

# 2019

## SKY VIEW TRACK AND FIELD ATHLETE EXPECTATIONS

### PHILOSOPHY

Our philosophy is to create and implement a positive athletic track and field program whereby the student athletes will learn a variety of skills specific to track and field, improve upon those skills already known, while at the same time developing healthy, enjoyable habits for lifetime of physical fitness, good health, and enjoyment.

### ATHLETE ELIGIBILITY

- **PHYSICALS** - All 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade girls and boys are eligible if they have a medical physical signed by their physician on file in our Athletic Department. 6<sup>th</sup> graders will need an updated physical. All 7<sup>th</sup> graders will need an updated physical, even if they had one in 6<sup>th</sup> grade. 8<sup>th</sup> graders are required to have an updated physical only if their physical was obtained in 6<sup>th</sup> grade.
- **PAY TO PLAY** – Pay to play fee is due by Friday, April 5<sup>th</sup>. Please make arrangements with our Athletic Secretary Kristi Thompson if this is not possible.
- **FAMILY ID** – Bend-LaPine School District uses FamilyID for our sport registrations.
- Athletes will not be allowed to participate in practices until ALL the above requirements are complete.

### ATHLETE PARTICIPATION REQUIREMENTS

Several areas will be taken into consideration when determining an athlete's eligibility to participate each week at our track meet:

- **Having GREAT attendance and being on time to all practices.** If an athlete is going to miss practice, a note is required to excuse the absence or it will be considered an unexcused absence. Practice starts daily at 2:55 sharp!!!
- **Effort and having a Positive Attitude during practice.**
  - **Good Sportsmanship** - (*positive behavior towards teammates, coaches, and opponents*). Athletes will get a warning for unacceptable behavior. If the behavior continues the athlete will not be allowed to participate in the upcoming meet. Parents will be contacted.
  - **Academics** - Athletes are required to have all passing grades or they will be placed on academic probation. See attached sheet for how the academic accountable will work.

- **Behavior.** Poor behavior is not allowed! Sky View Administration, Coaches, and the Athletic Director will work together to deal with all behavior issues that happen during school and during practice/meets.

### SEASON AND PRACTICES

- Practices will be Monday through Friday from 2:55-4:35. There will be one Wednesday practice this year. Wednesday, April 10<sup>th</sup> will be picture day from 1:15-2:45. All other Wednesday's will be a no practice day.
- Athletes will be available for pickup at 4:45. *Please be on time to pick up your child ☺. Athletes will be supervised until 5:10 during practice days.*
- Season meets are held on Tuesday or Thursday, beginning with field events at 3:30 and running events at 4pm. Most meets are over by 7pm.
- **Schedule is attached.**

### BUSES AND PARENTAL TRANSPORTATION

- Bus transportation is provided to all meets. We will take roll before athletes get on the bus. **There will be no transportation back to Sky View for our in-town meets.**
- Parents are asked to be at the meet by 6pm to transport their child home. Athletes may leave once their events are over. If an athlete plans leave early, please check out with Coach Jones or your field event coach.

### UNIFORMS:

- Sky View provides jersey tops and shorts. Athletes also have the option to wear their own black shorts. Athletes are required to turn in the same uniform that was issued to them at the beginning of the year. If the athlete fails to do so, they will be charged a fine to replace the lost uniform.
- **Full uniform dress is required to compete in every track meet.**
- No jewelry is allowed during track meets.
- During practice time, athletic shorts or sweats and appropriate shirts may be worn. Spaghetti straps or shorts with zipper bottoms and pockets are not allowed. Inappropriate clothing will result in an unexcused absence and the athlete will be sent home. Appropriate running shoes are required and must be laced tightly.

### EXPECTATIONS DURING TRACK MEETS:

- We will have a designated "home base." All athletes will drop their bags in this area. This is where Sky View will hangout during the meet when they are not competing.
- The host team will call out and announce the order of events. For example: "100meter girls' first call," etc. Each athlete is expected to listen closely and will be responsible for getting back and forth from field events to running event.

- All athletes are expected to warm-up on their own at the meet. Coaches will talk with each athlete regarding warm-up times and what to do to make sure their body is ready to compete.

### **VOLUNTEERS:**

- We are very grateful for any parents or family members who would like to volunteer at practices or meets. With 150 or more athletes the more eyes we have the better. We want to make Sky View Track and Field a safe and fun place to be for our student-athletes. Please contact Coach Jones by email ([matt.jones@bend.k12.or.us](mailto:matt.jones@bend.k12.or.us)) if you would like to volunteer.

### **COACHING STAFF:**

- Matt Jones – Head Coach, Sprints, Short Relays
- Peter Hatton – Distance, Long Relays
- Debbi Mason – Long Jump, Short Relays
- Jenny LaDuca – Long Jump, Distance
- Todd Andresen – Discus
- Jeff Young – Shot Put
- Brady Brent – High Jump
- Michael Sanders – Long Jump, Throws
- Jeff Adkins - Hurdles