**2015 SHAPE Track & Field Letter to Parents**

**Coach Arias’ Expectations & Policies**

**Coach/DODEA Sponsor:** John Arias (e-mail: john.arias@eu.dodea.edu)

**Assistant Coach/ DODEA Sponsor:**

**Coaching Staff:**

**Middle Distance:** Spencer Johnson

**Sprint/Hurdles:**

**Discus and Shot Put:**

**High Jump:**

**Long Jump/Triple Jump**:

**Coaching Philosophy:**

I’m here because I love the sport of track and field (T&F), and I love helping young athletes improve their mental toughness, skill and physical strength/endurance. However, I am not here just to develop the athletes physically. I also strive to build our athlete’s character. I expect athletes to be timely, responsible and respectful to others while they are a part of this team.

I expect our athletes to strive for their best at every moment. This does not necessarily mean going all out every practice, but rather carefully listening to the instruction of their respective coach and executing the workout as directed. Athletes must keep in mind that any easy day is just as important as a hard day.

Everyone is welcome to train and compete on the track and field team at SHAPE American HS, and we will try to match athletes’ events with their area of interest. However, due to reasons of safety, team discipline, and competitiveness, the coaching staff will have the final say in which events athletes practice for and compete in, as well as training methods, groups, and schedules.

Commitment from each athlete is important to me. That means I expect each athlete to set aside our designated workout sessions for T &F alone. Athletes will not split T & F workout sessions with a club sport. This means a SHAPE track athlete will set aside the full 10 hours a week for T & F workouts.

The coaches will help each athlete to develop goals and set milestones along the way to achieve those goals. For some it may be achieving a personal best time…for others it may be meeting a qualifying standard for Europeans. Whatever the goal, we will do our very best to guide the athlete toward a challenging, but achievable endeavor. Ultimately, success will depend on the athlete’s desire, attentiveness and effort.

Again, I look forward to working with our young athletes and volunteer coaches that will make this a fun and successful season.

**Parent/Community Volunteer Opportunities:**

* On any given training day we need 5-8 coaches to monitor all events
* Get volunteer paperwork filled out as quickly as possible

**Required Paperwork for Students (see also Athletic Handbook)**:

* Current physicals must be on file with Coach Bodine
* All paperwork must be turned in by 2 Mar 2015
* This includes the following forms:
* Acknowledgment of Athletic Handbook
* DODDS Drug & Alcohol Policy Letter
* Medical Release Form
* Transportation Sheet for POV
* Travel Roster Data Sheet
* Risk of Injury Sheet

**Gear:**

* For daily practice, athletes must come prepared:
* Proper shoes/clothing (always be prepared for cold/wet WX)
* Water bottle
* Athletes will not wear issued track clothes during practice
* Athletes without proper attire will not be permitted to workout
* For Track Meets
* Athletes will wear issued uniform at meets
* Undergarments extending beyond shorts/sleeves (if worn) will be black

**Schedule:**

* First meet scheduled for 28 Mar 2015
* 25 Apr, 2 May, 9 May, 16 May, 22-23 May (Europeans)
* There will be no home meet

**Team/Travel Preparation:**

* Day trips:
	+ Change of clothing (track events are not rained out),
	+ Food/ Water/Gatorade
* Overnight trips:
	+ Up-to-Date Passport
	+ Dependent ID cards
	+ VISA(if applicable)
	+ Bedding
	+ Shower/hygiene products
	+ Money
	+ Comfortable clothing

**Expectations/Rules For Athletes:**

 **Absences/Tardiness**

* Practice starts promptly at 1600 and ends at 1800
* Athletes are expected to be on time and remain for the duration of the practice
* Students who are perpetually late can expect repercussions with a graduated effect:
	+ Last priority on choice of events
	+ Lose the capability to compete in two different categories (i.e. jumping/sprinting)
	+ Not be able to compete at all on a given weekend
	+ Be removed from the team
* Three unexcused absences and the student will be removed from the team
* Excused absences must include a note or e-mail from the parent or teacher prior to practice
* Exceptions to the above would be a student absence due to an illness
* After 5 excused absences, parents should expect to have a conference from the coach Regardless of the reason for an excuse, 2 absences in the same week will prevent the student from competing that weekend
* One unexcused absence will prevent the athlete from competing that weekend
* 10 or more absences, regardless of the reason, will be cause for removal from the team
* An athlete simply choosing to not compete on a given weekend is not an option…that student will not compete the following week
* An athlete with and excused absence at a meet will count that absence against the upcoming week.

**General Conduct**

* Inappropriate language or actions will not be tolerated
* Athletes must inform coaches if they are injure no matter how minor…safety comes first
* Students academically ineligible for 2 consecutive weeks will not be able to letter
* Students academically ineligible for a total of 3 weeks will be removed from the team
* Students are responsible for their uniform/warm ups
* Uniforms will be returned to Coach Arias in a plastic bag, washed with students full name
* Students will not receive their letter until the issued uniform is returned
* Any athlete missing more than 50% of the regular season meets may not compete at Europeans regardless of their meeting qualifying standards (exception may be given to those athletes arriving late in the season from another school)
* Priority to compete is a matter of attitude, attendance and athletic ability (AAA)
* At the meets, athletes should expect to compete in a minimum of 2 events
* The maximum number of events permitted per individual is 4 events

**Travel**

* When traveling on the bus, students must be seated at all times
* Boys and girls are not allowed to sit in adjoined seats (This is a DODEA policy)
* On the bus students may listen to music or watch a video however, ear buds/headphones must be used
* Coaches are not responsible for lost or stolen equipment to include IPOD’s, IPADS, phones or any other valuables.
* For over-night trips, 1000 hours is lights out for students
* After lights out, students will not leave their rooms
* Students are expected to be on time for the bus…expect that we will depart at the designated departure time
* Before entering the bus, coaches will check for current passports, ID cards and VISAs as appropriate…students not in compliance will not get on the bus
* Students must ride on the bus to track meets
* Parents who wish to take their children home from the meet in their POV will not do so until:
	+ A Transportation Sheet for POV has been filled out and signed 2 days prior to the meet and approved by the Assistant Principal
	+ The form is given to Coach Arias before the bus departs for the meet
	+ The meet is over
* On an away trip students will let the coaches know where you are at all times!!
* If a student is taken into custody by any law enforcement agency, the bus will leave and the parents will be responsible to get the student home.
* There are only so many events per meet and only so many seats on a bus…for this reason, there is no guarantee each member of the track team will be able to compete on any given weekend

**Lettering Criteria:**

Varsity Letter

* Consistently demonstrate good effort/sportsmanship/conduct
* Make 90% of the practices
* No unexcused absences
* Compete in 50% or more of the meets
* Meet the Varsity standard of a 92% ratio to the qualifying standard

Junior Varsity Letter

* Consistently demonstrate good effort/sportsmanship/conduct
* Make 85% of the practices
* Only one unexcused absence
* Compete in at least two meets
* Meet the Junior Varsity Standard of an 82% ratio to the qualifying standard

Certificate of Participation

* Consistently demonstrate good effort/sportsmanship/conduct
* Make 85% of the practices
* Only one unexcused absence