

Auburn Mountainview

Track & Field Handbook

2017

**Auburn School District Athletic Philosophy**

Athletics means more than competition between individuals or teams representing different schools. It is, rather, a means of building a way of life respected in our society. It teaches understanding and appreciation of teamwork—that to participate means success, and to follow training rules means healthy living habits and establishes high team morale. This results in a mutual trust by coaches and other team members. Athletics exemplifies the philosophy that dedication, drive, and determination bring eventual success.

The athlete is a role model for younger students and peers. Therefore, it is important that the athlete‘s behavior remain above question. As a student leader, the athlete must accept the responsibilities and obligations placed by those represented.

**AMHS Track & Field Mission Statement**

The mission of the Auburn Mountainview High School Track & Field Program is to promote excellence in athletics and sportsmanship through **training** and **competition**.

**Coaches**

**Joel MacDougall** - Head coach, relays, pole vault

**Ben Gibbons** – Hurdles

**Kent Rodseth -** Long, Triple jumps

**Wayne Rumbaugh** – High Jump

**Rick Hawley -** Distance

**Conrad Webster** -Sprints

**Sam Washington** - Throws

Communication between athletes, coaches and parents is important. Please don’t hesitate to email questions or concerns to the head coach.

[**jmacdougall@auburn.wednet.edu**](mailto:jmacdougall@auburn.wednet.edu)

[**https://sites.google.com/site/auburnmountainviewtrackfield**](https://sites.google.com/site/auburnmountainviewtrackfield) **- Team website**

**@amhstrack - twitter**

**Athlete Code**

All aspects and conditions of the AMHS Athletic Code will be enforced. All participants are required to read and returned a signed copy of the athletic code before being able to practice and/or compete. The conditions of the code will apply through the end of the season including team award functions.

**Athlete Expectations**

*Make a commitment to the AMHS track & field program.*

Eligibility

To be part of the team, you must have:

* ASB Card/Proof of insurance in the office\*
* Completed physical on file\*
* Meeting WIAA/AMHS eligibility standards
  + Maintain a passing grade in at least four classes
* Meet ALL program guideline stipulations

\*Must be turned in prior to the first practice

Attendance/Tardies

* All practices and competitions are mandatory unless you are excused through the school and coaches. If you have obligations that will force you to miss a practice/meet you need to communicate those with the head coach 24 hours in advance.
* Attend school on days of competition! The Washington Intercollegiate Athletic Associations (WIAA) and the Auburn School District prohibit any athletes from participating in an athletic competition unless they attend ALL classes they day of the contest, or they receive permission from the school’s principal.
* Ride the team bus to and from the meets. If there is a situation that requires an athlete to ride home with a parent, 24-hour prior approval and a note from a parent will be required. This should happen ONLY in emergencies, and as a matter of convenience.
* Avoid other conflicts during the season. This goes back to the team commitment. We have meets and practices all five days of the week and some Saturdays. Athletes should notify coaches at the beginning of the season of all schedule conflicts.
* Consequences of unexcused absences/tardies could include:
  + Warning – 1st offense
  + Suspension/Loss of varsity letter points – 2nd offense
  + Dismissal – Further offenses

Injuries

Communicate all injuries to a coach before heading to the training room. It is the athlete’s responsibility to get treatment for injuries before and after practice. Taping, icing and heating need to be completed prior to practice or meet times.

Gear

Training in the right clothes and athletic gear will be essential to competing at the highest level and maintaining an injury-free season.

* Athletes should arrive at each practice or competition prepared to compete. This would include training shoes, spikes, sweats, jackets, hats, gloves and rain gear, depending on the weather.
* Athletes are expected to compete in school-issued uniforms and warm-ups. Other clothing could result in disqualification.
* All school-issued uniforms/warm-ups will be washed and turned in at the conclusion of the season. The misuse or loss of a uniform/warm-ups can result in a fine or the withholding of a varsity letter or diploma.

Athlete Behavior

Athletes need to realize they will be held at the strictest standards while representing the AMHS track & field team. Behaviors that disrupt the team’s expectation guidelines and/or mission statement will not be tolerated.

Examples of misconduct might include:

* Unsportsmanlike behavior
* Use of profane language
* Use of sexual innuendo for conversation or humor
* Inappropriate physical contact
* Disobeying or mistreatment of a coach, trainer or track official

*\*A*ny violation could result in suspension or dismissal.

**Parent/Guardian Expectations**

Our goal is to provide student athletes the opportunity to compete and represent their school at the highest level. It is paramount to have the support from parents and/or guardians to help in achieving this goal. The following are some suggestions that will help promote the attitude and environment necessary to develop your athlete:

* Insist the athlete complies with the AMHS and District athletic code.
* Support maintaining the AMHS academic requirements for your athlete.
* Ensure that permission and excused notices are granted 24 hours in advance of the time the athlete will need them.
* Support the efforts of all members of the team.
* Communicate questions and concerns with the event coaches or the head coach directly, not through the student athlete.

**Varsity Letter Award System**

Letters will be awarded to all athletes who meet the awards criteria as follows:

Varsity points – **40 points**

**1 Point**

* For event participation in a track meet (max 2 points per meet)
* For every third place finish in a *varsity* competition

**3 Points**

* For every second place finish in a *varsity* competition

**5 points**

* For each first place finish in a varsity competition
* For each standard met below:

**Meet standards**

**Girls Boys**

100m 13.0a 11.5a

200m 27.0a 23.5a

400m 62.0a 52.0a

800m 2:32 2:02

1600m 5:35 4:33

3200m 12:20 10:10

High H 16.4a 15.7a

300m H 49.0a 42.5a

High Jump 5’0” 5’10”

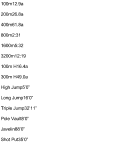
Long Jump 16’0” 20’

Triple Jump 32’ 39’

Pole Vault 8’0” 11’0”

Javelin 88’0” 130’

Shot Put 35’0” 44’

Discus 105’ 128’

**0-10 points**

* Program commitment
  + Attendance
  + Work ethic
  + Behavior/attitude
  + Experience ( 2 points per year in the program)
  + Fundraiser participation (goal specific)

**\*Exceptions**

***Coaches have the right to award a letter on his/her discretion***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Meet** | **Place** | **Time** | **Bus Depart** | **Bus Return** |
| Mon, Feb 27 | First practice | AMHS Track | 3:00PM |  |  |
| Tues, Feb 28 | Parent Meeting/Spike Night | RoadRunner Sports, Kent | 6:30PM |  |  |
| Sat, Mar 4 | Run Like A Lion Fundraiser | AMHS Track | 9:00AM |  |  |
| Sat, Mar 18 | Cardinal Relays | Cardinal Stadium, Orting | 12:00PM | 11:30AM | 5:30PM |
| Sat, Mar 25 | Kent-Meridian Invite | Kent-Meridian HS, Kent | 9:00AM | 8:00am | 4:00PM |
| Sat, Mar 25 | MacDougall Invite | Colfax , Colfax | 11:00AM | TBD | TBD |
| Thu, Mar 30 | Thomas Jefferson @ AMHS | Auburn Mountainview HS, Auburn, WA | 3:00PM | 2:00PM | 6:00PM |
| Thu, Apr 6 | Kent-Meridian @ AMHS | Auburn Mountainview HS, Auburn, WA | 3:00PM | 2:00PM | 6:00pm |
| Sat, Apr 15 | Pasco Invitational | Edgar Brown Stadium, Pasco | 9:30AM | TBD | TBD |
| Thu, Apr 20 | AMHS @ Hazen | TBD, Renton, WA | 3:00PM | 1:45PM | 5:30PM |
| Sat, Apr 22 | Mount Si Invitational | Mount Si HS, Snoqualmie | 11:00AM | 9:00AM | 3:30PM |
| Thu, Apr 27 | Decatur @ AMHS | Auburn Mountainview HS, Auburn, WA | 3:00PM | 2:00PM | 6:00PM |
| Thu, May 4 | Auburn Riverside, Auburn Mountainview @ Auburn | Auburn Memorial Field, Auburn | 3:00PM | 2:00PM | 5:30PM |
| Wed, May 10 | NPSL Meet Day 1 | French Field, Kent | TBD |  |  |
| Fri, May 12 | NPSL Meet Day 2 | French Field, Kent | TBD |  |  |
| Thu, May 18 | WCD III | TBD, TBD | TBD |  |  |
| Thu, May 25 | 2A, 3A, 4A State Championship Meet | Mt. Tahoma HS, Tacoma | TBD |  |  |
|  |  |  |  |  |  |
| All return times are approximate | |  |  |  |  |
| Highlighted meets are invitationals that are for select athletes with qualifying marks | | |  |  |  |

**2017 AMHS Track and Field Schedule**

“Run Like a Lion”

Fundraiser

*March 4th, 2017 – 10am-11:30am, at AMHS track*

First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I plan to run at least  laps for the Auburn Mountainview Track & Field team.

Dear Potential Sponsor,

I am participating in the AMHS Track & Field Run-A-Thon called **“Run Like a Lion”.** All proceeds will help fund various team needs including new uniforms, equipment and track meet fees. You can sponsor me for an amount per lap and can name a maximum amount that you are willing to contribute. Or, we are also accepting straight donations. After the fundraiser is completed, I will return to tell you how many laps I walked and collect your contribution. Make checks to **Auburn** **Mountainview High School**. All contributions are tax-deductible.

Thank you!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name of Sponsor** | | **Pledge per Lap (Example: $1.00)** | **Maximum Pledge** | **Amount Collected from Sponsor** | **Business Matching Pledge Amount** |
| **1** | *Jon Doe* | *$1* | *$20* |  |  |
| **2** |  |  |  |  |  |
| **3** |  |  |  |  |  |
| **4** |  |  |  |  |  |
| **5** |  |  |  |  |  |
| **6** |  |  |  |  |  |
| **7** |  |  |  |  |  |
| **8** |  |  |  |  |  |
| **9** |  |  |  |  |  |
| **10** |  |  |  |  |  |

**Actual laps \_\_\_\_\_\_\_/Coaches verification \_\_\_\_\_\_\_\_**

**Participants:**

To reach our goal, we hope that each participant finds 10 sponsors.

“Run like a Lion”

Fundraiser

Our annual track & field fundraiser, “Run Like a Lion”, is a fun and active way for our team to raise funds crucial for the success of our program. Students set realistic lap goals based on experience and development.

The fundraiser will last 90 minutes with the ultimate goal of raising **$7,500** to help fund the program’s needs such as uniforms, warm-ups, equipment and meet fees. We expect that each athlete will participate in the run-a-thon to the best of his/her ability. If each athlete raises $100, we will achieve our goal. We’re hoping to make the 2015 fundraiser the best ever, so the more contributions you raise, the more successful we’ll be at achieving our goal. Thank you very much for your participation!

# Rules

1. Athletes may start collecting pledges as soon as they receive the pledge sheets. **Reminder: Pledge sheets need to be turned in on March 11th.**
2. Pledges may be made by anyone. **Please ask everyone who pledges if their company has a matching gift fund policy**.
3. **Each sponsor making a pledge should write their own name, pledge per lap, and maximum pledge.** Students may collect the pledge in advance but must keep pledges until all are collected.
4. Each lap is approximately 1/4 mile. Each participant will be issued a “lap tag,” which will be punched each time the student reaches the starting point, thereby keeping track of the number of laps completed.
5. Upon completion of the run-a-thon, students will hand in their lap tags. A volunteer will record each student’s lap total on their pledge sheet and return it. Students may then collect outstanding pledges. **Please return pledge sheets with the money to the bookkeeper’s office, Mrs. Kukors, by Friday, March 11th**. No coaches should take in any money.
6. Prizes will be given to the top fundraisers as well as for best costumes.

We look forward to all our participants having a great time! For questions or concerns or to volunteer, contact **AMHS track coach, Joel MacDougall at jmacdougall@auburn.wednet.edu.**