

Frequently Asked Questions By Track & Field Parents and Athletes

Team website: sdafoundation.com/track
Facebook: SDA Track and Field (public group)
Instagram: [sdatracknfield](https://www.instagram.com/sdatracknfield)

What is expected of the athletes?

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.

What does your coach need 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 a student miss a meet?

Please don't do it. If you would like additional details, talk to your event coach. You are also expected to stay for the entire meet. Leaving early is only allowed in rare situations approved in advance by your coach. You are a Mustang – cheer on your teammates! If you absolutely have to miss a meet, please give your position coach or Coach Edwards as much notice as possible.

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
- 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 web site 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 Fitchett or Coach Edwards.

What about 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 you qualify for Avocado League Finals, San Diego Section (SDS) CIF Prelims, SDS CIF Finals, and CIF State Finals?

We compete in the Avocado League, which includes Oceanside HS, Rancho Buena Vista HS, Carlsbad HS, Vista HS, Mission Vista HS and SDA HS. League meets are typically contested on Thursdays (occasionally a Wednesday) beginning in March and continuing through April. The Avocado League Finals are in early May. Athletes qualify for the Avocado Finals based on their best time or mark throughout the season. You qualify for San Diego California Interscholastic Federation (CIF) Prelims Avocado Finals based on your Avocado results. You qualify for CIF San Diego Section (SDS) Finals based on CIF Prelims results. Athletes who achieve qualifying times or marks at CIF SDS Finals advance to the CIF State Meet in Clovis, CA, the following weekend. Within the CIF SDS we are currently a Division II school. The division placement is based on school enrollment.

What is the difference between Avocado League, Non-League and Invitational Meets? League meets determine league champions and give athletes a chance to compete against similar schools. We also compete against schools not in our league for some additional “friendly” competition. This year we will host a non-league meet against Escondido HS in March. On most Saturdays, and occasionally on a Friday, there are “Invitational meets.” Typically, athletes must have a qualifying time or mark in order to compete. For more on invitational meets, check out website sdtrackmag.com. Check with your coach on their plan to enter you into invitational meets.

Are there tryouts to make the team?

No there are not but the first week of practice the coaches will work with each athlete to determine which event(s) they would like to pursue. In addition to observation, the coaches will factor in how many athletes can be effectively and safely coached in their events.

Will I be able to (or have to) compete in every meet?

If you get an opportunity to participate in ANY meet, please make a commitment to attend. Meets are where the athletes show the results of their training and hard work. Ask your event coach for a schedule of meets you may be entered in so you know in advance what to expect. Please advise your event coach as much in advance as possible if you can't make a meet. Meet entries are "frozen" up to a week in advance and the coaches would like to enter someone else if you can't make it. Be aware that there is a limit of four varsity and four to six junior varsity athletes in Avocado League meets. For all away meets there are only two buses to transport to and from the host school, which limits entries. For Avocado and non-league home meets we will strive to enter almost more.

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 Meet Order of Events schedule for two competing teams. A copy of this schedule will be under the "Team/Parent Info" 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 an SDA Athletics Transportation Release Form (on website under "Team/Parent Info" tab) and give to his/her event coach the preceding day. In the past if there are two buses, sometimes one goes to In-n-Out on the way home. Athletes should bring money in case they are on that bus.

Athletes should bring their own snacks and water.

How can I reach my athlete during a meet?

If you have an emergency and need to reach your athlete during a meet, call Coach Edwards at 760- 445-0510.

I left an item on the 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 "Schedule/Location/Results" link under the "Team/Parent Info" tab on our website and you'll be linked directly.

Interested in 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 “Support Our Team” website or [click here](#)).

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:

- Fundraising
 - Data entry and other administrative work
 - Uniform distribution and return
 - Spirit wear distribution
 - Help run events at Home meets (see “Volunteer Sign Up” tab on the web site)
- 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.