

WARRIOR TRACK & FIELD

Carpinteria High School

<http://warriorcountry.com/track/>

February 12, 2013

Dear Parents,

Welcome to the Warrior track & field program. We are excited about the 2013 season and are pleased that your son/daughter will be part of our team.

Please allow us to take this opportunity to introduce a few things about our program. One of the many positive aspects of track & field is everyone participates. Nobody sits on the bench and nobody is cut from the team. We welcome and encourage anyone who is willing to compete in the sport and contribute to our team. We value attitude and commitment as much as athletic ability. Everyone has the capacity to improve and fulfill his or her potential. Individual improvement and personal accomplishment are two of our primary goals. Everyone on our team should be able to attain these goals with hard work and a positive attitude. The journey to success is just as important as the destination.

Team Policies

When working with any large group, it is necessary to have policies to help us operate efficiently. There are a couple policies that we would like to make you aware of. A complete copy of the team policies is included on the back of the meet schedule.

We view track & field as a team sport and encourage team unity. We require athletes to travel to and return from away meets with the team. However, on *rare* occasions, parents may have their athlete return home with them. We may allow this with written notification of your plans, prior to the meet. We can't allow you to take anyone but your own son or daughter, however.

Practice attendance is crucial for our success as a track team. A consistent training routine is important for peak performance and personal safety. If your athlete is unable to attend practice for any reason, it is important that the coaching staff be made aware of this before practice begins. Communication is important for preventing problems and misunderstandings. Coach Latham may be reached at **881-3374** or **vlatham@cusd.net**. If possible, we would appreciate medical or other appointments be scheduled so they will not conflict with practice. The day before a meet would be the best day to make an after school appointment. We usually have shorter practices on those days.

Schedule

Two schedules have been included for your convenience, one for you to keep and the other to sign and return. All weekday meets and certain Saturday meets will involve the entire team. Other Saturday invitationals have qualifying standards that limit the number of athletes who are able to participate. The qualifying standards are different for each meet we go to. If you or your athlete has questions about whether he or she may qualify for a particular meet, please contact us. The schedule also has tentative departure and return times for away meets.

Many of the meets we attend require our entries to be sent a week or two before meet day. Consequently, it's important that we know if there is any problem in regards to meet attendance as soon as possible. If you know of a conflict at this time, please indicate on the schedule that contains the signature line.

Booster Club

Carpinteria is fortunate to have a community that is supportive and involved with athletics. The Carpinteria Booster Club does a great job in providing funding to support quality athletic programs. Without their support, Warrior athletics would not be possible.

The Booster Club supports all Warrior sports throughout the year. This is due to the efforts of a small but dedicated group of individuals. They could use your help! Please join the Booster Club and/or volunteer some of your time. Your input will go a long way toward helping Carpinteria High School student-athletes.

Warrior Home Meets

Carpinteria High School is renowned for hosting outstanding track & field meets ranging from the Russell Cup, the oldest high school meet in the state, to the CIF Prelims. The quality and popularity of our meets are due in no small part, to the support of the school, parents and community. If you would like to become involved with our track meets, from the weekday dual meets to the big Saturday Invitationals, please contact Van Latham at vlatham@cusd.net or 881-3374.

Warrior Track & Field is also on the internet. Please visit warriorcountry.com/track/ to find out about the latest news in Carpinteria Track & Field or join our facebook page.

Sincerely,

Carpinteria Track & Field Coaching Staff

Please sign and return

I have read the parent letter and am aware of the teams' schedule and policies.

Parent's Name

Date

Athlete's Name

Our family does not foresee any conflicts with the schedule at this time _____

or

Our family has a conflict with the following meet(s) (please circle meets below)

Date	Day	Opponent	Location	Time
Feb. 23	Sat.	Alumni Meet	Carpinteria	11:00
Mar. 2	Sat.	Rincon Races	Carpinteria	10:00
Mar. 7	Thur.	Nordhoff, Fillmore	Ojai	3:00
Mar. 16	Sat.	Tri-City Relays	Westmont	9:00
Mar. 21	Thur.	Maricopa Relays	Carpinteria	3:00
Mar. 23	Sat.	Easter Relays	SBCC	9:00
Mar. 27	Wed.	Cate	Carpinteria	3:00
Apr. 4	Thur.	Santa Paula	Santa Paula	3:00
Apr. 6	Sat.	Arcadia Invitational	Arcadia	T.B.A.
Apr. 11	Thur.	Oak Park, Bishop, Grace Breth.	Oak Park	3:00
Apr. 13	Sat.	94th Russell Cup	Carpinteria	9:30
Apr. 18	Thur.	St. Bonaventure, La Reina, Bishop	Carpinteria	3:00
Apr. 20	Sat.	S.B. County Championships	Carpinteria	10:00
Apr. 24	Wed.	Fillmore, Bishop Diego	Carpinteria	3:00
May 2	Thur.	TVL Championships	Carpinteria	3:00
May 11	Sat.	CIF Division 4 Prelims	Carpinteria	11:00
May 18	Sat.	CIF Finals	Cerritos College	11:00

Team Policies

1. **Qualifications:** There is a place on our team for everyone who is willing to work. We value dedication, a positive attitude and hard work in addition to athletic ability.
2. **Athletic Code:** Each athlete is expected to follow the stipulations of the Carpinteria High School Athletic Code. You have agreed to a contract to enjoy the privilege of athletic competition as a Warrior. Honor your commitment to yourself and your team.
3. **Be On Time:** Practice will start at 3:15 P.M.
4. **Absence:** "Excused absences" include: being home sick all day, going home sick or a medical appointment you can not make at any other time. Medical appointments require a doctor's note upon return. If for some reason you cannot make a practice session, *it is your responsibility to notify with Coach Latham and your event coach by noon on the day of the absence.* (phone: 881-3374, email: vlatham@cusd.net)

You are expected to show up for team meeting even if you are unable to fully participate in practice. If you are well enough to be at school, then you are well enough to practice. If you are not well enough to be at practice, stay home and get better.

5. **Unexcused Absence:** An unexcused absence is any not included in the above. If you are unexcused from a practice, you will not participate in the next meet. Should you be unexcused for a second time, you may be dropped from the team.
6. **Finish What You Start:** Never leave practice or a meet until it is completed. Always check with a coach to see if you are finished for the day.
7. **Behavior:** No disruptive behavior will be tolerated at meets, practice or in the classroom. Do not bring radios, frisbees, footballs or other such items to meets or practices. No cell phones allowed on the field. Remember that you are representing Carpinteria High School as well as the entire community of Carpinteria.
8. **Uniforms:** School issued uniforms will be worn on meet days only. Plain black tights are the only color of tights to be worn under the shorts. Carpinteria T&F sweats are the only sweats to be worn on meet day.

It is your responsibility to keep your uniform and sweats clean and in good repair. *Hand wash your uniform and hang dry rather than putting it in the dryer. Please remove hip numbers off your shorts immediately after the race is over.*

9. **Appearance:** Your hair including facial hair must be trimmed in the appropriate manner (see athletic code). Jewelry, headbands and hats are not to be worn during competition.
10. **Travel:** The Warriors compete and travel as a team. Everyone is expected to travel to and from meets with the team. On rare occasions, you may leave with and only with your parents with prior written permission from your parents.