

Cedarcrest Red Wolves Track & Field

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

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"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 & MEET SCHEDULE

It is your responsibility to make sure that you attend and arrive on time for every practice. 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. Leaving more than 15 mins early from the end of practice on that day will result in that day not counting as a day of practice. Weekday practices start at 2:40. A few Friday practices may start earlier. Saturday and spring break practices typically start at 9:00 / 9:30.

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 one week period will result in the athlete being ineligible for the next meet. 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.

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 the Conference Championships or one of the two days of the Sno-King 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 that meet or 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 need to 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 King's meet during spring break will be required to help out at the camp.

END OF SEASON AWARDS

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

In order to receive a varsity letter, the athlete must compete in at least one Saturday meet, earn fifteen points and finish the year through the Sno-King 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. An extra one point will be awarded if points are earned in at least two of the five meets.
- 2) Competing in a Cascade Conference Championships individual event earns two points for each event.
- 3) Placing in the top three at the Cascade Conference Championships earns three points for each event. Placing four through sixth at the Cascade Conference Championships earns two points for each event. Placing seventh through eighth at the Cascade Conference Championships earns one point for each event.
- 4) Competing in a Sub District Championship individual event earns two points for each event.

We hope that we have a successful, healthy, and fun season. THE CHS T&F COACHING STAFF

I have read the 2018 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.

Student/Athlete Email address _____

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.

Parent Email address _____

T&F requires commitment from athletes, parent(s) and/or guardian(s), and coaches. The coaches ask you to review the attendance policy as well as the practice and meet schedules with your parents(s) and/or guardian(s). Indicate ANY and ALL conflicts you may have. This is to include school related activities (clubs, field trips, etc.), family and personal activities (medical appointments, family trips, family events, etc.) as well as other conflicts (work, driver's ed, etc.)