

Amador Valley Track and Field

Get Better Every Day!

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AMADOR VALLEY HIGH
SCHOOL
SCHOOL OF CHAMPIONS
TRACK & FIELD 2017

DAY	DATE	OPPONENT	LOCATION	Who Competes	TIME	Conflicts
Monday	Feb. 6	First Day of Practice	AVHS Track	All	3:25 PM	
Saturday	Feb. 25	Joe Stocking Super 7	Diablo Valley College	All	All Day	
Saturday	Mar. 4	Dan Gabor Invitational	AVHS	All	All Day	
Saturday	Mar. 11	EBAL Center Meet	Dublin HS	All	All Day	SAT
Thursday	Mar. 16	Cal Scrimmage	Cal HS	Non-Distance	4:00 PM	
Saturday	Mar. 18	Dublin Distance Fiesta	Dublin HS	Select Athletes	All Day	
Thursday	Mar. 23	Livermore Dual	Livermore HS	All	4:00 PM	
Thursday	Mar. 30	Granada Dual	AVHS	All	4:00 PM	
Friday/Saturday	Mar. 31/Apr. 1	Stanford Invitational	Stanford University	Qualifiers	All Day	
Saturday	Apr. 1	West Coast Relays	Buchanon HS	Qualifiers	All Day	
Friday/Saturday	Apr. 7/8	Arcadia Invitational	Arcadia HS	Qualifiers	All Day	ACT
Saturday	Apr. 8?	Mike Shimanski Invitational	San Ramon Valley HS	Pole Vaulters	???	
Saturday	Apr. 22	Dublin Frosh/Soph Champs	Dublin HS	All Frosh/Soph	All Day	Jr. Prom
Saturday	Apr. 22	Halden Invitational	Davis HS	Jrs and Srs.	All Day	Jr. Prom
Thursday	Apr. 27	Foothill Dual	AVHS	All	4:00 PM	
Saturday	Apr. 29	Sacramento Meet of Champions	American River College	Qualifiers	All Day	
Saturday	May 6	EBAL Trials	Foothill HS	Qualifiers	All Day	SAT
Saturday	May 13	EBAL Finals	Foothill HS	Qualifiers	All Day	
Saturday	May 20	NCS Tri-Valley	TBD	Qualifiers	All Day	Senior Ball
Friday/Saturday	May 26/27	NCS Meet of Champions	UC Berkeley	Qualifiers	All Day	
Friday/Saturday	Jun. 2/3	California State Championships	Buchanon HS	Qualifiers	PM	SAT/Graduation

Mission Statement

Amador Valley Track and Field aims to develop each individual athletes' individual greatness in the sport of track and field so that the all athletes can experience both individual and team success. To do that we provide high level high level training designed to prepare each individual for success in his or her chosen event. We aim for the athletes on our team to be competitive at the local, regional, state, and national levels. If all athletes are successful individually, team success will follow.

How?

In order to maximize success, athletes are expected to buy into the training plan set forth by their event coaches. They are expected to commit in detail to the day to day process for the entirety of the spring season.

Training for other Sports Is Not Our Focus

Although an athlete competing in track and field should finish the season better conditioned for another sport that may be his or her primary sport, that is a byproduct of our efforts to develop him or her into better track and field athlete. Providing general training and conditioning for another sport is not our focus. Whether or not track and field is an athlete's primary focus throughout the year, **we require that athletes on the team make track and field their primary extra-curricular focus during the spring season.** This means that if conflicts arise between track and field and another extra-curricular activity during our season the athlete will choose to be at the track for either practice or competition rather than the other activity in conflict. If an athlete is simply using the Amador Track and Field program to supplement their conditioning for another activity that he or she will prioritize over track and field, that athlete should not come out for our team. Athletes who choose to prioritize other extra-curricular activities over track and field will be asked to leave the team.

The Three A's of Amador Valley

Track and Field

Amador Valley Track and Field athletes are asked to abide by the three A's of Amador Valley Track and Field at all times while they are part of the team. If they are able to follow these three A's, they will be successful in their time with our program. Although we are only at practice for a couple of hours per day, the three A's are a 24/7/365 responsibility.

Asset: Each athlete competes in his or her own event and there are a limited number of athletes who score in each event (there are anywhere from 3 to 8 scoring athletes in each event depending on the meet), but we treat track and field as a team sport and as such every athlete is important to our team and has something to offer. Some run the fastest, some jump the highest, and some throw the farthest, but all can be great teammates by being inspirational, supportive, hard-working, great communicators, bringing levity at appropriate times, and in an all-encompassing way, bringing leadership to the team. All of these traits and many which are not mentioned here are vitally important to the success of any program. Each athlete must figure out how to positively affect the team and make an effort to do that every day.

Ambassador: It is a privilege to be a part of the Amador Valley Track and Field team as it is to be part of any athletic program at Amador Valley High School. Athletes on our team should be proud to be on our team and to attend Amador Valley High School. They must do everything they can to represent our team and school in the most positive way possible. The behaviors of our athletes, both good and bad, reflect back on our whole program and our school at large. It is our job to build upon that reputation. This responsibility applies not only when you are at meets, but also in the classroom and in public.

Ambitious: "Every noble work is at first impossible."-Thomas Carlyle. As a program we always want to be taking the next step. To do that we have to have individuals who also want to take the next step. We don't want to set goals for ourselves that are easy to achieve; we want to set goals that will be difficult to achieve and require substantial effort. Athletes must put their time, energy, and hearts into their training and believe that we can achieve greatly if given enough time. Athletes must use their imaginations, dream big, and push each other to achievements that seem impossible when we first start talking about them. Then through dedication and hard work, turn the impossible into reality.

Getting Started

All athletes must be cleared by the office in order to begin practice with the team. Clearance includes a completed physical and a completed sports packet on file with the Student Activities Office. Athletes cannot submit the sports packet and physical form directly to the coaching staff. It must be turned in at the office. Once an athlete turns in their paperwork, they are given a piece of paper which must be submitted to the coaching staff. When the coaching staff receives that piece of paper, then, and only then, will an athlete be permitted to practice. **We cannot and will not allow an athlete to participate in practice or competition until the office has received all necessary paperwork and the coaching staff receives the receipt.** Athletes who wish to compete in hurdles, jumps, or pole vault must also complete a mandatory baseline concussion test to be provided by the school. Cleared athletes who wish to compete in those events, but have not completed their baseline concussion test, will practice with the sprinters until that testing is complete.

Before starting with the team, every athlete needs to go to amadortrack.com and create a profile. To do this, go to the website, click the “login” which is in the top right of the page. Then click “Create Profile”, which is right below the login field. Athletes must then fill out the form, which will ask for things like the athlete’s name, event group, email and parent email. These items can be changed if necessary, but this is how we will stay in contact with our athletes. All athletes are required to fill out a valid email for their parents as well.

Although it is not a requirement, it is very important to our programs that families pay their athletic registration. We do not have any required fees, but we rely heavily on the proceeds from athletic registrations to afford to pay coaches and provide transportation to the meets that we need buses for. The school district does not provide any money for sports, so our operating budget is derived from your donations and fundraising efforts. If we do not receive the athletic registration, our fundraising efforts, which are meant to raise money for equipment, competition admission fees, and awards, is instead used to offset transportation costs and coaching stipends that registration is supposed to cover. It is the families of our athletes that fund our sports and if you can provide the amount requested, our team very much appreciates it. This year, even if a high percentage of our fair share contributions come in, we will still be trying to fundraise about \$15,000 to cover meet entries, equipment, and athlete recognition, so those initial contributions are important.

It is not our intention to exclude anyone from participation in sports due to the associated costs. If costs are an issue, please let us know as soon as possible so that we can make an arrangement to allow all athletes to participate.

Team Website

Amador Valley athletics are in a transition phase as far as our websites are concerned. For the past few years we have had a beautiful team website at amadortrack.com, which is where athletes create their team profiles.

amadortrack.com is also a place where we will include valuable information including the meet schedule, coaches' contact information, results of the meets, team history, and team announcements.

Athletes will also use their profile to alert coaches as to their upcoming absences. More on that in the attendance section.

AVHS Boosters has recently put together a webpage for the entire athletics program and each team has its own space on that website as well. The link to the track page is here: <http://www.amadorsports.com/clubs/4299>. I am just learning about this new website, but for now, I know that it does not have all of the functions that amadortrack.com has. We will be linking the two sites together so that they can work in conjunction with one another. There may be some changes in what is stored where as the season goes on as we figure out how to best balance and/or merge the two sites.

Code of Conduct

Expectations of All Students on Campus

- Athletes are required to maintain at least the minimum academic standards as defined by Amador Valley High School in order to participate in Track and Field (2.0 with no F's).
- Athletes are expected to stay out of trouble both in and out of school.
 - Athletes must always respect their teachers, school staff, coaches, teammates, fellow students, and competitors.

Violation of school rules or a loss in academic eligibility will lead to consequences which could include suspension from the team or in some circumstances, dismissal from team. An athlete who receives any type of discipline from either the school administration or an individual teacher could be subject to additional discipline from the team, which could include suspension from both practices and races or dismissal from the team.

Expectations of an Amador Valley Track and Field Athlete

Competing in athletics at Amador Valley High School is a privilege and one that Amador Valley track and field athletes have honored over the years. The track and field team traditionally carries a high GPA and is well respected by the Amador Valley staff. We expect that the members of this year's team will maintain and even expand the reputation that prior team members have established. Each athlete is expected to be a model citizen both in and outside the sphere of the athletics. If an athlete is punished for conduct at school, he or she should expect additional penalties to be levied by the track program. The degree of those penalties will depend on the magnitude of the offense. If an athlete is guilty of conduct that is not punishable by the school, but is not becoming of an Amador Valley Track and Field athlete, the athlete could still be penalized.

Practices

Practice will be held Monday thru Saturday. ***We will practice rain or shine and practice is never cancelled.*** After school practices will begin at 3:25 and will always be held at the Amador Valley track. Practices held on weekends or holidays will be specified by the event coach. Unless otherwise specified, practices can last up to three hours from their start time (so an after school practice can last until 6:25 at the longest). This does not mean that all practices will be that long, but that they can be that long. The length of a specific practice will be up to the event coach and the length of the day's activities.

Athletes are to be in their specified meeting place prior to the designated start time. For after school practice, this means that athletes will be in the bleachers, dressed and ready to run prior to 3:25. Anyone who is not in the bleachers at 3:25 will be considered late. The entire team will complete push-ups for each athlete who arrives late to practice. Athletes who are more than 5 minutes late to practice without an excusable reason can be sent home and considered absent for the day.

A typical afterschool practice will generally begin with a short team meeting where information relevant to the entire team is dispersed, after which athletes will separate into their event groups. The different event groups will complete different activities for the day designed to prepare them for competition in their specific discipline. Athletes will check out with their event coach before they leave each day.

A typical weekend or holiday practice will probably not include a team meeting because different event groups will practice at different times. A weekend or holiday practice will generally begin with athletes checking in and out with their event coach at a designated site (usually at the Amador Valley track, but some event groups have other meeting locations for those days).

Attendance

Attendance will be taken by each event coach at practice every day and records will be kept. Attendance will determine an athlete's standing on the team and eligibility for certain meets and awards.

All athletes must attend at least **four** complete practices per week and all league meets to remain on the team. This is a minimum number. In addition, athletes with **three** unexcused absences on Fridays will be dismissed from the team. League meets include the Granada Dual Meet, the Livermore Dual Meet, the Foothill Dual Meet, and all postseason meets that the athlete qualifies to compete in. Athletes who fall below this number will be asked to leave the team.

In order to receive a varsity letter, along with reaching certain performance standards, an athlete must attend at least **five** practices per week.

As well as reaching meet-specific performance standards, in order to be eligible to attend the Stanford Invitational, the West Coast Relays, the Arcadia Invitational, the Mike Shimanski Invitational, the Halden Invitational, the Sacramento Meet of Champions, or any other invitational that we add to the schedule, athletes must average at least **five** complete practices per week.

To be eligible to compete in a meet, an athlete must be present for at least **four** complete practices in the week leading up to the competition.

To receive a PE waiver, an athlete must be present for at least 90% of all practices and the entirety of all league meets, including post season meets through EBAL Finals. ***If an athlete who is not competing in those meets still wishes to receive a PE waiver, he or she must still attend the meet as a volunteer.***

Athletes will be given three weeks to decide whether they want to be on the team, but any athlete who does not attend **twelve** practices within his or her first three weeks on the team will be excused from the team. After that, attendance will be checked every week and any athlete who falls short of the required four practices average will be excused from the team (if there are legitimate reasons behind the absences, such as a prolonged illness or family situation, those items can be discussed on an individual basis).

Athletes who are joining track following a winter sport at Amador Valley are allowed up to one additional week off prior to joining the track team. After that week, they are required to begin practicing with the team and all attendance requirements will apply.

It is the athlete's responsibility to alert the coaching staff to any upcoming absences. To do this, the athlete must log in to his or her profile on amadortrack.com. The athlete must select the dates of

absence and give a reason, or reasons. If the athlete does not hear anything, the athlete should assume that the absence has been excused (excused absences still count against the total number of absences). If an absence is unexcused, it is the athlete's responsibility to discuss it with his or her coach. An athlete will not be allowed to compete with an unexcused absence until he or she has a conversation with the coach. Depending on the circumstances regarding the unexcused absence, the athlete may be immediately eligible to compete, or could be held out of competition for a period of time.

If an athlete is late to practice because he or she needs to meet with a faculty member, the athlete must bring a pass written by that faculty member with the time that the meeting ends. If an athlete arrives to practice late without a pass, that athlete will be considered late and could be sent home.

PE Waiver

Requirements

At Amador Valley High School, students are able to waive one year of their PE requirement through participation in sports. Two seasons of a sport will waive one semester of PE. Student-athletes are permitted to waive up to two semesters of PE. In order for a season of track and field to count toward a PE waiver, the athlete must meet the following conditions.

- 1) Athlete must alert coach prior to start of season that he/she is seeking a PE Waiver
- 2) Required dates run from 2/6 thru 5/13 for athletes who do not participate in a winter sport for Amador Valley. If an athlete does participate in a winter sport for Amador Valley, his or her start date will be adjusted to begin exactly one week after the conclusion of the winter sport's final contest.
- 3) Athletes must be in attendance for the duration of at least 90% of all practices and at 100% of all league meets whether they are competing or not. In certain circumstances an athlete could be excused for all or part of a meet, but that will not be the norm (standardized test conflicts could be a reason to miss a meet for example).
- 4) If an athlete is subject to any disciplinary action handed down by the Amador Valley High School administration or the Amador Valley Track and Field coaching staff, that prevents the athlete from meeting the attendance obligation, a PE waiver will not be granted.

Examples of absences that will not be excused:

- Practice/competition for another sport
- Job Interview/Work
- Club Activity
- Drivers Test/Training
- Band Audition/Test (Mr. Grantham is very good about arranging things for our athletes outside of practice time)
- Outside tutoring/Test Prep Courses/College Prep Courses (including those held on Saturdays)
- Personal holidays/vacations
- Prescheduled appointments that were not reported in advance
- Sports Med required hours (must be cleared by the coaching staff in advance)
- Avoidable Leadership Conflicts
- Mr. Amador

Arrangements can be made for the following activities if they are discussed in advance:

- Illness
- Important family/religious obligations
- AVHS Band Activities including competitions, evening rehearsals, Saturday rehearsals, and maybe more. (It is important that we discuss these conflicts in advance and make compromises. You don't get to set your own schedule)
- Leadership Obligations (must be coordinated between Mr. Bower and the coaching staff)
- AP or Review/Study Sessions offered by teachers at the school
- Tutoring offered by teachers on campus
- Anything we have missed where the absence will directly affect a student's ability to perform in a graded class.
- We will excuse upperclassmen (juniors and seniors) for 3 practices (all at once or one at a time) to make college visits.*

When health is not an issue, athletes are expected to make every effort to train, even on the days that they miss practice.

Equipment

Compared to other sports, track and field does not require much equipment. There are a few simple items that everyone needs to have and then a few more items that would benefit athletes as well.

Uniforms: All Athletes will be required to have a team distributed uniform. Athletes who have competed in either cross country or track prior to this season can use their old uniform. All new athletes must purchase a uniform to compete in. Returning athletes who wish to replace their uniform will be placed on a waiting list to be allowed to purchase one. The uniform consists of a competition top and competition shorts and will cost about \$75. We ordered 150 uniforms going into the season. New athletes will get priority and then we will begin to go down the wait list for returning athletes.

Team Apparel: The only item that all athletes are required to purchase this season is the short sleeve team T-shirt. Everyone needs to have this year's version. All athletes will be required to have a long sleeve Amador Valley Track shirt, but if athletes have one from a prior year, they are not required to purchase a new one. Even if the style is different from the previous year, as long as an athlete has a long sleeve Amador Valley Track shirt, that is fine. All athletes will also be required to own black sweat pants. These do not have to be purchased from the team store as athletes may be able to get a better price somewhere else. Amador Valley Athletics is under contract with Under Armour so all of our gear is Under Armour gear. Everything that they sell us is at a 40% discount, so we also offer some other equipment items at prices that may be better than you can find for similar gear in other places, even from brands that are traditionally less expensive than Under Armour. At the end of the season, Under Armour donates 10% of all sales back to the program, which will give us a good head start on fundraising for next year. Athletes will purchase apparel from a website that will be provided. It will be clearly listed which items are required and which ones are optional.

Required items for practice: Athletic wear that is appropriate for the current weather conditions and a good pair of running shoes. Some event groups may also require a watch. The spring season can be wet and cold and it can be very hot and dry. Athletes should have athletic shorts, but also be prepared with sweats, jackets, long sleeves, and rain resistant clothing. Just because it is nice at the beginning of practice does not mean that it will be nice at the end, so having an option to change into is highly recommended. New runners may need help finding running shoes that will properly fit their feet. Specialty stores in the area include Fleet Feet Sports in Pleasanton and Forward Motion Sports in Danville. Those stores have people trained to analyze an athlete's gait and find a shoe that will work well for them. It is estimated that 60% of running injuries can be prevented with proper footwear, so it is best to purchase the right pair of shoes the first time so that athletes can avoid the training room during the season.

Required items for competition: Once an athlete knows which event group he or she will compete in, that athlete should purchase a pair of competition shoes that are designed for that event. For most athletes, that would be a spiked shoe, but the spikes will be different for different events. Throwers shoes are a little bit different too. It is not advisable to purchase a competition shoe before the athlete has settled on an event group because the shoes will differ for the different events, but an athlete without proper competition shoes is at a disadvantage.

Additional items for distance runners: Digital watch with split taking capabilities (does not have to be fancy).

Suggested items for both practice and meets: Water bottle, post meet snack containing both protein and carbohydrates, a change of clothes or additional sweats for after practice on a cold or wet day.

As stated earlier, it is not our intention to exclude anyone for financial reasons, so if anyone has a hardship in regards to finding equipment, please let the coaching staff know as soon as possible.

Race Day Norms

Athletes should arrive at all meets in their long sleeve shirts and black sweat pants. Once the team has convened, attire is not strict, but must be weather appropriate and representative of Amador Valley Track and Field, Cross Country (many of the cross country items are the same as track and field items), or general Amador Valley attire. Athletes are not to wear attire from a different sport or organization (Amador Valley or otherwise). Athletes are to complete warm-up activities before competing and cool-down activities following competition. Cool-down activities may take approximately one hour to complete and are not to be cut short. We have a few different kinds of meets this season and the procedures are slightly different for each.

Dual Meets: Dual meets are competitions between two teams. We have three official league dual meets this season and one scrimmage. These meets are being held on Thursdays after school. They will begin at 4P M sharp and we hope to have them concluded by 7:30 PM. Athletes will travel to these meets by bus and are expected to stay for the duration of the meet. Athletes may either travel back to Amador Valley by bus or leave with their parents. To leave with their parents, athletes must check out with the coaching staff. Athletes are not allowed to leave with another athlete's parent unless the other parent is a cleared driver and the coaching staff has record of that driver's clearance. Athletes are expected to stay until the conclusion of the meet regardless of when their event ends, unless the meet runs later than 7:30. Athletes who leave the meet prior to its conclusion or prior to 7:30 will be given an unexcused absence from that meet and possibly further discipline unless the athlete has made arrangements with the head coach in advance or an extreme circumstance arises.

Invitationals: Invitationals are meets with a large number of teams and generally last most of the day. Athletes are expected to know what time they compete and arrive to the meet site no less than 90 minutes prior to their first competition. Athletes are encouraged to stay until the last Amador Valley athlete competes, but are permitted to leave following all of their cool-down activities and after checking out with a coach. Again, athletes can only leave with their own parents, or a cleared driver.

Post-Season Meets: In general, we want as many of our athletes to be present for as much of these meets as possible. We also want to put our athletes in the best position that we can for them to be successful. Sometimes these two desires are in conflict with each other due to weather conditions, length of the day, or other factors. Like Invitationals, athletes will be required to be at the meet site 90 minutes prior to competition and to complete cool-down activities following competition. Athletes will be asked to stay until the end of these meets unless special circumstances arise (which sometimes happens at these meets) or if doing so would put them at a competitive disadvantage.

Race Day Conduct

When we are at a meet, we are representing Amador Valley High School. With this in mind, coaches, athletes, and supporters of the team must conduct themselves in a way that portrays the school in only the best of lights. We ask athletes to be ambassadors of our school and of our sport and competition sites raise this responsibility to the highest degree.

We are all expected to demonstrate sportsmanship in both victory and defeat, even in times where that is difficult.

Athletes must compete seriously, which includes completing all warm-up and cool-down procedures to the best of their abilities.

Athletes are expected to be supportive of their teammates who are competing and engaged in what is happening throughout the meet. Athletes are not to bring items such as Frisbees, balls, or toys to play with for the times when they are not competing. Additionally, athletes are not permitted to work on homework while the meet is going on. This would be akin to a basketball player doing homework while sitting on the bench during a game or a relief pitcher sitting in the bullpen working on homework prior to entering the game. Just because an athlete is not competing at a given time, does not mean that the athlete is permitted to be tuned out.

Although many of our athletes are friends with athletes from other teams, Amador Valley athletes are expected to mainly associate with Amador Valley athletes at meets. As in the previous analogy, a basketball or baseball player would not walk over to the opposing bench to hold a conversation during the game. This does not mean that athletes cannot talk to athletes from other teams, but it does mean that we should not find our athletes sitting under another team's tent for an extended period of time or separating from our team's athletes to warm-up or cool-down with athletes from another team.

Captains

This year's team will have four captains. There will be a track captain and a field captain of each gender. Captains will be nominated and then elected by teammates before our first competition.

The process will be simple. During the first week or so of practice, athletes will have the opportunity to nominate any of their teammates to be a captain. An athlete cannot nominate him or herself, but there are no other restrictions. After an athlete is nominated, the coaches will make sure that the athlete wants to take on the responsibility. Prior to the first competition, all nominated athletes who wish to be captains will speak to the team. Each athlete will then have the opportunity to vote for the people of their own gender who they want to represent the team. Votes will be counted and captains will be named. In case of a tie, the head coach will cast the tie breaking vote.

In the case that a captain cannot stay in good standing either academically, for disciplinary reasons, or for attendance reasons, the athlete will lose his or her captaincy and a replacement will be chosen by the coaching staff.

Leadership

On a team the size of our team, it takes more than coaches and a few captains to experience the success that this program has experienced year in and year out. It takes leadership from all levels. Everyone is capable of leading in one way or another and over the years we have had great leaders. Whether someone is a captain, a rookie, a senior, a freshman, a boy, a girl, a jumper, a thrower, a distance runner, a sprinter, or a pole vaulter, we need all athletes to be great teammates, to complete workouts without cutting corners, to find confidence in practice as well as meet day, to help with event related tasks, and to encourage others to do all of those things. Great teams are full of athletes who are accountable and who hold others accountable. Our team has been very good. For us to be great, we need more people to step up as leaders.

How Can Parents Stay Involved

- 1) Volunteer at track meets. We do not hire officials. We rely on our parent group to help run the meets and the events. Most jobs are easy as long as there are enough people to do them. These range from helping out at the finish line, to working a shift in the snack bar, to becoming a team parent. Please be willing to help somewhere during the season. We have approximately 250 athletes on the team, yet we often have the same 15 parents carrying the load. It is a large load for 15 people, but many hands make light work.
- 2) Get cleared as a driver. There will be several meets this spring that we will need to transport athletes to and from. It is much easier if parents are cleared as drivers through the school district. The form is simple, but it sometimes takes a long time to be processed, so the sooner you fill it out and turn it in the better. Drivers clearances last for one year.
- 3) Join and/or support Boosters. Boosters raises a huge amount of money for athletics at Amador Valley, which helps to allow our program to provide the experience that we are proud to provide for our athletes. Unfortunately, many of these experiences are expensive, so without the funding, they would go away. We rely on Boosters in a lot of ways, so if you can help, that would be awesome. It will also help you to stay informed about where all that money is actually going.
- 4) Help us out with fundraising that may not be linked directly to Boosters.
- 5) Support our athletes. Cheer for their victories and encourage them in their defeats (hopefully we'll be doing much more of the former than the latter). Be fans of our team. Watch results on amadortrack.com. Pay attention to the details of the weekly email. Look for updates on current and former AVHS athletes on the team facebook page (<https://www.facebook.com/groups/454702871227694/>). Know when our athletes have qualified for league, set a new personal best, and have recorded an all-time mark.
- 6) Please pay the athletic registration amount.
- 7) Share photos and videos on the facebook page or team website.
- 8) If you have other ideas, please share them.

Who Races?

Dual Meets: Everyone. Everyone on the team will race in dual meets. An athlete is allowed to compete in up to four events at any meet (although it is very rare that an athlete competes in four events at one meet) and all of our healthy athletes can race at the dual meets.

Dan Gabor Invitational: Everyone will have an opportunity to run something at our home invitational, but we do not contest every event and in some events we are limited to a certain number of entries.

Super 7 Invitational, NorCal Frosh/Soph, and Halden Invitational: Everyone will be able to compete at something at this meet.

Invitationals: Athletes will have to qualify to run these meets. Athletes qualify based on their performances in previous meets. The general procedure for invitationals is that we submit times for our athletes and the directors of those meets select the athletes who are good enough to run at that particular meet. Some of the meets are very selective and some are less selective. In some meets, we are allotted a certain number of entries, so qualifying will be based on the athlete's rank on the team. For example, if we are limited to two entries in the long jump, we will probably enter our two best long jumpers.

Post Season Meets: Athletes will qualify for the EBAL Trials by meeting a performance standard during the season. From there, the athlete will qualify to the next post season meet based on his or her performance against the competition. For example, the top 3 athletes in our league will advance to the North Coast Section Tri-Valley Championships as well as a pool of at large athletes.

How Does an Athlete Earn a Letter?

It is an honor for an athlete to earn a varsity letter at Amador Valley High School. To be considered for a letter, an athlete must meet several standards.

- 1) The athlete must remain academically eligible for track and field for the entire season.
- 2) The athlete must remain on the team until the end of the season.
- 3) The athlete must meet the 5 day per week attendance requirement.
- 4) The athlete must compete at all post season meets that he or she is qualified to run in.

If those standards are met, an athlete can earn a varsity letter in one of several ways.

- 1) The athlete can score a total of at least 5 points at the varsity level in all scored meets.
- 2) The athlete can achieve a performance standard in any meet that Amador Valley competes in and then compete in that event at the league championships. Exceptions can be made for competing in that event at the league championships on a case by case basis. Performance Standards are available on the next page.
- 3) An athlete can earn a letter by qualifying for the EBAL finals in an individual event (or by finishing in the top 16 in events that are run as finals only) even if he or she has not reached the points or performance standard.
- 4) Senior athletes who display exemplary commitment to the team and have been on the team for at least three years may be considered for a varsity letter and have not already earned one (a senior athlete must still meet the attendance requirement to be considered for a letter).

2017 Varsity Letter

Standards

Varsity letter standards are loosely based on the performances necessary to make league finals in previous years.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100m	11.68	13.10
200m	23.64	27.60
400m	52.52	62.50
800m	2:04.73	2:31.69
1600m	4:41.98	5:32.96
3200m	10:28.46	12:07.29
110m Hurdles	17.50	X
100m Hurdles	X	18.10
300m Hurdles	44.48	52.73
Long Jump	18-06.75	14-03.50
High Jump	5-07.00	4-08.00
Triple Jump	38-00.00	30-00.00
Pole Vault	11-00.00	8-00.00
Shot Put	37-05.00	27-05.50
Discus	114-04.00	75-08.00

Qualification to the EBAL Championships

Athletes must qualify to participate in the EBAL Championship Meet. Any athlete who hits a certain performance standard in an event is guaranteed entrance to the meet in that event no matter how many athletes register for that event. Performance standards are listed below. Performance standards are determined based on the 24th or last place mark achieved at the EBAL Championships over the last five seasons.

All individual events are also required to admit at least 24 entrants as long as that many athletes wish to compete. If less than 24 entrants have met the automatic qualification standard, the field will be filled to 24 by admitting however many additional athletes as are necessary by their best performance in that event throughout the season.

<u>Event</u>	<u>Frosh/Soph Girls</u>	<u>Frosh/Soph Boys</u>	<u>Varsity Girls</u>	<u>Varsity Boys</u>
100m	14.57	12.50	13.78	12.08
200m	29.95	25.62	28.73	24.23
400m	73.46	58.44	70.09	56.00
800m	2:51.19	2:19.80	2:43.63	2:12.71
1600m	6:19.51	5:06.37	5:52.34	4:59.14
3200m	14:42.97	11:09.13	13:43.81	10:56.60
110m Hurdles	x	22.79	x	20.60
100m Hurdles	21.79	x	21.41	x
300m Hurdles	62.83	54.82	59.67	51.79
Long Jump	11-02.50	15-05.25	13-04.50	16-11.50
High Jump	4-01.00	4-10.00	4-06.00	5-05.00
Triple Jump	26-02.00	28-11.00	25-10.00	35-05.25
Pole Vault	6-00.00	8-04.00	7-06.00	10-02.00
Shot Put	17-01.50	29-06.50	22-01.25	35-01.25
Discus	36-11.00	66-03.00	61-05.00	95-02.00

Qualifying for the EBAL Finals

Most events at the EBAL Championships have a qualifying round and then a final round. Different events have different qualifying procedures. High jump, pole vault, relays, and the 3200m run are contested as finals only. Other field events take the top 16 marks from the qualifying round to the final. Running events will each take 16 athletes from the qualifying round to the finals. These events will take some mix of top finishers and next fastest times. For example, one event might take the top 4 finishers in each heat, plus the next 8 times, where another event might take the top 2 finishers in each heat plus the next 12 fastest times. The qualifying procedure for each event will depend on how many heats are needed in the qualifying round.

Qualifying for NCS Tri-Valley

There are three leagues in the NCS Tri-Valley (the EBAL, DAL, and BVAL). Athletes qualify for NCS Tri-Valley based on their performance at their league meet. The top four finishers in each event from each league automatically qualify for the NCS Tri-Valley Championships. From there, all other competitors from their league finals are placed into a pool and the next 12 best marks from league finals will qualify for the NCS Tri-Valley Championships. In addition, any athlete who meets an NCS performance standard (listed later) will qualify for the NCS Tri-Valley Meet, regardless of their placement at their league meet.

Qualifying for the NCS Meet of Champions

The North Coast Section Comprises over 150 high schools from the Bay Area to the Oregon border. There are 4 sub-sections that qualify into the NCS Meet of Champions (Tri-Valley, Bayshore, Redwood Empire, and Class A). Tri-Valley, Bayshore, and Redwood Empire each automatically qualify the top 7 finishers in each event for the NCS MOC. Class A, the smaller sub-section, gets 3. In addition, any athlete who does not earn an automatic spot, but meets the NCS performance Standard in their sub-section meet (listed later) will advance to the NCS MOC.

Qualifying for NCS MOC

Finals

Like the EBAL Championships, most events at the NCS Meet of Champions have a qualifying round and a final round. The high jump, pole vault, and 3200m run are contested as finals only. In other field events, the top 8 marks from trials will reach the final round. In the running events, including relays, there will be a combination of top finishers as well as additional entries by time. In events run in lanes, 8 athletes will advance to finals. In the 800m and 1600m run, 12 athletes will advance to finals.

The Exhibition 4x800m Relay: We may or may not enter a team in the exhibition 4x800m relay at NCS MOC. If we do, we will first consider non-senior athletes who plan to run cross country in the fall. If we want to run this event and we don't have enough athletes from that group, we would start to consider seniors and non-cross country runners.

Qualifying for the CIF State

Championships

There are 10 sections in the state of California. Each is allotted a certain number of entries to the state meet based on population size. To qualify to the State Meet from the North Coast Section, an athlete must either finish in the top 3 in his or her event or meet a state performance standard (listed on the next page).

NCS Performance Standards

(to qualify from EBAL Finals to NCS Tri-Valley or from NCS Tri-Valley to NCS MOC)

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
4x100m Relay	43.33	49.52
100m	11.20	12.73
200m	22.56	25.73
400m	50.51	59.03
800m	1:57.56	2:19.37
1600m	4:24.66	5:04.76
3200m	9:27.81	11:03.52
110m Hurdles	15.61	X
100m Hurdles	X	15.83
300m Hurdles	40.90	46.91
4x400m Relay	3:27.07	4:03.91
Long Jump	20-11.00	16-11.00
High Jump	6-01.00	5-01.00
Triple Jump	43-04.50	36-03.25
Pole Vault	13-01.00	10-02.00
Shot Put	48-03.75	37-01.00
Discus	148-02.00	115-09.00

CIF Performance Standards

(To qualify from NCS MOC to the CIF State Meet)

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
4x100m Relay	41.82	47.28
100m	10.77	11.97
200m	21.76	24.21
400m	48.29	55.53
800m	1:53.61	2:11.17
1600m	4:14.83	4:55.96
3200m	9:07.17	10:35.62
110m Hurdles	14.35	X
100m Hurdles	X	14.14
300m Hurdles	38.29	42.91
4x400m Relay	3:18.74	3:50.20
Long Jump	22-04.00	18-01.00
High Jump	6-07.00	5-05.00
Triple Jump	46-02.00	38-01.00
Pole Vault	15-00.00	11-10.00
Shot Put	55-00.00	41-04.00
Discus	168-02.00	132-03.00

Tips

How is a Track and Field Meet Scored?

Like most sports, the winner of a track meet is the team that has the most points. Points are accumulated by placing well an event. Depending on the size of the meet, different amounts of points might be available for different placing. Here's how it breaks down:

Dual Meets (3 scorers per event): 1st place-5 points, 2nd place-3 points, 3rd place-1 point.
Relays award 5 points for the winning team only.

League Finals, NCS Tri-Valley, NCS MOC, and scored invitationals (6 scorers)-10-8-6-4-2-1

State Finals (8 scorers)-10-8-6-5-4-3-2-1

-Footwear: Many of the injuries that occur in track and field are due to faulty footwear. Either the athlete's shoes are worn down or the athlete is wearing shoes that do not properly fit his or her feet.

-How long do shoes last? Training shoes are designed to last between 300-500 miles of low intensity running. As intensity picks up, so does the wear and tear on the shoes. For many athletes on the team, it will take two pairs of shoes to get through the season. For some, it might take more (mostly distance runners). When our top runners are running their maximum mileage, they will probably need a new pair of shoes every month or month and a half.

-How can you tell if you are wearing the right kind of shoe? When it comes to shoe type, the athlete can always ask a coach. As for purchasing a shoe that correctly fits the athlete's foot, the athlete can be fitted for shoes at a running specialty store. Employees are trained to evaluate an athlete's gait to determine what model of shoe would best serve him or her. In order to have your gait evaluated, you may have to request this service, but it is free. Our local specialty stores are Fleet Feet in Pleasanton and Forward Motion in Danville. Forward Motion probably has a greater selection of shoes, but the employees are equally qualified at both stores.

Warning: The people who work in shoe stores are salespeople. They will evaluate your gait correctly and give you a good recommendation, but the recommendation will often times be the most expensive shoe in its category. That's fine if that's what you want, but do not feel bad to ask them to show you some less expensive shoes in that category.

Second Warning: Shoes in specialty stores are generally marked up from what you might find online. It is a good idea to purchase a first pair of shoes from the specialty store, but after you know that a shoe will fit you correctly, you can save some money by purchasing online.

More Footwear

There are three types of shoes that an athlete might use at some point during the season. Hopefully this explanation will help when deciding what to wear at different times and what to purchase.

Trainers: The most important pair of shoes to own is a good pair of training shoes. All training and races can be completed in training shoes. If you were to own one pair of shoes for everything, this is the pair that you need to have. Your trainers should come to every practice and meet.

Competition Shoe: Although an athlete can compete in trainers, they will not yield the best possible results. Each event type has specially designed shoes that will help to maximize performance in competition. For most events, those competition shoes are called spikes. There are spikes specially made for performance in sprints/hurdles, jumps, distance, and pole vault. Throwers do not use spikes, but they make special shoes for use in the throwing events as well.

Flats: Distance runners may also invest in a pair of flats for certain types of workouts. Flats are the primary racing shoe during cross country, but they have potential training benefits during the track season as well. They are very lightweight, which allows for faster running, but not as aggressive as a spike. I would not suggest that anyone purchase a pair of flats for the track season, but if athletes have an old pair of flats, there might be days where it is useful to wear them.

Suggested Shoe for Each Type of Work for Distance Runners(This is assuming people own all types of shoes).

Easy Running-Trainers

Tempo Work off the Track-Trainers

Anything off the Track-Trainers

Tempo on the Track-Flats or Trainers

10k or 5k pace-Flats

2 Mile pace or faster-Flats or spikes

Speed Development-Spikes

Block Starts-Spikes

Sleep

If there is one secret to running faster without working harder, it is sleep. It's not about a secret workout, or a secret training method, or a secret drill. It is simply to get enough sleep. Studies show that 83% of high school age students are sleep deprived and it negatively affects them physically as well as academically. For a high school age student, sleep deprived means anything less than eight hours of sleep per night. As a guideline, high school and college age students should be sleeping 8-10 hours per night. Studies also show that students who do not sleep this much suffer for it. If you believe that you are able to function well on less sleep, I challenge you to go for two weeks of sleeping at least eight hours every day. I guarantee you will feel better and be more productive. Your body releases chemicals when you sleep that help your muscles to recover and your brain to store information. When you don't sleep, your brain releases a hormone called cortisol (known commonly as the stress hormone), which causes you to feel stressed out (hence the name) and causes discomfort even with less exertion (in other words, the same effort hurts more). Let's think about workouts for a second in terms of improvement that you can gain from them. Let's look at a workout where you do 6x800m. That's a pretty hard workout. If you do that workout and go home and sleep for six hours that night, you gain 2 units of improvement from that workout. If your teammate ran right next to you in that workout and ran the exact same times as you, but goes home and sleeps for eight hours, he or she will experience 3 units of improvement. Beyond that, you are going to feel worse the next day because you are sleep deprived and your teammate is not.

If you have found that you are able to run with certain people in workouts every time and then after a while you can't, it is probably because that person is recovering better than you are. This could be because you are not getting the proper sleep, not getting the proper nutrition, or are not running the workout as it has been prescribed, but our team has generally tried to execute the workouts correctly and in our community, we are better at getting proper nutrition than we are at getting good sleep. For those of you worried about how your academics will be affected, read some of the studies on the effects of sleep on memory, reasoning, and long term retention of knowledge. Those studies would also strongly suggest that you get the sleep.

Realistic daily schedule for a busy student who is focused on performance (it can be done):

Awake at 7:00 (1 hour to get ready and get to school)

Breakfast and off to school at 8

School and practice until 6:25

Go home, shower and dinner by 8:00 (95 minutes to get home from practice, clean up, and get to work)

Homework done and in bed by 11:00 (3 hours for any homework and studying and in bed with 8 hours until the alarm goes off and this is on a day where we have a long practice)

Nutrition

Nutrition can be very complex if we try to make it that way. I prefer to keep it simple. To me, there are three steps that every athlete should follow, in order, when it comes to nutrition.

-Step 1: Eat enough. Teenagers burn a lot of calories even if they are not involved in a sport. They are growing and just going to school is a high energy demand activity. Throw on top of it that we have athletes who are running nearly ten miles per day (not everyone does that, but some do) and you can see why it is important to eat enough food. As athletes, we want to continue to be able to do more training, but that training has to be supported with fuel (food). We should not have any athletes who are consuming less than 2000 calories per day and we have some who should be eating more like 3000 calories per day.

-Step 2: Make sure you are getting key nutrients. There is no point paying attention to what you are eating if you aren't eating enough. Once you are eating enough though, it makes sense to know that you are eating the right things. Carbohydrates and protein are both important for runners as are essential vitamins and minerals. Pay specific attention to iron, vitamin D, and calcium intake as those nutrients are highly demanded by athletes in a repetitive motion sport like running.

-Step 3: Eliminate some of the crap. Notice that this is step 3! We don't start by eliminating things from the diet because we first need to make sure that we are eating enough. If you aren't going to eat enough calories without the crap, then leave it in (when I was in college and being asked to eat 3300 calories per day, I found it very hard to do without eating dessert). If you can replace some of the crap though with healthy alternatives and still eat enough food, you will feel better and run faster.

Hint: Athletes are more receptive to food within 30 minutes of the completion of a workout.

Athletes will gain more benefit from the workout they just completed if they can eat something very soon after they have finished. It is recommended that athletes bring something to eat immediately after the conclusion of their workout.

Iron

Iron is an extremely important nutrient for a distance runner and often not well understood. Iron is responsible for carrying blood to working muscles. Endurance athletes use a lot of iron and because of that, often find themselves in a position where their iron levels are not where they should be. There are a couple of reasons for this. First, the main test that a doctor will want to do to check your iron is to test your hemoglobin levels. This makes sense on the surface because each hemoglobin molecule includes one atom of iron. Hemoglobin bonds with oxygen and then travels to the muscle, so if you have enough hemoglobin, it makes sense that iron levels are good. Unfortunately, hemoglobin will only tell you part of the story. There is another protein in the body called ferritin that helps to store iron. Often times hemoglobin levels are fine, but ferritin levels are low, meaning that the body is not storing enough iron. Doctors do not like to test for ferritin because the test is more expensive and they don't want to cover it. Also, many doctors don't know much about endurance sports and will tell you that this test is not important.

The other problem is that the normal ranges for hemoglobin and ferritin are huge and just because an athlete falls into the normal range does not mean that he or she is truly getting enough iron. As long as you fall into the normal range, your doctor will tell you that everything is fine, but I would encourage you to demand the ferritin test and request the actual numbers. The normal range for hemoglobin for men is 13.5 to 17.5 grams per deciliter of blood and the normal range for women is 12.0 to 15.5 grams per deciliter. For ferritin, normal results are 12 to 250 nanograms per milliliter of blood and 12 to 150 nanograms per milliliter for women.

I recently had a conversation with the men's cross country coach at Cornell University, where I went to school. He is having all of the distance runners tested for ferritin four times per year and they are asked to take a week off if their ferritin falls below 54 and they are able to start supplementing iron. He really wants them all to be at about 85. Your doctor is going to tell you your ferritin is normal if your reading is 12 and he or she won't even do that test if you don't specifically request and in some cases demand it. If your doctor does refuse you a ferritin test, you can get one at a lab, but it will cost you about \$40. You will run much faster if your iron levels are in the upper range though. It is estimated that nearly half of endurance athletes will suffer from an iron deficiency problem at one point or another. We have had several cases in the past couple of years and once iron supplementation began, those athletes improved quickly and significantly.

Morning Heart Rate

Checking your heartrate can be very useful as a test of fitness. In general, as you get more and more fit, your heartrate will be lower. Heartrate can also be used to predict trouble. If you have been training and your heartrate is getting higher, it could be a sign of overtraining or oncoming illness. The difficulty with checking heartrate is that activity levels will immediately change your heartrate. If you are fairly fit and check your heartrate immediately after a hard workout and then again just a few minutes later, it might change by more than 100 beats per minute. That kind of measurement is not very useful for this purpose. Even just walking around for a few minutes will produce a higher heartrate than if you are sitting around. So to control for these inconsistencies, the best time to take your heartrate is right when you get out of bed. As stated earlier, as you get more and more fit, your heartrate will gradually decrease, but that doesn't mean that it will be lower every day. You don't need to be alarmed if your heartrate data looks like this: 58, 56, 55, 56, 57, 54, 53, 55, 53, 53, 59. That 59 might just be there because you didn't get as much sleep as you should have the night before, or maybe it was the day after a really hard workout. However, if over the next few days, you see something like: 60, 59, then we should start thinking about scaling back for a day or two or maybe even taking a day without running. This is your body telling you to back off. In general, if your heartrate is elevated by 10% for three or more days, you should mention it to a coach and it is likely that training should be adjusted for a short period of time.