



Parent/Athlete Handbook

Central Catholic High School Track and Field

Emma Vaughan, Head Coach and Hurdle Coach

Contact Information:

evaughan@centralcatholichigh.org

Assistant Coaches:

- Robyn McGillis - Distance
- Dave Frank - Distance
- Madison Nasteff - Distance
- Jerry Himmelberg- Distance
- Tim Swietlik - Distance
- Conrad McKethan - Jumps
- Craig Pyne - Jumps
- Paul Scarlett - Sprints
- LaReina Star - Sprints
- Monnie Spears Rogers - Sprints
- Charlie Landgraf - Throws
- Jordan Miller - Throws
- Barry Dillard - Program (Multiple Events)
- Anthony Gray - Program (Multiple Events)

Communication:

- SIGN UP FOR REMIND APP - <https://www.remind.com/join/ccrams2023>
- Follow @ramsrn on instagram
- Team Website: <https://www.centralcatholichigh.org/athletics/sports-schedules/track-and-field.html>
 - Calendar
 - Records/Top Ten
 - Entries
 - Meet Recaps
- [Athletic.net](https://athletic.net)
 - Results
 - Schedule
- Concern/Issue Flowchart
 - Email/phone call with the head coach
 - Meet with head coach and event coach
 - Meet with head coach, event coach, and athletic director
 - Meet with head coach, event coach, athletic director, and principal

About Track and Field:

Track and Field is a spring sport offered to eligible students at Central Catholic High School. The team is divided into Varsity and Junior Varsity based on athlete performance and is subject to change per coach's discretion. The events an athlete may compete in:

Throws	Jumps	Sprints	Hurdles	Distance	Relays
Shot Put	Long Jump	100m	100/110m HH	800m	4x100
Discus	Triple Jump	200m	300 IH	1500m	4x400

Javelin	High Jump Pole Vault	400m		3000m	
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- **Relays:**
 - 4 athletes with 2 alternates will be classified as varsity
 - 4 athletes will make up a JV relay
- **Field/Running Events at Varsity Districts:**
 - 3 athletes will be classified as varsity

Academics:

- Athletes must be in good academic standing in order to compete. Athletes are allowed to practice but will not be allowed to compete. See eligibility section.
- If a student needs to attend tutoring or make up a test, that is the first priority but needs to be communicated.
- If a teacher contacts the coaching staff with concerns about an athlete, the coach/head coach will address it with the athlete and parents. This could include but not limited to academics, grades, attendance, tardiness, etc.

Attendance:

- Athletes must communicate prior to practice with the head coach by email if they are going to miss a practice. If an athlete is going to miss for an illness, appointment, school event, or a secondary sport, the athlete will be able to compete in the upcoming meet.
- If an athlete misses practice without communicating, they will not be allowed to compete in the upcoming meet.
- If an athlete skips a meet without communicating, they will not be allowed to compete in an upcoming meet.
- **IF YOU MISS TWO PRACTICES IN A ROW YOU WILL NOT BE ALLOWED TO COMPETE IN THE UPCOMING MEET.**
- Event coaches are responsible for keeping track of attendance. If you are not in attendance for the two practices leading up to a meet, you will not be allowed to compete.

Practice:

- Athletes need to be on time and complete the warm up. If an athlete does not attend this portion of the practice, the athlete will not compete in the next meet. Athletes need to complete the given workouts to their best of their ability and communicate any discomfort. If an athlete is not able to complete the workload of a practice, then the athlete is not prepared to compete. This will be communicated from the event coach.
- Athletes who are completing extra workouts through another sport outside of our practice time need to be communicated to the head coach and event coach so we can best prepare the athlete.
- Athletes must wear appropriate clothes to practice, this follows the dress code of our school. Athletes also need to be prepared for all weather. Athletes need to have running shoes. Some events require specific shoes, but are not required to compete.

Meets:

- Athletes **will be provided a bus** to the meet. THE EXPECTATION IS ATHLETES WILL RIDE THE TEAM BUS. An athlete must clear a written note 24 hours in advance if they are not **able** to ride the bus. Athletes can get a ride home from a parent, but must check out. Athletes can ride home with another athlete's parent with a written note or email to the head coach to show permission.

- Examples of reasons that would be considered to get an alternate ride:
 - Athlete lives nearby the school we are competing at
 - Academic need (can't miss the class period for an assessment or due to a low grade)
 - Family event or an appointment conflicts with departure time
- If an athlete skips an event or meets without notification, they will be suspended from the event or meet.
- Athletes who practice every day and start practicing from the first day will compete in a minimum of 8 meets.
 - 1 - Intersquad Meet
 - 2 - Preseason Meet
 - 4 - Conference Meets
 - 1 - District Meet
 - Meet entries will be completed on Monday and will be posted on Tuesday morning with an estimated time schedule of events. This will be posted on the athletic website. Athletes need to check the entries to verify they are correct.
- Districts
 - Athletes will go to one district meet, JV or Varsity.
 - Top three in each event will go to varsity districts, with the coach's discretion. The rest of the athletes will go to JV districts.
 - If an athlete is in only one event for varsity and is missing out on other events, the athlete will be given the option of which districts the athlete will compete in.
- Invitationals
 - Athletes will be invited based on time. Invitationals allow two or three per event and will sometimes have relay events to supplement others. Coaches will fill the entries and athletes will be notified which events they will be placed in.
- State
 - Athletes who place first or second at the district meet automatically qualify as well as any athlete who hits the qualifying standard set by the state.
 - The athletes who make state will leave a day early and stay overnight in Eugene, Or.

Letter Policy:

- Varsity
 - Compete at Varsity Districts
 - Place in the top 3 overall at JV/Novice Districts
 - Compete at the varsity level in 4 or more meets
 - Senior Participant
- JV
 - Must compete at JV/Novice District

Varsity Districts Team Dinner:

- Athletes who make it to varsity districts will attend the dinner. This is mandatory. This is for athletes only. This will take place the night before the varsity district meet.

Uniform/Team Sweatshirt:

- All athletes will purchase the school issued uniform and be able to keep this uniform.
 - <https://centralcatholicgearupsports.net/index.php?route=common/home>
- Varsity athletes will check two uniforms out from us and return it at the end of the season. If the uniform is not returned, the athlete will be charged \$40.
- All athletes will be student-billed for a team sweatshirt and long sleeve shirt.

Private Coaching:

- Athletes receiving private coaching for track and field must do it outside of our practice time and still meet the practice standards we have set. This is a team sport run under Central Catholic High School. Athletes must participate and train under the Central Catholic High School coaching staff to participate in track meets. These athletes are the responsibility of our program and we want to make sure they are in the best position possible. Athletes who decide to have private training in replacement of the training we provide will not compete for Central Catholic High School.

Borrowing Equipment Outside/During Season:

- Hurdles, mini hurdles, high jump bars, high jump mats, poles, pole vault bars, pole vault mats, starting blocks, plyometric boxes, and discus are not allowed to be borrowed from the track and field problem in or outside of the season. An athlete must have a coach from the Central Catholic High School Track and Field staff with them while using these items in or outside of the season.
- Javelins and shot puts can be borrowed outside of season with written consent and must notify the head coach with this information.

OSAA Disclaimer:

- A school team shall not compete in more than 12 meets at each level of competition, exclusive of the varsity district meet and state championships. A meet, whether one day or two days, shall count as one meet. There is no limitation on the number of schools that may participate in a track and field meet. Any time a student participates representing their school, it shall count toward the school's team limitation.
- Individuals. A student shall not compete in more than 12 meets, exclusive of the varsity district meet and state championships. A contestant shall not enter or compete in more than two distance races – 800, 1500 and 3000. If a contestant does enter or compete in all three-distance events, that contestant's school shall forfeit the meet. If a contestant violates the Rules Book limit of four events but does not violate the Executive Board distance race limit, then all points earned by that contestant in the meet are forfeited.

Athletic Code of Conduct:

- The Athletic Code of Conduct is outlined on a document that must be read and signed by parent and athlete on an annual basis. Their signatures verify that they have read and understand all the aspects of this code. Failure to sign the document or involvement in a violation of the code prior to signing does not excuse the athlete from the imposition of consequences outlined in the code. Signatures are required at the time an athlete begins participation in an individual sport.
- Furthermore, The Athletic Code of Conduct applies to all athletes participating. During that time, the code applies 24 hours each day, seven days a week. It applies to in-school and out-of-school conduct. It applies to all athletes once they have registered in school and extends for the duration of enrollment in the district.
- Any form of harassment against another athlete is not tolerated. If your athlete is involved in this type of behavior, the situation will be investigated by coaches and school staff. Athletes will be suspended indefinitely.

Parent Code of Conduct:

- The Central Catholic High School Athletic Department expects parents to have a positive, supportive influence in all direct dealings with their child related to athletics, in all dealings with others involved in the athletic program, and when assisting as volunteers in the program. Objectionable behavior of the parents at athletic events is unacceptable. Negative behavior adversely affects coaches, referees, the contests, and unfortunately the athletes. The Central Catholic High School Athletic Department and Administrators will not tolerate negative behavior by parents at practices or contests.
- Moreover, the Central Catholic High School Athletic Department and Administration specifically encourages the following rules of conduct for parents:

- Make certain it is your child who wants to participate in the sport and that you are supporting your child and her experiences in a positive manner
- Learn and enjoy the sport. Most children are involved simply to have fun. Let them!
- Become knowledgeable about the Central Catholic High School Athletic Code of Conduct and assist in seeing that the Code of Conduct is followed by athletes.
- Be a positive support for the coach. Respect autonomy. Don't pressure or put expectations on coaches. Recognize all athletes cannot always play the position or the amount of time they would like.
- Parents should always make an effort to understand and abide by team rules established by the coaching staff. Let the coaches and referees do their jobs. Flagrant harassment or belligerence in the stands takes the focus away from the athletes where it should be. Coaches and referees are responsible for safe and fair play. They will communicate with each other.
- During contests, always be positive with all people involved. Support your child and team with encouragement. Affirm effort, not outcome.
- Avoid negative comments to officials; allow them to do their best. If contests are too emotional for you, do not attend until you can be a positive influence. Never confront a referee, official, or coach during or at the conclusion of a contest. After a recommended 24-hour "cooling off" period, if a parent has a concern, follow the established complaint procedure outlined in the Problem Solving Flowchart.
- Parents and spectators must remember that the safety of the athletes, coaches, and officials are most important. Parents/spectators who fail to abide by the Parent Code of Conduct guidelines will be sent a letter concerning the violations from the Administrative Office. If the inappropriate behavior continues, the parent/spectator will be banned from 20 percent of future contests. Continued failure to adhere to conduct guidelines may result in being banned from all contests for the remainder of the season. Intolerable behavior may result in banishment from Central Catholic High School athletic events.

OSAA Mission Statement:

- Interscholastic activities are an integral part of the educational curriculum and experience. High school activities promote the character development of participants, enhance the educational mission and promote civility in society. Therefore, students-athletes, coaches, spectators and all others associated with high school activities, programs and events should adhere to the fundamental values of respect, fairness, honesty, and responsibility. These values should be established as a priority among all OSAA member high schools. It is the responsibility of each member of the high school to establish policies for sportsmanship and ethical conduct consistent with the educational mission and goals of that school and to continually educate students, coaches, teachers, parents, and all involved about those policies.
- Transfer eligibility
 - The OSAA maintains strict policies with regard to the transfer of athletes from one school district to another, primarily to prevent recruiting. In general, a student will not lose eligibility when a move is made with her parents, preexisting legal guardian or as a result of being a ward of the court. A student who transfers without her parent or legal guardian becomes ineligible until one calendar year after the student first attends the new school. Some exceptions to this rule are made with application to the OSAA. Transfers from one school to another within a district are governed by that district.
- Age
 - OSAA rules state that a student who becomes 19 before August 15 is ineligible for interscholastic competition for that and the succeeding school years. A student who becomes 19 on or after August 15 is eligible for the entire school year.
- Graduation/time limitation/awards
 - A student becomes ineligible upon graduation from high school. Following initial enrollment, a student may participate in the interscholastic program for four consecutive years or the equivalent

of eight semesters. There are limits upon the kinds of awards that student athletes can receive and remain eligible (check OSAA for details).