

Oxnard Track and Field



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-Trust the process.

The coaching staff at Oxnard High School is dedicated to creating a positive learning environment that challenges the athlete to strive for high individual and team goals. This sport provides fertile grounds for learning many lessons, including:

- Confidence/Pride
- Goal-setting
- Discipline
- Courage
- Responsibility
- Self-assessment
- Teamwork
- Preparation
- Effort
- Humility
- Determination
- Attention to detail

We expect all athletes to conduct themselves in such a manner that brings credit and honor to themselves, their teammates, the team, the coaches, the sport, the athletic department, and Oxnard High School. We expect that each stakeholder makes every effort to ensure this season is a positive experience. We also require that each athlete is a positive force in the classroom, displaying respect to both teachers and students.

Track and Field at Oxnard High School is a C.I.F. Division 1 Sport, as well as a 4th period athletic P.E. class. We compete at the Varsity and Junior Varsity levels (sometimes Frosh-Soph), and adhere to the Code of Ethics and rules set-forth by our school and CIF. Successful completion of the class and season will result in earning **5 credits towards graduation per quarter.**

Requirements and Expectations

Practice: Practice is crucial to the development of athletes. Athletes are required to attend every practice, *rain or shine*, beginning at 4th period (dressed by 2:15 and sitting in the bleachers for attendance) and ending at 4:30 P.M. or when their event coach dismisses them. Athletes are required to dress in appropriate athletic clothing or the practice will not count. Do not schedule appointments (doctor, dentist, hair, etc.) during practice. A better time for appointments could be on late start days or the days before meets after 3:30 PM. Schedule make-up work with teachers at lunch or after practice. If you are injured, your workout can be adjusted. **You earn your way into meets by practicing with the team. No practice = No meet.**

Track meets: Athletes are required to attend ***each*** track meet on our schedule. Track meets are the equivalent of tests. Making improvements is a factor in grading. Some track meets are in the evenings and/or on the weekends and are mandatory. In some cases, students will be dismissed early from school to be transported to the track meet. It is the athlete's responsibility to notify her teachers in advance and complete the required work to maintain a 2.0 grade point average or better. Athletes are required to travel on the team bus to meets and stay until the end of the final event. **Attendance will be taken at the end.** Coach must **SEE PARENT** for dismissal from away meets.

Grading: Grades will be based on attitude, commitment, participation, and all of the coaches' subjective impression of the athlete giving 100% effort at all times. Each athlete in the class begins with 100 pts. If an athlete is tardy to practice it is a 2 pt. deduction, misses a practice it is a 5 pt. deduction, or misses a track meet it is a 15 pt. deduction. (Non-dress is missing a practice) You will be graded down for lack of responsibility, the perpetual phantom injuries or illnesses that happen at opportune times (i.e. midway through a tough workout), or whining.

100-90= A

89-80= B

79-70= C

69-60= D

59-0= F

Injuries/Illnesses: If an athlete is injured during practice, a meet, or after hours, he/she must report it to her coach as soon as possible. If/when an athlete goes to a doctor, please bring copy of note/excusal to the head coach. A follow-up visit/note indicating the athlete is cleared to practice will be required to resume practicing with the team. Grade will not be affected if injury is documented. Similarly, athletes should report illnesses upon detection. If you are well enough to be at school, you are expected to dress and participate to the best of your ability- there will be no sitting in the stadium. Athletes also have the option of being treated by our athletic trainer. Athlete should communicate with both coach and trainer about recovery protocol and return-to-play plan.

Players play - coaches coach - parents support!

Be a mentally tough athlete

- | | | |
|--|--|--------------------------------|
| 1. Self-motivated | 4. Fully responsible - makes no excuses, lays no blame | 8. In control of emotions |
| 2. Mentally alert and focused | 5. Coachable | 9. Calm and relaxed under fire |
| 3. Self-confident - based on preparation | 6. Determined | 10. Trust the Process |
| | 7. Positive, yet realistic | |

How to break personal records (PRs)?

- | | | |
|-----------------------------|---------------------------|---------------------------------|
| 1. Vary your training | 6. Improve your nutrition | 11. Get a positive role-model |
| 2. Get more sleep/rest | 7. Drink more water | 12. Read inspirational material |
| 3. Visualize | 8. Improve technique | |
| 4. Positive self-talk | 9. Research your event | |
| 5. Set-goals and benchmarks | 10. Watch videos | |

CHECK THE MEET SCHEDULE on OHSTFCC.com

Check Live Results on speedtiming.net

**It's not about where you start, it's about
where you finish.**

Oxnard High School Track & Field

Team/Class Contract

Please return this contract, signed by both student and parent, to GoogleClassroom by **December 23, 2022**.

STUDENT-Athlete COMMITMENT:

I understand the requirements and expectations of Oxnard High's Track & Field Program and the Track & Field Class. I agree to commit to learning, working hard, bringing my materials/equipment every day, being respectful of myself, others, and the coaches, and following the terms of the contract.

PRINT NAME: _____

SIGNATURE: _____

DATE: _____ cell phone# _____

Email address: _____

PARENT COMMITMENT:

I have read and understood the requirements and expectations of my student-athlete in Oxnard High School's Track & Field Program and in the Track & Field class. I agree to help my son/daughter by being supportive and by monitoring class work. I am aware that I can monitor my son/daughter's grade and assignments in all courses by signing up for the school district's ParentVue program. Call the help desk 805-385-4141 for a password.

PRINT NAME: _____

SIGNATURE: _____

DATE: _____

EMAIL ADDRESS: _____

Phone numbers: Home _____ Work _____ Cell _____