

Track and Field Handbook

2023



Head Coach: Richard Morales
Hurdles: Michael Gradilla
Sprints: Randy Samuel
Distance: Cesar Tran
Pole Vault: Tyler Heil
Throws: Trevin Loza
Jumps: Keyland Johnson

BECOMING A CHAMPION
TRACK & FIELD HAND BOOK



Chino Hills High School

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Chino Hills, CA 91709

Principal

Randy Buocristiani

Athletic Director

Ian Trantow

GOALS FOR 2023

- Get Better Every Day
- Be a complete Team
- Get the most out of each other
 - Win Hardware
- Qualify as many Student Athletes for CIF as Possible

Introduction

Dear Athletes and Parents:

2023 is a year we are looking to build off of our last years success. 2022 saw CHHS track take home a league championship, our first CIF championship in the throws as well as qualifying for multiple events at State. Our boys are all returning, and I expect for us to compete for a league championship. The distance team is coming off a promising Cross-country season and looking to carry the momentum into track. We will be starting our preseason training afterschool for non distance runners on January 5th. We will practice Monday, Wednesday and Thursday for the first couple of weeks from 345 to 515. Winter athletes will join us in the middle of February as their seasons conclude. Looking forward to another successful season representing the pride of the Hills. Make sure to read through the handbook to answer any questions. Looking forward to another successful season.

-Coach Morales

Schedule

Boys/Girls Varsity & Open Division

Students are responsible for transportation to and from Saturday Track meets

- Tue 02/21 Home Blue Vs Green 4:15
- Sat 03/04 Away Chino Relays TBD
- Sat 03/11 Away Asics/Irvine Invitational TBD
- Sat 03/18 Away The Qualifier-Covina TBD
- Tue 03/21 Home Etiwanda 3:15
- Tue 03/28 Away Damien/St Lucy** 3:15
- Tue 04/04 Home Rancho Cucamonga 3:15
- Fri & Sat 04/07-08 Arcadia Invitational TBD
- Tue 04/11 Away Upland 3:15
- Tue 04/18 Home Los Osos 3:15
- Fri & Sat 04/15-16 Mt. Sac Relays TBD
- Mon 04/25 Away Field-League Prelims 3:00
- Tue 04/26 Away Track-League Prelims 3:00
- Fri 04/28 Away League Finals 4:00
- Sat 05/06 Away CIF Prelims-Trabuco TBD
- Sat 05/13 Away CIF Finals-Moorpark TBD
- Sat 05/20 Away Masters Meet-Moorpark TBD
- Fri & Sa 05-26-27 State Finals TBD
- Additional meets may be added later if qualified for

- ** Spring Break

GENERAL GUIDELINES FOR ALL ATHLETES

If one was to conduct a study to identify the similarities possessed by successful and winning athletic teams, one of the outstanding feature is that the teams have made considerable effort to run the program like a family. Like all successful families, there are rules, expectations, and responsibilities that everyone must adhere to in order to keep the operation running smoothly. A smoothly run operation will produce desirable results. Please read the following guidelines and commit them to heart so your season will be meaningful and successful.

DAILY PRACTICES:

- Practices are Mondays through Fridays, and 8:00 AM on selected Saturdays. You must attend practice everyday. The length of each day's workout varies, but expect most days to end at 5:00 PM. Attendance is required for all sick and injured athletes who were at school during the day. You can help the team even when sick and injured.
- Athletes must exhibit "effort" and "commitment" on a daily routine during practices and competitions. Failure to do so will result in dismissal from the team. Each individual will receive an official encouragement talk(warning) prior to dismissal.
- *Absences:* All absences must be cleared by a note from your parent explaining your absence.
 - Any unexcused absence can disqualify you from the next meet.
 - Five unexcused absences will be grounds for dismissal from the team.
 - Please schedule any doctor appointments for after practice.
 - A job is not an excused absence.
- *Bad Weather:* If it is raining moderately, we will practice. Report to practice on time for instruction regardless of foul weather. Workouts will be adjusted for extreme weather, but not cancelled.

OVERNIGHT TRAVEL:

If you are invited to any of the travel meets, behavior must be exemplary. If any athlete is unruly, not following direction, or deserving of parental removal (pickup) during the duration of any trip, the athlete will be expelled from the team.

Breaking curfew is ground for parental removal.

Standards set by coaches are to be observed without discussion (they exist for your safety).

6th/1st Athletic PERIOD PE:

- All team guidelines must be followed.
- Grades are based on attendance and participation.
- Five (5) unexcused absences will be ground for dismissal from team and class. You will be rescheduled for 1st period PE and earned an F grade.

90%-100% of Attendance and Participation A

80%-89% B

70%-79% C

60%-69% D

CONDUCT:

- Sportsmanship is to be displayed at all times.
- All athletes are expected to respect and show courtesy to all coaches, teachers, administrators, officials, opponents, teammates, and spectators at all times.
- Extend hospitality to all visiting opponents and spectators.
- The use of profanity on the track, in the classroom, at meets or around campus will not be tolerated.
- Absolute honesty must be used at all time.
- Your conduct, in and out of school, affects the team's reputation.
- All school rules apply to athletics

CONSEQUENCES FOR INAPPROPRIATE BEHAVIOR:

- *First Offense* Meeting with coaches, warning
- *Second Offense* Removal from Practice, Call to parents
- *Third Offense* Dismissal from the team.

APPEARANCE:

Practices: You are an athlete representing yourself, your school and your community. It is important that you take pride in your appearance, and have pride in what you do.

- Running shorts or tights (Chino Hills colors).
- T-shirts, long sleeves for cold days
- Sweat pants and top are a must for warm-up and cool-down to prevent injuries.
- Running shoes, or racing flats/spikes must be worn at all time.

Meets and Invites: You are an athlete representing yourself, your school and your community. It is important that you take pride in your appearance, and have pride in what you do.

- Complete Chino Hills High School uniform must be worn during the meet.
- Only Chino Hills High warm-ups should be worn during the meet.
- Only Chino Hills High accessories are allowed (hats, gloves, etc.).
- When you are receiving awards, you must be in proper Chino Hills High warm-ups. NO EXCEPTION!

Fundraising

- The track program asks for a \$100 donation for the program up-front .Make check payable to Chino Hills High School.
- In February our track runs our only fundraiser of the year in Snap-Raise.

Earning the “CH” Varsity Letter Requirements for 2023

Below are the standards set for earning a varsity letter in Chino Hills Track and Field. Included are the rationales for the requirements.

- 1)The requirements are a set of standard that all will understand and be held accountable to.
- 2)A varsity letter is a crown of achievement for hard-work, dedication, commitment and talent.

To earn the varsity letter in track, the athlete must meet the minimum requirement of:

1. Score 10 points in duals meets at the **Varsity level**
OR
2. Compete in all league dual meets at the **Varsity level**
OR
3. Qualify for League Final at the **Varsity level** and Place in the top 9

*Coaches reserve the authority to award the letter to any athlete deemed deserving of receiving.

CHINO HILLS CC & TRACK OFF CAMPUS RUNNING SAFETY AGREEMENT

RATIONAL: In order to be competitive and to have a successful distance running program in cross-country and track, it is necessary for our student athletes to run mileage that requires off-campus routes. This is a practice done by all high school running programs. Our primary concern is the safety of the athletes as they run through the community and nearby parks and trails. To ensure this, it is necessary that each athlete and their parents are aware and follow the safety guidelines and rules listed below.

Through the Community

ALWAYS

- Cross streets at crosswalks or at controlled intersections.
- Use signal lights
- Look both ways for safety before crossing.
- Run in opposite direction with traffic on the sidewalk or closely in the shoulder of the road.
- Go behind stopped cars when crossing driveways or alleys.
- Assume that there is vehicular traffic around.
- Use your common sense for safety and self-preservation.

NEVER

- Jay walk.
- Run in the middle of the road.
- Assume it is safe.
- Try to beat the light at an intersection.
- Cross alleys without slowing down and looking for traffic.
- Cut prescribed route.
- Give gestures towards passerby vehicles.

Parks and Trails

ALWAYS

- Follow prescribed route.
- Regroup at every junction.
- Make effort to stay with your group.
- Be cautious of your footings.
- Stay on trails.
- Be alert of your surroundings.

NEVER

- Leave prescribed route.
- Wander off trail.
- Disobey coaches' instruction.

I have read and fully understand the safety agreement. I will comply to all the safety guidelines and rules.

Athlete's Signature _____ **Signed Parent Letter** _____ Date _____

I have read and fully understand the safety agreement. I have discussed these guidelines and rules with

Parent's Signature _____ **Signed Parent Letter** _____ Date _____