Cedarcrest Red Wolves Track & Field

Co-Head Coaches: Bruce McDowell (Distance) and Lisa Woodard (Hurdles and Sprints)
Assistant Coaches: Dean Vergillo (Jumps and Sprints), Mike Miyoshi (Throws)
& Chris Minnie (Pole Vault)

29000 N.E. 150th St. Duvall WA 98019 (425) 844-4800 Fax: (425) 844-4802

"ATHLETICS - YOUR PARTICIPATION IS A PRIVILEGE" (Cedarcrest H.S. Co-Curricular Code)

The primary function of the Cedarcrest High School track and field team is education through athletics. The program is intended to help the members grow academically, athletically, emotionally, and socially. The program pursues excellence through an appropriate mix of athletics and education.

PRACTICE SCHEDULE

CHS weekday practices start at 2:30. Some Friday practices may start earlier. Saturday and spring break practices start at 9:30. You are required to be on time. Repeated cases of late arrivals will result in suspension from competition or dismissal from the team. Practice finish times will vary depending upon the day.

Absence is permitted for illness and school related activities (tutorial or makeup work, etc.). Written notification from a parent or teacher needs to be given to Coach McDowell. More than one absence in a three week period will result in the athlete being ineligible for the next meet. More than two absences in a three week period will result in longer ineligibility or removal from the team. Try to schedule other activities for another time. This does include work. If problems arise in your schedule, talk to the coaches to work things out.

Regardless of your ability, it is your responsibility to make sure that you attend and arrive on time for every practice. It is expected that you will practice to your full potential. If you wish to be considered a varsity level athlete, then you must make a commitment to train like an elite athlete. You will have to complete every workout possible. You are expected to train on weekends. You must show the coaches an improved work ethic and better marks. You are expected to have a behavior that is conducive to a positive team environment. If you are unable to follow these guidelines, then you should expect to be considered a junior varsity level athlete.

MEET SCHEDULE

Athletes are expected to compete in all required meets based upon meet qualifying standards and the coaching staff. Missing more than one meet due to a schedule conflict may result in your removal from the team.

Athletes are encouraged to ride home from the meet using school transportation. If an athlete is not going home with the team, then the following procedures must be followed: Notification must be given to the coaching staff at least a day in advance of the meet. The athlete must be signed out by their parent after the post-meet team meeting. Exceptions will be made for school related purposes.

All athletes are required to attend and help out at one of the two days of the Cascade 2A Sub District Meet. Failure to do so will result in the athlete being removed from the team and the athlete will not finish the season in good standing.

For athletes that qualify for the District and State championships, it will be required for those athletes to stop participating in non-CHS T&F sports which will hinder their ability to perform at these meets.
MEET OFFICIALS

We will need about 25 parents as officials for each home meet. If we run into trouble finding officials, then at later meets, athletes that have not provided officials will be not competing in those later meets.

THE CODE & BEHAVIOR/ATTITUDE

The coaching staff will strictly follow the rules and consequences of violating the Cedarcrest Athletic Code concerning all aspects. You have acknowledged that you have read and understand all of its sections. The purpose of the program is education. If you are failing a class, then you need to make a time commitment to improve your grades for yourself, the team, and the school. The coaching staff supports the school, the administration and the Code.

Regardless of your performance or ability, there are expectations. You must show school and team spirit at all times by participating in team activities, wearing team attire on meet days and at meets, and participating in fundraising activities. You must be a positive influence with all teammates and coaches at all times. You can help the team and yourself succeed by having a good attitude. Disruptive behavior and/or an attitude that does not support the team or the program will not be tolerated. Repeated episodes of these displays will result in suspension from practices and competition, or removal from the team. Out-of-school behavior that is detrimental to the image of the school or the program will not be tolerated, possibly resulting in competition suspension.

FUNDRAISING

We are hosting a fundraiser run called “Laps For Cash”. All athletes will be required to participate. Each athlete is expected to fundraise at least $30. We need a complete and dedicated effort to fundraise.

We are continuing to host the K-8 Spring Break track and field camp. Those athletes attending the Eason Invite will be required to help out at the camp.

END OF SEASON AWARDS

In order to receive a varsity letter, the athlete must earn fifteen points and finish the year through the Cascade 2A Sub District meet in good standing. The coaches have the right to use their discretion as they see fit.

1) At the five regular season meets, points are earned based upon each meet’s point system. An extra two points will be awarded if points are earned in at least three of the five meets.

2) Qualifying for the Cascade Conference Championships in an individual event earns two points for each event.

3) Placing in the top four at the Cascade Conference Championships earns two points for each event. Placing fifth through eighth at the Cascade Conference Championships earns one point for each event.

4) Competing at the District Championships earns three points.

In order to receive a JV award or a varsity letter, the athlete must finish the year through the Cascade 2A Sub District in good standing.

We hope that we have a successful, healthy, and fun season. THE CHS T&F COACHING STAFF
I have read the 2015 Cedarcrest track and field rules. I understand that I will be held accountable towards all the team’s rules and policies. I understand that I will not be allowed to compete in any meets until this form is signed and returned.

Student/Athlete signature ________________________________

Student/Athlete name (Please print) __________________________

If you have already been receiving T&F emails from Coach McDowell, then there is no need to write in an email address. If you need to be added to the email lists, then please write in an email.

Email address ____________________________________________

I have read the 2015 Cedarcrest track and field rules. I understand that my child will be held accountable towards all the team’s rules and policies.

Parent/Guardian signature ________________________________

Parent/Guardian name (Please print) __________________________

If you have already been receiving T&F emails from Coach McDowell, then there is no need to write in an email address. If you need to be added to the email lists, then please write in an email.

Email address ____________________________________________