

2022-2023
Beckman's Track and Field Contract
Please read this very carefully before signing.

Being part of the Track Team is a privilege not a right or entitlement.

TRACK IS NOT A PART-TIME SPORT.

Every athlete who joins the track team must understand that the track and field team is first a team sport before it is an individual sport. The Pacific Coast League names a team champion, Orange County Championships has a team champion, CIF has a team champion and there is even a team champion named at the State meet.

Once you are a member of this team, the benefit of the team comes first. Upon reading and signing this contract you understand completely that your placement in an event or events is determined by the coaching staff, not by you or parents. If the team is placed first, then individual success is bound to happen, but if you put the individual first, team success is not a given.

My philosophy is simple. Being part of this team is practice for being part a team for your chosen profession later in life. It teaches you how to get along with your peers and work together to reach a common goal, how to work things out when things do not always go your way, and how to overcome setbacks or disappointments. Along the way you learn discipline, commitment, accountability, goal setting and you learn to be persistent. The outcome may be the joy of success, great friendships (some last a lifetime), great memories and many useful life lessons learned.

If you are willing to work hard and you are able to put your team first and strive to become the best student-athlete to represent Beckman High School, then the track and field team is the team for you.

Once again, please read the contract thoroughly several times before you commit to the team. If you have any questions that are not answered in this contract, please contact Coach Moore at gmoore@tustin.k12.ca.us.

The following are the rules and guidelines that I will expect each athlete to understand and follow this season. No one may be allowed to join unless they have completed their Athletic Clearance.

Absences. Absences are directly related to the grade you will receive. Being on the track team is also a class in which you receive a grade for physical education credit. If you are just doing track for the P. E. credit, then I would highly recommend you enroll in a regular P. E. class. Attendance is a large portion of your grade. All college athletics have adopted a grading scale and every athlete receives a grade for being on the team. The following is an example of how your grade may be calculated with a big portion of your grade coming from being at practice daily:

- 80% of your grade is based on attendance.
- 10% on participating in meets.
- 10% Punctuality, effort, coachability, respect
 - In this category 1-3% may be deducted each time an athlete is disrespectful to a coach or teammate, displays poor sportsmanship or a lack of effort at practice, leaves early from practice or meets, comes late to practice without a note from your teacher, does not help in tear down of the meets, etc.

Every athlete is allowed 3 excused absences for the year. These include illness (except in the case of COVID quarantine) in which you were not at school, family emergency such as a funeral or accident.

Tardies. Each time you are tardy you will have ½ of a percentage point deducted from your 10% miscellaneous category. Each athlete may be allowed 2 tardies without deductions.

Eligibility. Per CIF, in order for an athlete to be academically eligible they must maintain a grade point average (GPA) of 2.0 each quarter. Remember you are all ***student-athletes***. You will notice that ***student*** is first.

Practice at Beginning of Week. If you miss practice Monday or Tuesday in a week that we have a weekday meet, then that athlete may not compete in that meet. The reason behind this is that Monday and Tuesday are the most crucial workouts of the week and the most challenging for the athlete. Exceptions may be made if it was an excused absence cleared by your event coach.

Leaving a practice or meets before they have concluded. I expect everyone who is part of the TEAM to stay until the end. I also expect you to support and cheer on your teammates when you are not competing and help clean up if we are hosting the meet. We will have a brief meeting to talk about the meet and results.

Dual meets will usually end around 6 PM. If you do leave early, it may be counted as an tardy/absence. The League Finals is as long as a dual meet, so also make plans to stay until the end.

Invitational Track Meets. You will not be required to stay the entire meet. Once your events are done, you can leave after your cool down. You just have to check out with your coach before leaving. If the team goes on the bus, then the team will return on the bus.

Spring Break. Please plan ahead when it comes to scheduling vacations. It is very unfortunate that we have a week-long break in the middle of our season. There may be practice each day during Spring Break. The most important meets of the Track and Field season occurs after Spring Break. Taking the week off or missing days during the break will not be beneficial to the team or the individual athlete.

Invitational Entries. If you are one of the top 3 in your event, you will most likely be entered in Invitational Track Meets. Our League has three levels: Frosh/Soph, Junior Varsity, and Varsity, but most Invitationals are divided into Frosh/Soph and Varsity. The Boosters pay for these meets.

It is extremely important that you communicate at least two weeks prior to the meet date that you are unable to compete.

Practices. Off-Season practices may be Mondays, Tuesdays and Thursdays (2:45 PM – 4:45 PM) from the beginning of the school year until November 17th. Off-Season will then go five days a week after Thanksgiving Break. There may be morning practices Monday (November 21st), Tuesday and Wednesday of Thanksgiving Break. After

Thanksgiving Break, practices may be Monday through Friday until December 16th. Be prepared to stay until 5:00 PM during the week. Depending on weight room availability, practice may go as late as 5:30 PM. Practice times during Winter Break may be announced later. Saturday practices may begin after Winter Break and times may be determined by your event coach. Failure to participate in Saturday practices may limit the number of Invitational meets in which you may be entered.

If you are not feeling well or are injured and were at school, then you still dress out unless you have spoken with your event coach and you have come up with another arrangement. Your participation in the practice may be limited or modified due to illness or injury, but you are still a part of the team and will need to follow the rules of all the team members.

Practice will not necessarily be cancelled due to rain.

Practice is over when your event coach dismisses you. The athletes are responsible to return all equipment to the proper storage facility before leaving.

Road Workouts. The following rules should be strictly followed for the safety of our athletes:

1. Never run alone.
2. Avoid all major intersections
3. Always run on the sidewalk
4. Run in a single file when necessary. Never challenge a car.
5. Misconduct on the roads will not be tolerated.
6. Always report any unusual circumstances upon your return to the track.
7. Always run the course you have been told.
8. Never run in the bike lane if there is a sidewalk to run on.
9. Always report back to your coach when you return.

Private Coaches. We do not condone the involvement of private coaches during the season. If you have been working with a private coach during the off-season, please understand that once you begin to practice with the Beckman Track and Field team, your primary coach is your event coach hired by Beckman. The only coach you should be taking instruction from during a practice or meet is that coach employed by Beckman.

2022-2023 Athlete/Parent or Guardian Agreement Form

Please sign, date, and return this page on or before the day the athlete joins the team.

To the coaching staff,

I have read and understand the entire team contract and I agree to abide by everything stated in it.

**IF ATHLETE IS CURRENTLY IN A BHS WINTER SPORT,
PLEASE INDICATE IT HERE: _____**

Athlete's Signature: _____ Date: _____

Parent's/Guardian's Signature: _____ Date: _____

Parent's/Guardian's Email: _____
(Please Print Clearly)