Frequently Asked Questions  
By Parents and Athletes

Team website: sdafoundation.com/track  
Facebook: SDA Track and Field (public group)

What is expected of me? 
All team members will be expected to represent themselves, their families, their high school, and their team in a proud and positive manner while attempting to do their very best.

Athletes are expected to be on time and to stay for the entire practice, 3:30 – 5:30 Monday through Friday. We understand that circumstances arise that keep athletes from practice. In the event of a planned absence, please send a handwritten note to your coach to inform him/her of your absence.

What your coach needs to know 
Each athlete is expected to report any and all injuries or illness immediately to coaches. Allergies, asthmatic conditions, etc. must also be made known to the coaching staff. All injured athletes are required to check in with the coaching staff for an update on injury and rehab before missing a practice.

Can I miss a meet? 
Please don’t do it. If you would like additional details, talk to your specific coach. You are also expected to stay for the entirety of meets. Leaving early is only allowed in rare situations approved in advance by your coach. You are a Mustang – cheer on your team mates!

If you absolutely have to miss a meet, please give your position coach or Coach Driskell as much notice as possible, so your coach can plan accordingly.

Staying on the Team 
Team members will be immediately removed from the track and field team if any of the following violations occur:

- Failure to maintain those academic standards established by SDUHSD: 2.0 GPA
- Violation of SDUHSD drug, tobacco, alcohol policy
- Failure to consistently meet the team’s attendance policy.
- A continually-demonstrated inability to adhere to the team’s philosophy and team’s goals regardless of attempted and documented interventions.
- Any student-athlete who is disqualified from a competition for unsportsmanlike conduct (bad language, intentional physical contact with another competitor, taunting, etc.) will be suspended from the next two team competitions.
- Any student-athlete suspended from school will be ineligible to return to practice and competition until he or she returns to school. Any administrator assigned detention or teacher-assigned detention must be served before reporting to practice/meet. It is the absolute responsibility of the student-athlete to inform a coach or captain should this occur.

Under the Team Info tab on our website sdafoundation.com/track is a link to San Dieguito Union High School District’s Player/Parent Athletic Handbook, which has more general information about athletic participation.
What Should I Bring?
All student-athletes are expected to provide for themselves the following equipment:

- Weather appropriate running apparel (yes…we practice when it is cold, and even rainy!)
- Proper running shoes…any athlete coming to practice without appropriate running footwear will not be allowed to run that day (skate shoes are for skating) – this includes throwers!!
- Water bottle
- Running watch (highly-encouraged, not required)
- Some athletes – particularly sprinters and jumpers – will need a pair of spikes. If you do not have any, discuss with your individual coach to make sure you get the right kind.

If you have any additional questions or concerns, make sure to get the contact information of your individual coach, but you can always ask Coach Driskell or Coach Fitchett.

Uniforms
Competition Shorts, Singlets, Warm-up Jackets, Pants and a duffel bag will be issued to every member of the team with the understanding that this equipment will be maintained and returned in proper condition. Any and all tears, stains or excessive wear and tear must be reported immediately. Accountability will be assessed for lost or damaged equipment.

If you do not return or pay replacement costs for lost or damaged items at the end of the season or when you leave the team, you will not be able to graduate, to change classes, or to participate in another sport, whichever comes first.

What league are we in and how do we compete against the other schools?
We are part of the Avocado West League which includes Sage Creek, La Costa Canyon, Torrey Pines, Canyon Crest Academy and Carlsbad. We also compete against a few non-league teams, including Orange Glen and Escondido.

League finals are the week after our regular season ends. Athletes who post qualifying results at Leagues advance to CIF semi-finals, and hopefully on to CIF finals, which occur the Saturday of Memorial Day weekend. States are held in early June.

Within the California Interscholastic Federation (CIF) San Diego Section, we are currently a Division II school. The division placement is based on school enrollment.

Will I be able to (or have to) compete in every meet?
There are two different types of meets during our track season.

The first are our “league meets”. These occur on Thursdays (occasionally a Wednesday) beginning in early March and continuing through early May. Four meets are home and four are away, and are against member schools from Avocado East League and a few non league schools. All SDA athletes compete in these meets at the discretion of their event coaches.

The second type of meets are “invitationals” which are usually held on Saturdays and occasionally on Friday afternoons. Typically, athletes must meet a qualifying standard in order to compete. The entire team does not attend.

For more on invitationals, CIF, et cetera, check out website: sdtrackmag.com
**What happens on meet day?**

All competing athletes have early dismissal on meet days. (They must tell their 4th period teacher no later than the day before that they will be leaving early on meet day).

Whether home or away, the meets follow the same “dual meet” schedule for two competing teams. A copy of this schedule is under the “Meets” tab on our website.

The team rides together on a bus to and from all away meets. Athletes are expected to stay for the entire meet and to cheer on their teammates in the final relay of the meet. The team returns to SDA anywhere between 6:30 and 7:00 pm.

If for some reason an athlete has to be late or leave early, s/he must fill out a SDA Transportation Release Form (website under Forms) and give to his/her event coach the preceding day.

Water and snacks are donated by team parents and are transported with the team on the bus. It is fine for athletes to bring their own food.

If there are two buses, sometimes one goes to In and Out on the way home. Athletes should bring money in case they are on that bus.

**How can I reach my athlete during a meet?**

If you have an emergency and need to reach your athlete during a meet, call Kathy Montanez, our team parent at 858-357-5130.

**Items left on bus?**

Contact Megan Thompson in the SDA Athletics office.

**Where are meet results?**

Results are usually posted within two days by the host team’s coach into Athletic.net. Use the “Results” tab on our website and you’ll be linked directly.

**Varsity sweaters and jackets**

Town and Country Menswear
977c Lomas Santa Fe, Solana Beach, 858-755-6653

**What does the team parent do?**

The volunteer team parent supports the head coach by coordinating the necessary administrative support, parent communications, and parent volunteers.

**How can parents help?**

Parent donations to the team are greatly appreciated (see Parent Donation Letter under the “Forms” tab on the website).

Parent volunteers are crucial to the smooth operation of our Track and Field Team, which is the largest of all SDA teams. Throughout the season, volunteers are needed to help with:

- Data entry and other administrative work
- Uniform distribution and return
- Spiritwear distribution
- Water and snack donations for meet
● Home meets
● Banquet planning
● Athletic Council (just one volunteer needed)

What is the Athletic Council?
The Athletic council supports our student athletes and SDA’s nineteen athletic programs. Each sport has a liaison that represents his/her sport at the monthly council meetings, share information and ideas with other representatives, and keeps track of the team’s budget. If the liaison is not also the team parent, then the two communicate frequently.