPPED FROM THE TEAM.

**2. League Competition Availability:** Each athlete is expected to be available to compete at all league competitions. Athletes and parents must examine the competition schedule to ensure that the athlete is able to meet this requirement for competition. BEING ABLE TO COMPETE AT THE LEAGUE COMPETITIONS, INCLUDING ALL REGULAR SEASON LEAGUE MEETS AND THE LEAGUE CHAMPIONSHIP MEET IS A REQUIREMENT OF PARTICIPATION.

**3. Punctuality:** Each athlete is expected to arrive to practice and competitions on time and ready to run. IF LATENESS BECOMES CHRONIC ATHLETE WILL BE DROPPED FROM THE TEAM.

**4. Practice Apparel:** Each athlete is required to wear RUNNING SHOES, SHORTS or TRACK PANTS, and TOPS to practice. The start of track season is cold - bring pants, leggings, tights or sweats. Keeping muscles, joints, and tendons warm are of utmost importance. Spikes are necessary for sprinters, hurdlers, and jumpers. **Deals on training shoes & spikes!** <http://www.firsttothefinish.com/index.asp>  
Or <http://www.runningwarehouse.com/>

**5. Meet Uniforms:** Team uniforms, sweats & team shirts are to be worn at all competitions. Athletes are expected to step off the bus wearing sweats and team shirts! Sweats & team shirts shall remain on at all times before and after your races! This is important for warming-up, mental focus, and team unity. WASHING INSTRUCTIONS: REMOVE ANY BIB NUMBERS. Wash and dry on gentle cycle. Compression wear should not be placed in the dryer.

**6. Transportation to and from Competition:** Athletes transported from AHS to an away competition via district bus must also return to AHS via district bus or be released to their **legal guardian** at the competition site. Athletes will not be released to anyone other than a legal guardian without prior approval from that legal guardian communicated to the coach. Team policy further requires that any athlete not returning to AHS with the team via district bus give the head coach verbal notification and visual confirmation of the presence of a legal guardian before departure. FAILURE TO FOLLOW THESE PROCEDURES MAY RESULT IN SUSPENSION FROM THE FOLLOWING COMPETITION.

**7. Athlete Conduct:** Track & Field Team members represent our team on campus and represent Alhambra when off campus. They are representatives of the school and the community. Each athlete is responsible for continuing our tradition of exemplary conduct. 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. ATHLETES UNABLE TO LIVE UP TO THESE STANDARDS MAY BE DROPPED FROM THE TEAM.  
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. FAILURE TO FOLLOW THIS PROTOCOL IS GROUNDS FOR DISQUALIFICATION FROM COMPETITION AND SUSPENSION FROM THE TEAM.

### **Communication Procedures**

Parents are encouraged to allow their **athlete** to communicate directly with the coaches at practice and through email/text to the Head Coach. All communication regarding practice and meet attendance, questions about team policies, reporting of injuries or other concerns, must start with the coaching staff! Please follow the following communication chain with regards to resolving questions and concerns: Always start with the coach!

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

Head Coach  
Katherine Hern  
Email: [khern@martinez.k12.ca.us](mailto:khern@martinez.k12.ca.us)

Websites  
Team & Stats website: Athletic.net  
Alhambra High Athletics: <http://www.alhambrahigh.org/athletics>

## Varsity Athletic Letter Requirements

● **Athlete must compete in a minimum of 3 Varsity competitions and attend a minimum of 90% of the practice sessions to be considered for a Letter Award:** Only athletes that compete in at least 4 Varsity competitions and attend at least 90% of the practice sessions during the spring season are eligible to be considered for a VARSITY Track & Field Letter Award.

Achievement of one of the following automatically earns Letter Award provided the athlete has competed in 3 Varsity competitions and attended at least 90% of the practice sessions.

- **30 points earned in league competition**
- **Achievement of 2 Letterman Event Standards**
- **Qualification to DAL League Finals**

ATHLETES THAT QUIT THE TEAM FOR ANY REASON, OR ARE DROPPED FROM THE TEAM AS DISCIPLINARY ACTION, OR FAIL TO ACHIEVE THE MINIMUM ACADEMIC STANDARD FOR PARTICIPATION FORFEIT ALL AWARDS.

THE COACHING STAFF RESERVES THE RIGHT TO MAKE THE FINAL DETERMINATION ON ATHLETE LETTERMAN STATUS IN THE INTEREST OF PRESERVING THE INTEGRITY OF THE LETTERMAN AWARD.

### Letterman Standards

Achievement of Letterman Standards in TWO separate events qualifies athletes for a Track & Field Letter Award provided that the athlete has attended 90% or more practice sessions and participated in at least 3 competitions during the season.

EVENT	VARSITY BOYS	VARSITY GIRLS
100m	11.8	13.5
200m	24.2	27.8
400m	54.2	64.4
800m	2:08.0	2:34.0
1600m	4:52.0	5:48.0
3200m	10:46.0	12:44.0
110H/100H	17.8	17.8
300H	45.5	54.0
400 Relay	45.0	52.0
1600 Relay	3:36.0	4:24.0
High Jump	5-8	4-6
Long Jump	18-6	14-6
Triple Jump	38-0	29-9
Shot Put	39-0	27-0
Discus	108-0	80-0
Pole Vault	11-0	8-6