

# Sunset League Champions

Track & Field

1981, 1981, 1984, 1985, 1992, 1993, 2005, 2011, 2012, 2013, 2013, 2014, 2015



## Track & Field GUIDELINES

Boys & Girls – 2016 SEASON

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[Welcome to the Fountain Valley Track & Field Team!!](#) The spring track season starts in February and continues until the end of May. It is a CIF-sanctioned sport open to boys and girls in grades 9 - 12.

Thank you for your willingness to be a part of this outstanding program. In order to be eligible for the 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 and development 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 a few; therefore, the team concept will be promoted at all times. This means following the directions of the coaches and team captains.

### Practice

This is a class. It meets every day 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 and/or train for your event(s). 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 warm up and stretching; a coach does not need to be present for this to begin. If you miss a practice, it is possible that you will not compete in the next race. 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 email Coach Bivens at [bbivens@hbuhsd.edu](mailto:bbivens@hbuhsd.edu) prior to the 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/progress reports that may be given to teachers to verify sufficient academic progress in all classes that athletes attend.

## 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.

## Letterman Standards

An athlete must earn one **One (1) varsity point** to be awarded a varsity letter and be in good standing with the team and coaching staff. 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. If an athlete finishes 1<sup>st</sup> through 6<sup>th</sup> at Sunset League Finals in a varsity event, they will also letter.
2. The Orange County Register has established standards for reporting varsity results. If a FVHS athlete meets or exceeds the standard for a given event, they will automatically letter. Coach Bivens will provide a list of the times and distances that will be an average of the reporting standards over the past 10 years.

Brian Bivens - Co-ed Head Track Coach [bbivens@hbuhsd.edu](mailto:bbivens@hbuhsd.edu)

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## *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. - Questions? Contact Booster President Don Marion at: [fvhsxctrack@gmail.com](mailto:fvhsxctrack@gmail.com)

### Uniforms

All athletes must have an official FVHS uniform for meets. Typically uniform styles remain consistent for 3 – 4 years. There are optional uniform items available for purchase.

### 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/Banquet

At the end of the season, an awards ceremony/banquet is held to honor athletes and coaches. The cost and location will be announced later in the season. Parents and guests are encouraged to provide photos of athletes in action, along with candid pictures, that we can share at this event. To submit images, please do so through our online Track and Field Gallery at [www.fvhs-xctf.org](http://www.fvhs-xctf.org).

### Fundraising

The Track and Field program is largely self-funded through athlete/parent 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 via XCStats.com are sent notifying families about current opportunities that directly benefit your athlete. Ask us how to set up your XCStats account.

### 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

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## 2016 TRACK & FIELD SCHEDULE

### **Pre-Season**

- 12/12/15 (SAT) Torrance All Comers Meet @ Zamperini Stadium 2125 Lincoln Ave, Torrance, CA
- 1/9/16 (SAT) Cerritos All Comers Meet @ Cerritos College
- 1/16/16 (SAT) HB All Comers Meet @ Huntington Beach High School
- 1/23/16 (SAT) Irvine State Qualifier @ Irvine High School
- 1/30/16 Paramount State Qualifier @ Paramount HS
- 1/30/16 Torrance All Comers Meet @ Zamperini Stadium
- 2/6/16 Azusa Pacific State Qualifier @ Azusa Pacific University
- 2/6/16 La Mirada All Comers @ La Mirada HS
- 2/13/16 Winter State Championships @ Cerritos College

### **Official Track Season**

- 2/27 (SAT) Saddle Up Invitational @ Vista Murrieta HS
- 3/5 (SAT) Earl Engman Relays @ Fred Kelly Stadium (Orange)
- 3/8 (TUES) FV vs Brea Olinda vs Yorba Linda @ Yorba Linda HS
- 3/11-12 (FRI-SAT) Redondo Nike Invite @ Redondo Union HS
- 3/18-19 (FRI-SAT) California Relays @ Cerritos College
- 3/24 (THUR) Fountain Valley vs Newport @ FVHS
- 3/26 (SAT) Beach Cities Invitational @ Huntington Beach HS
- 3/28-4/1 Spring Break
- 4/2 (SAT) Las Vegas Invitational @ Desert Oasis HS
- 4/6 (WED) Fountain Valley vs Edison vs Marina @ Marina HS
- 4/8-4/9 (FRI-SAT) Arcadia Invitational @ Arcadia HS
- 4/9 (SAT) Irvine Distance Invitational @ Irvine HS
- 4/14 (THUR) Fountain Valley vs Huntington Beach @ FVHS
- **4/16 No Meet**
- 4/20 (WED) Fountain Valley vs Los Al @ FVHS
- 4/23 (SAT) Orange County Championships @ Mission Viejo HS
- 4/29 (FRI) Sunset League Prelims @ Huntington Beach HS
- 5/5 (THUR) Sunset League Finals @ Huntington Beach HS
- 5/14 (SAT) CIF Division 1 Prelims @ Trabuco Hills HS
- 5/21 (SAT) CIF Championships @ Cerritos College
- 5/27 (FRI) CIF Masters @ Cerritos College
- **6/3-6/4 CIF State Championships @ Buchanan HS (Fresno)**



Requested Contribution per Athlete for the FALL Off-Season: **\$50**  
 Requested Contribution per Athlete for the WINTER Off-Season is: **\$50**  
 Requested Contribution per Athlete for the **Track & Field Season: \$100**

Contributions payable in Cash or Check, payable to:  
**“FVHS CC/T&F Boosters”** (we have a stamp).

Note: This is separate from Season Clearance, Transportation and Athletic Trainer fees paid to FVHS.

Contributions cover the following costs:

- Coaches’ stipends
- Supplies
- Meet expenses

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.

Parent Volunteer Opportunities:

- |                      |   |
|----------------------|---|
| Booster Club Officer | Home Track Meets                            |
| Fundraising          | 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!***

Questions? Contact Treasurer, Margaret Moreno at [margaretmoreno@msn.com](mailto:margaretmoreno@msn.com)

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 (Cut Here)

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: \_\_\_\_\_