



## **Track & Field GUIDELINES**

### **Boys & Girls – 2014 SEASON**

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*Welcome to the Fountain Valley Track & Field Team!!* This class meets every day beginning in February and continues until the end of May, and is a CIF-sanctioned sport open to boys and girls in grades 9 through 12.

Thank you for your willingness to be a part of this outstanding program. In order to be eligible to be a member of the Track and Field team, an athlete must have turned in the Spring Clearance form of eligibility and be able to have their 6<sup>th</sup> period free for sports participation. The Fountain Valley Track & Field's Program goal is to ensure that all team members reach their potential as athletes and individuals, and that a positive healthy environment for growth is provided.

In order to ensure the success of the program and thus, the individual, there are certain guidelines that must be followed by all athletes while representing Fountain Valley Track and Field. First, it must be understood that being a part of the track team is a privilege and not a right. All athletes must follow the guidelines of the program to the best of their ability and always represent the school with their best behavior. The environment that the coaching staff would like to nurture is for the benefit of all, not the few; therefore, the team concept will be promoted at all times. This means following the directions of the coaches and team captains. The end result of this will be a successful season and a positive experience in the sport of Track and Field. The specific guidelines of the course are as follows:

#### Practice

This is a class. It meets everyday at 2:15 PM Monday through Friday **rain or shine**. You will be expected to attend every practice. If you fail to attend a practice you must have a note explaining the cause of your missed absence. Practice ends when the workout is over or when your coach excuses you, and not before. When you come to practice be ready to run. If you are not dressed or did not bring your shoes to practice, then you will be considered absent. If you can't finish a workout for whatever the reason, be sure and let your coaches know. For your own safety, always stay on the assigned workout; never adjust to your own workout. When you arrive for practice, immediately start stretching; a coach does not need to be present for stretching to begin. If you miss a practice, it is possible that you will not compete in the next race. You will however, be required to attend the race to assist your coaches and teammates. Lastly, anyone who continuously misses practice will be dropped from the course, and thus, the team.

#### Injuries

If an athlete is injured, he or she is still required to attend practice dressed in workout clothes. A coach will send the athlete to the trainer at an appropriate time, after which the athlete is to return from the trainer with a note explaining the status of their injury.

## Track & Field Meets

EVERYONE WILL RIDE THE BUS ON WEEKDAY RACES; NO EXCEPTIONS. If you fail to be on the bus on weekday race days, you will not compete in the meet that day and risk removal from the team. **You will compete in all events that you have been entered in.**

The Saturday races are not mandatory, as they are for those athletes that qualify or are on relay teams. As for the weekday races, athletes are expected to attend, even if they can't run due to an injury; Athletes are required to attend every weekday race unless they receive prior written permission to miss a race from a coach. A parent may take his or her own son or daughter home from the meet with coach's consent, but not until the event that for which the athlete is registered, is completed. A parent may not take home any other athletes from a meet. If you become ill the night or morning of a race, your parent must call the coach and leave a message prior to the next meet. Missed races may result in a lower grade and/or a drop.

## Academics

If you are struggling in a class, notify a coach immediately, since the later that they find out this information, the less that they can do to assist you. Additionally, coaches have access to grade cards that may be given to teachers to verify sufficient academic progress in all classes that athletes attend. Lastly, FVHS offers free tutors at selected times, so if necessary, this option should be used.

## Grades

Your grade will be determined by the percentage of practices attended and percentage of competitions completed. Only injury with a doctor's note will you allow you to pass without participation.

## Participation

Being on the Track and Field team is a privilege and not a right. All athletes are expected to represent the spirit of good conduct and sportsmanship at all times. If you voluntarily quit track or are removed by the coaching staff, you may become ineligible for future participation on the Fountain Valley Track and Field team.

## Letterman Standards

An athlete must earn **1 varsity point** to be awarded a varsity letter. Athletes may earn varsity points two (2) separate ways:-

1. Athletes who finish in 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place in a Sunset League varsity race in any dual meet will automatically letter. Athletes on a winning relay team in a Sunset League varsity dual meet will automatically letter.
2. The Orange County Register has established standard for reporting varsity results. If a FVHS athlete meets or exceeds the standard for a given event, they will automatically letter.

Brian Bivens  
Program Director & Head Coach



## **Cross Country / Track & Field Parent Informational Handout**

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### **Booster Meetings**

All Parents are encouraged to attend the Booster Meetings to provide support to the FVHS Cross Country / Track & Field Program. Typical items discussed in Booster Meetings include:

- Program information and updates from the Coaching Staff
- Upcoming events and meets information
- Budgetary decisions and updates
- Other business that supports the goals of the Program

With some exceptions, Booster Meetings are held on the third Thursday of each month in Room B14, at 6:00 PM.

### **Uniforms**

All Athletes must have a uniform for meets. Typically uniform styles remain consistent for 3 – 4 years. There are optional uniform items available for purchase. See Uniform Order Form.

### **Website**

The Cross Country and Track & Field website can be found at [www.fvhs-xctf.org](http://www.fvhs-xctf.org). It can also be found through FVHS.com, Athletics tab, and the drop-down menu under either Boys or Girls Sports

### **Awards Ceremony & Yearbook**

At the end of the season an awards ceremony is held to recognize and honor the athletes and coaches. The cost and location will be announced later in the season. Parents and guests are encouraged to attend. Yearbook ads purchased by sponsors and parents assist in defraying the cost of publishing the yearbooks. Photographs of Athletes in action, along with candid pictures, are appreciated, so that they can be included in the yearbook. Photographs can be uploaded after events, visit our website to learn how.

### **Fundraising**

The Track and Field program is largely self-funded through athlete contributions and fundraising. Information regarding fundraising opportunities is distributed at the parent meeting. Please take time to become familiar with the programs that have been established to support your child's program. Frequent emails are sent notifying families about current fundraising opportunities that directly benefit your athlete.

### **Scholarships**

The Douglas B. Stone memorial Scholarship awards one or two college scholarships to senior athletes who compete in both Cross Country and Track & Field, while also exhibiting excellence in academics, athletics, and leadership.

### **Mailing Address for the Boosters:**

FVHS Cross Country / Track & Field Boosters  
18828 Brookhurst Street, PMB 160  
Fountain Valley, CA 92708

# **FOUNTAIN VALLEY HIGH SCHOOL**

## **2014 TRACK & FIELD SCHEDULE**

- 3/4 TUES FV vs Canyon @ Fred Kelley Stadium (Bus 2:00pm)
- 3/8 SAT Earl Engman Relays @ Fred Kelley Stadium (Bus 6:30am)
- 3/11 TUES FV vs Newport @ Fountain Valley HS
- 3/14-3/15 FRI-SAT Redondo Nike Invitational @ Redondo Union High School  
(Bus TBD)
- 3/22 SAT Santa Barbara Easter Relays @ SBCC  
Meet of Champions @ Azusa Pacific University
- 3/27 THUR FV vs Los Alamitos @ Fountain Valley HS
- 3/29 SAT Beach Cities Invitational @ Huntington Beach HS (Bus 7:00am)
- 4/3 THUR FV vs Edison vs HB @ Fountain Valley HS
- 4/5 SAT Palos Verdes Invitational @ Palos Verdes HS (Bus 7:30am)
- 4/11-12 FRI-SAT Arcadia Invitational @ Arcadia HS  
Irvine Distance Carnival @ Irvine HS
- 4/14-4/18 Spring Break
- 4/18-19 FRI-SAT Mt Sac Invitational @ Mt San Antonio College (Fri Bus  
1:30pm, Sat 6:00am)
- 4/24 THUR FV vs Marina @ Marina HS (Bus 1:30pm)
- 4/26 SAT Orange County Championships @ Mission Viejo HS (Bus 6:30am)
- 5/2 FRI Sunset League Prelims @ Huntington Beach HS (Bus 12:30pm)
- 5/8 THUR Sunset League Finals @ Huntington Beach HS (Bus 1:15pm)
- 5/17 CIF Prelims @ Trabuco Hills HS
- 5/24 CIF Finals @ TBD
- 5/30 CIF Masters @ Cerritos College
- 6/6-6/7 CIF State @ Buchanan HS (Fresno)



Requested Contribution per Athlete for the FALL Off-Season is: **\$50**  
**OR** Cross Country Season **\$90**

Requested Contribution per Athlete for the WINTER Off-Season is: **\$50**

Requested Contribution per Athlete for the **Track & Field Season** is: **\$90**

Please make your contribution in Cash or Check payable to:  
"FVHS CC/T&F Boosters" (we have a stamp).

(Please note that this is separate from the Track and Field Season Clearance -- Transportation and Athletic Trainer fees you pay to FVHS.)

Family contributions cover the following costs:

- Coaches' stipends
- Supplies

Without your contributions we would be forced to make cutbacks to the basic needs of your student-athlete's high quality program. Please support your athlete by making your contribution today.

See the "Athlete Cost by Season" page for other costs you can expect.

Parent Volunteer Opportunities: We will request volunteer help with:

- |                      |   |
|----------------------|---|
| Booster Club Officer | Home Track Meets AND League Finals Meets    |
| Fundraising          | Yearbook / Photos                           |
| Banquet              | Central Park Invitational (October CC Meet) |

***Please make sure that Athlete and Parents are signed up on XCStats.com  
INCLUDING clicking on the email that comes after registering!***

Contact Treasurer, Christine Doerr at [ctdoerr500@gmail.com](mailto:ctdoerr500@gmail.com) or 714-964-96761-message

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Athlete Name: \_\_\_\_\_

Grade \_\_\_\_\_ Email \_\_\_\_\_ On XC Stats? Y /N

Parent Name \_\_\_\_\_

Email \_\_\_\_\_ On XC Stats? Yes / No

Amount Contributed: Fall/CC \$ \_\_\_\_\_; Winter \$ \_\_\_\_\_; Spr/T&F \$ \_\_\_\_\_

Total \$ \_\_\_\_\_ Method (cash/check) Check # \_\_\_\_\_

Contact me about volunteering for...

# FOUNTAIN VALLEY HIGH SCHOOL

## FVHS Cross Country / Track & Field Uniform Order Form 2013 - 2014 School Year

Athlete Name \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

Phone # \_\_\_\_\_ Email: \_\_\_\_\_

Item	Size (circle)	Stock #	Unit Cost	Qty	Total Cost	Official Use Only	
						Date Del	Initials
<b>REQUIRED COMPETITION UNIFORM -From FVHS Coaches</b>							
<b>Women</b>							
Shirt	XS S M L XL XXL	SXW101	23.00				
Shorts	XS S M L XL XXL	SX100	21.00				
Throwers Shorts	XS S M L XL XXL	7S001-7	23.00				
<b>Men</b>							
Shirt - Distance	XS S M L XL XXL	SPM101	22.00				
Shorts - Distance	XS S M L XL XXL	SP1002	21.00				
Shirt - T&F	XS S M L XL XXL	SXM101	23.00				
Shorts - T&F	XS S M L XL XXL	7S001-7	23.00				
<b>TOTAL- Make out Check to "FVHS"</b>							

Official Use: Chk # \_\_\_\_\_ Cash \_\_\_\_\_ Official Initials \_\_\_\_\_

## FVHS Cross Country / Track & Field Spirit Wear Order Form 2013 - 2014 School Year

Athlete Name \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

Phone # \_\_\_\_\_ Email: \_\_\_\_\_

**--- OPTIONAL ITEMS ---**

**SPIRIT GEAR from the FVHS CC/T&F Boosters**

Item	Size	Stock #	Unit Cost	Qty	Total Cost	Official Use Only	
						Date Del	Initials
Warm Up Set (jacket & pants)	XS S M L XL XXL		70.00				
Hooded Sweatshirt	XS S M L XL XXL	F102 royal	21.00				
Zippered Sweatshirt	XS S M L XL XXL	zip royal	23.00				
Polo Shirt	XS S M L XL XXL	K500 royal	19.00				
Sports Bag	one size	P-121	24.00				
<b>TOTAL- Make Check to "FVHS CC/T&amp;F Boosters"</b>							

Official Use: Chk # \_\_\_\_\_ Cash \_\_\_\_\_ Official Initials \_\_\_\_\_

*Allow 6 - 8 weeks for delivery  
Sales tax was paid to vendors and is included in costs*