

SABERCAT

TRACK & FIELD

2017 Sabercat Track

Welcome all athletes to Sabercat Track & Field. The coaching staff is excited to have all of you. To accomplish any goals we develop this season we need athletes that work hard each and every day in practice, are passionate, prepare themselves for competition, and are self-motivated to achieve.

Who are the coaches and how do I contact them?

Coach Baker- Head coach, Sprints	shanequa.baker@dcsdk12.org
Coach Stephen- Head coach, JV/Hurdles/Jumps	david.stephen@dcsdk12.org
Coach Cook- Distance	lecook@dcsdk12.org
Coach Johnston- Throws	coachcloser@gmail.com
Coach Rogers- Jumps	trinamo52@gmail.com
Coach Munoz- Pole Vault	rmtitan04@gmail.com

Rules for attending practice and meets

- Athletes practice everyday
- Mon-Fri practice begins at 3:30pm and ends at the event coaches discretion
- Unexcused absences result in meet ineligibility
- Excused absences have no consequence, but when possible should be pre-arranged
- Please communicate with your coaches **before and after** any absence
- Unexcused absence from a meet will result in the athlete being ineligible for the next meet
- Varsity athletes will help run home JV meets
- Spring Break (3.20-3.24)- **we will have practice**. Event coaches will set the practice schedules for their athletes or designate a group to practice with
- Athletes can participate in another CV Spring sport, but must attend practices deemed necessary by the coaches.
- Athletes may compete for an outside, non-track and field club team. A meeting will be arranged with coaches, the athlete, and the athlete's parents to discuss their particular circumstance.

Competition eligibility?

- All athletes must meet the weekly eligibility requirements to participate with the team
- Ineligibility = Two academic Fs
- Athlete will be ineligible for the following week's competition

- Athletes can and will be ineligible for reports of poor citizenship
- Three weeks of continued ineligibility may be cause to ask athlete to leave the team
- Grades and conduct reflect on the rest of your team and coaches. Behave in a manner that reflects well on your school, your family, and us.

What kind of uniform do I get?

- Athletes will be issued a uniform (top and bottom), warm-up pants, and warm-up jacket
- All athletes will turn in their uniforms at the end of the season
- Fines will be assessed for missing, damaged, or faded clothing
- Other meet and practice clothing is the athlete's responsibility. We recommend you always have sweats on you, but also having up to 3 layers accessible as needed.

How do coaches select Varsity and Junior Varsity?

- If you rank 1st, 2nd, or 3rd in any event you will run varsity
 - Age and experience do not matter
- Relays are at the coach's discretion

How do I letter?

Lettering athletes must meet all of the following...

- Complete the season
- Be eligible and present for league championships
- Earn 8 points (1 point per varsity meet, 2 points for league championships)
- Athletes will automatically letter if they qualify for state
- Athletes can also letter if the coaching staff determines that the athlete has endured a particular hardship (i.e., illness, injury)

Additional Important Information/Dates:

- 1. Illegal substances:** Use or possession of tobacco, alcohol, and illegal drugs on or off campus will not be tolerated. Refer to the Douglas County School Policy Manual for guidelines that will be followed.
- 2. Dual sport Spring athletes:** Athletes competing in other spring sports at CV are welcome to participate in track and field, but must meet coaches expectations of attendance.
- 3. Non-school competition:** Athletes may not compete in any other track and field meet or road race that is not on our schedule without permission from the school's administration. See Derek Cordes, CVHS Athletic Director. Athletes on club teams in other sports must attend practice everyday.
- 4.** Any issues you may have with your event coach should be address first with that coach. If the issue cannot be resolved between you and the event coach then a meeting will be scheduled with any of our head coaches. And if it cannot be resolved with a head coach then a meeting will be scheduled with our AD-Derek Cordes.

5.Spike Night March 1,2017 @ 6pm
Runner's Roost, 9994 Commons St., Ste. 230
Lone Tree, CO 80124

6.Volunteers

- Please signup to volunteer on our Track home page under the Volunteer tab.

7. Track Banquet May15, 2017 CVHS Commons @6pm

***All Athletes are encouraged to sign-up for Remind: [Remind](#)**

And also fill out the Important Athlete Information Form the links for these are on the Track Home page.

Where do I go for more info?

<http://www.sabercatsports.org/page/show/2443700-track>

<http://co.milesplit.com/>