

SEVEN LAKES HIGH SCHOOL TRACK & FIELD



PARENT AND STUDENT ATHLETIC GUIDE

YOU ARE AN ATHLETE... A SPARTAN ATHLETE

THE GOAL OF THE SLHS TRACK PROGRAM IS TO PROVIDE THE BEST OPPORTUNITIES FOR STUDENT-ATHLETES TO EXCEL IN TEAMWORK, SPORTSMANSHIP, SELF DISCIPLINE AND MORAL CHARACTER. THE PURPOSE IS TO PROVIDE EACH PARTICIPANT WITH EXPERIENCES THAT WILL BE POSITIVE, MEMORABLE, AND HELP THE ATHLETE DEVELOP THE CAPACITY FOR COMMITMENT TO A CAUSE, ACCEPTANCE OF RESPONSIBILITY AND LOYALTY TOWARDS ANY CHOSEN ENDEAVOR.

AT SEVEN LAKES WE WILL FOLLOW THE PHILOSOPHY OF EXCELLENCE TO MOTIVATE OUR ATHLETES ON A CONSISTENT AND CONTINUAL BASIS BY INTEGRATING THE TRAINING PROCESS INTO HIGH LEVEL RACING BY GIVING OUR RUNNERS THE TOOLS TO DEVELOP AT THEIR BEST, AND BY PROVIDING A TRUE MOTIVATING EXPERIENCE FOR ALL ATHLETES.

COACHING STAFF

MARVIN RATHKE - HEAD BOYS COACH

DAVID POLLACK— HEAD GIRLS COACH

SCOTT KENNEY – HEAD XC COACH & ASSISTANT BOYS TRACK COACH

DAVID COOPER – ASSISTANT BOYS & GIRLS TRACK COACH

DIANE PRICE – ASSISTANT BOYS & GIRLS TRACK COACH

MICHAEL RIVERA – ASSISTANT BOYS & GIRLS TRACK COACH

ALYSSA CROCKER – ASSISTANT BOYS & GIRLS TRACK COACH

SEAN MAY – HEAD ATHLETIC TRAINER

LIZ WAGNER— ASSISTANT ATHLETIC TRAINER

SARAH HENSON – ATHLETIC TRAINER

ANGELA SPURLOCK— ASSISTANT ATHLETIC COORDINATOR

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Seven Lakes High School Track & Field

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Seven Lakes High School Cross Country

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Seven Lakes High School Cross Country & Track

Spartan Philosophy

5 KEY SPARTAN QUOTES

EXTRA EFFORT IS THE KEY TO SUCCESS.

WE GO WITH GOAL ORIENTED PEOPLE.

GOAL ORIENTED PEOPLE FIND WAYS.

EVERYDAY IS A GREAT DAY.

DON'T WASTE A HEARTBEAT.

3 THINGS YOU BRING WITH YOU EVERY DAY

DESIRE TO EXCEL

POSITIVE ATTITUDE

HONESTY (YOUR WORD IS GOOD)

THE 4 SPARTAN BASICS

LISTEN

THINK

BE SELF MOTIVATED

FOLLOW THE RULES

3 THINGS YOU DO WITH ANY GOAL

GET EXCITED

MAKE A COMMITMENT

STAY WITH IT

5 RUNNING BASICS

YOU ARE HERE TO RUN

YOU ARE HERE TO RUN FASTER

YOU ARE A MEMBER OF A TEAM, WORK TOGETHER AND TRAIN TOGETHER

YOU ARE HERE TO SEEK OUT KEY EXPERIENCES

YOU ARE HERE TO BECOME A TRAINING LEADER

THE SPARTAN MODEL

DO WHAT OTHERS DON'T , WON'T, AND CAN'T DO!

Team Guidelines

1. Katy ISD Athletic Guidelines and Code of Conduct will be followed. This must be agreed to and signed by the student/athlete and the parent/guardian.
2. The student athlete must have the Katy ISD packet with physical, consent to treat, UIL athletic guidelines, and acknowledgement of rules on file with the Seven Lakes Athletic Trainer in order to participate in practices or meets.
3. Runners are required to be on time for all workouts, meetings, meets. Example: 5:50 A.M. is on time for a 6:00 A.M. practice, 1:52 pm in 7th period and 2:50pm afterschool). Being tardy will result in participation restrictions from practice or meets.
4. Attendance will be taken by the coach each day. Runners must check in before practice **and** at the conclusion of practice. **Practice is over when the coaches release you, not when you believe that you are done.**
5. **Tardies:** If an athlete reports late for academic meetings, they are required to submit a pass from the teacher who detained them showing the time they were dismissed. They must report dressed out no less than 20 minutes after the time indicated on the pass. Repeated offenses in this matter may result in dismissal. (This is for workouts that are after school or during 1st period if the student/athlete was attending a tutorial for example).
6. **Excused Absences:** The only legitimate excuse from practice is absence from school (i.e. funeral, illness, surgery). When runners return to school, they will bring their blue slip and a note from parents or legal guardians to the coach. It is important that parents and athletes directly communicate with their coaches as soon as they know they will be absent for practice/school. **In order to be considered excused, the parent must communicate to the coaching staff that an athlete will miss the practice.**
7. **Unexcused Absences:** If athletes are in school and out of practice three times, which is 3 unexcused absence, they may be dismissed from the team. The first infraction of an unexcused absence may result in the athlete being restricted from participating in the very next meet.
8. **Runners must be academically eligible to compete.** Eligibility will be checked during each grading period. If a student is failing a single class for any 2 progress report or report card, a parent /student conference will be set up between the student, parent and the coach with a possibility of being dismissed from the team. We must have kids that are dedicated to the classroom. **Athletes are required to practice during their ineligible time.** All attempts are to be made to attend tutorials, school club meetings, retesting after school. If the assigned training cannot be completed fully, for the reasons above, it may result in restrictions from meet participation or dismissal from the team. An athlete must be able to balance both academics and athletics as a student-athlete.
9. **Injured athletes are expected to be present at practices and at meets as they are a part of the Spartan Cross Country Team.** Our trainers are top of the line, please use them as your first place to go regarding injuries. If an athlete is injured, they are expected to attend both before school and after school training sessions. **If an athlete is not attending both sessions per day, they are not injured.** If the athlete arrives by bus, talk to the coach on an individual basis. Attendance needs to occur so that athletes do not miss out on important information related to the team, they can assist in managing practices, and go to the trainers to get appropriate help. Athletes who are sick or injured for 3 or more days need a doctor's note.
10. In order to compete on our team in meets an athlete is required to complete all workouts, so attendance and completion of training sessions are two big indicators on an athlete's level of meet participation. If an athlete is in another sport in the same season, they are still required to get their practices in and done correctly. During the season and preferably all year, a track and field athlete needs to be in 1st period (distance) 7th period (sprinters-field events). If an athlete is not in 1st or 7th period they must complete their practice in a timely fashion before (6-7am) or after school (2:50-4:30pm) and are required to check in with the head coach daily. An athlete that is not in 1st or 7th period but wants to be on the team must get clearance from the head coach and must abide by the policies above.
11. Athletes must be dressed out in Seven Lakes High School issued athletic apparel. Athletes that are training off campus are required to wear their reflective vest as all times during the morning workouts. Failure to comply will result in

participation restrictions from practice or meets. Wearing reflective vests and school issued clothing is to be taken very seriously for the athletes' safety is our main priority.

12. Anyone using alcohol, tobacco, or other drugs will be subject to the policies of the Katy ISD Athletic Guidelines and Code of Conduct as well as UIL policies.

Academics & Equipment

Grading Procedures

“Consistency is the key.”-Dr. Joe Vigil

The daily responsibilities of the athlete will assist in molding the student into a respectful maturing adult. In order for this to occur the student-athlete needs to develop consistent positive routines in his/her daily life. Athletics is not only what goes on out on the track, but what goes on in the classroom, at home, and in the real world. A major part of becoming a better athlete is the process of becoming a better person and to take ownership of your own training. “You cannot be your best as a athlete until you become a better person.”

1. Each athlete should have a three ring binder with 15 dividers, pencils and pens, and notebook paper. A logbook will be kept by each athlete until they finish their eligibility at SLHS Logbooks will include but will not be limited to the following:

2. Important Information on the SLHS Cross Country

Key concepts and models of the way Spartans train

How to do your training and why

Training results-the log sheet- Your daily training is not complete until you logged it. *Most important part of your binder!*

Racing results

Supplemental materials and articles

Daily meeting notes

Competition and training assessment forms

2. The notebook will be checked daily and turned in weekly. We will check logs for completeness. Keeping a logbook correctly is a required part of our program.

Equipment

1.The students will be required to pay a fifty dollar user fee (checks made out to Katy ISD) for the upkeep of equipment supplied by the school. This fee is paid once every year. If you have already paid for another sport, you do NOT have to pay again.

2.The athlete will be provided with a variety of athletic equipment including but not limited to: meet uniform, warm-ups, sweats, practice shorts and t-shirts, and a backpack. The fifty dollars does not cover damage or loss of an item provided by the school. There will be an additional fee assessed when the item is lost or damaged,

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which is the cost of replacing the item. Athletes are to wear school issued or school colored clothing to practice.

3. Required outside equipment include: watch with chronograph-split and memory mode, running shoes (300 miles/3 months), event spikes, (running clothing and reflective vests will be issued and kept in locker. We will wash after each practice. We will also supply towels.

4. Athletes will also be responsible for the cleanliness and condition of the locker room. Weekly assignments will be given to athletes to double check specific areas of the locker room for upkeep and cleanliness.

BECOMING INVOLVED

The parent's role is critical in the success of the Seven Lakes High School Track and Field program. Help out our program by getting involved.

1. Booster Club- Sign up and volunteer at athletic events other than cross country. Become a voice for our program at meetings.
2. Fundraising: Ideas and assistance are always needed to be bring in money for special projects and athletic needs.
3. Help at meets: Get meet times, splits and results. Help set up before team arrives! Help close down camp as athletes cool down.
4. Important UIL Information: http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf
-Gifts and Team Dinners: Please check with me before you take action. It is against UIL rules to give away gifts to team members, this no longer includes food.
5. Parent's Guide to High School Track & Cross Country—Marc Bloom
6. Forms: Athlete Packet with physical, consent, acknowledgement of rules, insurance info.
Birth Certificate Copy
Verification of Bona Fide Residence form
Copy of last utility bill
PAPF form if new to SLHS from outside of SLHS attendance zone.
7. Consistency starts at home: nutrition (diet), sleep, weekend workouts.
8. Emotional Support- Cheer, Cheer, Cheer!!!
9. Respect the team environment and camp throughout practices and meets. The sport and each race requires tremendous focus.
10. Please save all good lucks and great jobs for before and after the meets. Please take as many photos and video as possible while not impeding on the warmups, race, and cooldowns.

Contact Information and Important Websites

Cell Phone: Marvin Rathke 281-435-5280
Cell Phone: David Pollack 832-637-3629
Campus Phone: 281-237-29177 (Pollack) 281-237-2896 (Rathke)
Seven Lakes High School Track and Field

Campus Fax: 281-644-1785

Email Address: marvinrathke@katyisd.org and jeremiahadye@katyisd.org

Email Address: DavidPollack@katyisd.org and jessicamratcliffe@katyisd.org

Room Number: T-13 (Pollack) 2643 (Rathke)

Conference Period: 6th Period

<http://www.katyisd.org/curriculum/athletics.htm> : VALUABLE DISTRICT INFORMATION, ATHLETIC FORMS, ETC

www.rankonesport.com : Roster, schedules, directions, etc

<http://ballcharts.com/SevenLakesGirlXCTF>

DIRECT TEAM INFORMATION, TEAM UPDATES-PRACTICES AND MEETS, ETC, TEAM INCLUSIVE

www.uil.texas.edu :

THIS IS OUR GOVERNING BODY FOR HIGH SCHOOL ATHLETICS-PLEASE READ UP ON THE POLICIES

Lasting Impressions

Travel & Meets

Athletes, **traveling as part of a team**, will be expected to adhere to the following guidelines:

1. Arrive at the designated location prior to schedule meeting and departure time. **Failure to fulfill this obligation may result in the athletes being excluded from the trip.**
2. Assume responsibility for bringing appropriate equipment.
3. Dress in a neat and appropriate manner that complies with all dress and grooming guidelines as directed by the coach and in compliance with **Katy ISD Athletic Guidelines and Code of Conduct.**
4. Demonstrate appropriate behavior and good citizenship from the time of departure and upon return to the campus within compliance with the **Katy ISD Athletic Guidelines and Code of Conduct.**
5. **Travel and return on the bus** unless prior written request via a "Request for Post-Activity Student Release" has been correctly filled out and given to the coach 24hrs before the competition in order for the student to be released to their custody at the completion of the activity. All athletes must ride the bus to the event, and no athlete will be released to anyone other than a parent or guardian at the conclusion of the activity. Athletes must complete cool down and be dismissed before leaving.

Meet Behavior

Student Athletes are expected to exhibit good sportsmanship at all times. During competitions, student athletes will display respect for officials and leave the resolution to any conflicts to the coaches. Student athletes, as leaders, should demonstrate the ability to accept defeat as well as to be gracious winners.

Personal Appearance and Grooming

Athletes at SLHS will conform to a higher standard on personal appearance and grooming because these student leaders represent their team, coaches, school, district, and community. These standards will apply at all times, whether in school, practice or during travel to and from athletic competitions.

Multiple Sport Participation

I encourage athletes to participate in any sport they would like to participate in. Communication between the athlete, Coaches, and parents is a must and athletes will always be required to attend cross country/track and field practice or make prior arrangements with the head coach. Participation in other athletic events is not an excuse to miss practice or to not complete a workout.

Attendance to "Club Sports" is not an excuse to miss practices and meets.

Concurrent Participation

Athletes must complete a sport until beginning another sport unless agreed upon by both coaches. If both sports are in the same season we will decide on a workable schedule between the coach, the parent, and the athlete. Athletes are required to hand in all assigned equipment and pay all assessed fines before they can attend the concurrent sport.

Meals

Athletes **must** bring their own meals to meets. A meet agenda will be sent home with the athlete each week before a meet outlining recommended foods to bring as well as other things to pack for a meet. Nutrition is extremely important and all athletes will need to be prepared to eat within 45 minutes of workouts and meets. Think about the perimeter of the store.

At the varsity level, meals will be included for regional and state competition

Varsity Letter

Players will be awarded a letter for each year of Varsity participation provided they complete the season and are eligible/able to participate in $\frac{1}{2}$ the total number of Varsity meets for the season. At my discretion I may recommend an athlete for an award that has not met the guidelines. A letter jacket will be awarded the first time an athlete letters. Each additional year the athlete will receive a Varsity certificate.

To earn a varsity letter, an athlete must satisfy at least one of the following:

- a. Run in the District Meet or be an alternate for the Regional or State Meet.
- b. be a senior who has been on the team for at least three years and is competing in a full senior season.

I AGREE TO THESE GUIDELINES FOR THE SEVEN LAKES HIGH SCHOOL TRACK & FIELD TEAM AND THE KATY INDEPENDENT SCHOOL DISTRICT AND RESPECT THE COACHES' FINAL SAY IN THE DECISIONS MADE:

Athlete Signature:

Date:

Parent Signature:

Date:
