**Team Philosophy**

To be successful on and off the track, each individual young adult student athlete needs to be disciplined at all times. We must be more dedicated than our opponents. We must be in better condition and most important, we must believe that as we continue the season, **We will get out of it what we put into it!**

While at practice, athletes need to balance their time at all of their events. As long as athletes are giving your all, their coach will assist them. Athletes must possess self-discipline at meets and pay attention to the clerk so that they make all their events on time. Hard work and dedication will be rewarded.

**WE BELIEVE…**

**1. That both coaches and players must have mutual respect for one another.**

**2. That the coach must run the show. Show respect to coaches and it will be returned.**

**3. Everyone helps at meets.**

**4. Everyone stays to encourage everyone.**

**5. That no one likes to be criticized, but athletes must learn to accept constructive criticism.**

**6. That RESPECT will be shown to our opponents, coaches, team mates and meet volunteers.**

**7. That if you are behind in your studies, you will be behind on the track.**

**8. That physical mistakes will occur, but mental lapses CAN NOT.**

**Practice Policy and Procedure**

1. All players wear issued clothing on track meet days, to and at the meets. Even when not competing in their event.

2. All injured or sick players attend practice.

3. When Coaches are talking, pay attention and learn so that mistakes are not repeated.

4. Never argue over officiating. If there is a discrepancy, find a coach and explain

the situation.

5. Swearing will not be tolerated, at any time.

6. Encourage each other at all times.

7. We will clean up after ourselves. It is our responsibility to keep it looking like when we came.

8. Missing practice, for any reason, will result in a diminishing role.

9. Duty assignments will be given to each person, by coaches, on a rotational basis. Extra may be given to those individuals that have missed practice or ignored prior duties.

10. Athletes will be respectful to: parents, teachers, other students, administrators, bus drivers, coaches and all event personnel. Failure to do this may result in getting kicked off of the team.

11. Relationships: Holding hands or any other signs of affection is prohibited at the coach’s discretion.

**Problems**

We all have them. Don’t let little problems become big ones. Let’s solve them early. Talk to an administrator, teacher, or a coach.

**Participating**

Again, COMPETITION IS A DIRECT RESULT OF THE EFFORT YOU PUT IN!

You are **not** entitled to compete. Only those athletes who show the dedication and determination necessary to be successful will compete. This means that the most talented will not always play! If you are not taking care of business on and off the track, then do not be surprised if you are sitting in the stands.

**Conditioning**

The better shape you are in, the easier it is going to be to consistently do your events. Push yourself. We will condition during the course of practice, so don’t save yourself. By pushing yourself the entire practice, you will be helping yourself to put forth your maximum effort during competition.

**Criticism**

We criticize only to improve; never will we attempt to demean you personally. Remember, the coaches are observing with emotion and are impartial. Take the suggestions and put them to good use. You should start to worry when we STOP correcting or coaching you; not when we are trying to make you a better athlete.

**Punctuality – “Coaches Time”**

Be on time. Tardiness will not be tolerated.

**Practice**

We have work to do. Practices are designed to improve individuals each time out. Everything we do has a purpose. Concentrate and give maximum physical and mental effort. We must improve every day. Missing practice will result in no competition that week. **REMEMBER, THIS IS A TEAM SPORT MADE UP OF MANY INDIVIDUAL ACHEIVEMENTS.** If your piece of the puzzle is missing, it affects the entire team. Practice begins at 4:00pm Monday thru Thursday, so that you can attend tutoring or catch up with missed work. Practice on Friday begins at 3:15pm.

“*Everyone has the will to win, but few have the will to prepare to win,” Bobby Knight.*

**Studies**

Keep up with your studies. If you fall below certain standards, you are not helping yourself or our program. There is nothing. We can do if you become ineligible. Get to a teacher/coach early enough to get some help. Your team depends on you. Grade checks will be collected every Friday starting in February through the end of the season.

**Parental Involvement**

Parents, it is vital to the success of this program that YOU realize that this is your child’s opportunity to compete. **LET THE COACHES COACH!** We are doing everything possible to enhance their abilities as athletes and as individuals. **SUPPORT YOUR TEAM AND CHILD!**  Your help in running our meet events and snack bar will help our team purchase items to enhance our training and our team atmosphere.

**Other Responsibilities**  Our athletes will be choosing to help with one of the following two choices:

SPECIAL OLYMPICS TRAINING:

Every athlete is given a gift, the ability to be coached and to participate in an activity. Our staff believes that part of being a young adult is sharing this gift, their knowledge and experience with others. Our team will be helping to train other young athletes, on Friday’s, in training for a track meet in May for Merced County SONC.

YOUTH TRACK CLINIC

If our athletes chose to help with the youth clinic, they will be sharing their knowledge of their events with Los Banos youth ages 6 thru 8th grade. Groups will be separated according to age and be rotated around so that they may experience various track and field events that are offered at the High School level.

**ROAD TRIPS-POLICY AND PROCEDURES**

**Who We Represent**

Anytime we are on the road remember who we represent! You represent Pacheco High School, Los Banos, and your last name. Act accordingly!

**Dress Code**

We have great pride in our appearance and we respect and accept our responsibility as ambassadors of our school and the sport. We will travel in ONLY Panther Gear! If you are not dressed appropriately, you will not travel.

**Punctuality**

Be early for all departures and make sure you have made arrangements for your ride home after returning to campus. This is your responsibility to handle! If an arrangement cannot be made from the school to your home, then bring it to the attention of the coaches. However, do not wait to the last minute to do so. If an arrangement cannot be made, you will not travel.

**Food**

Please make sure that you have some **healthy** foods to take with you to your meets. This includes plenty of water or G3. There is no need for high caloric foods, sugary foods or energy drinks, these will not give your body what it needs nor what it will lose after your events. You will not be allowed to leave the meet area for food, this will result in you being dismissed from the team. Some places have snack bars available, and we will not be stopping for you to get something to eat. This is why it is important for you to be packing your own food in small ice chests. Pack smart! Ie.. freeze water bottles for ice and water.

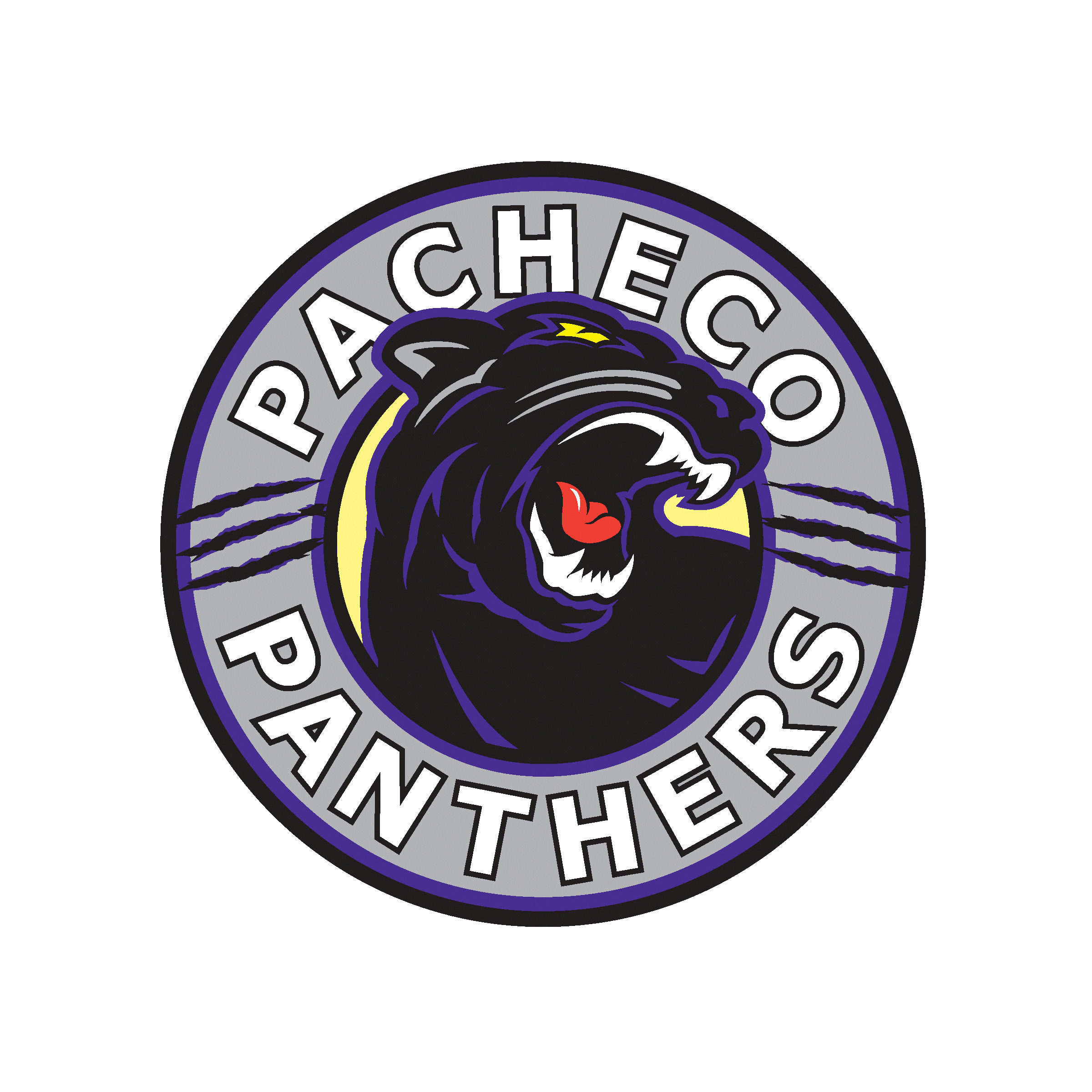
**Quote to think about**

*“If we do all the things we are capable of doing; we would literally astound ourselves,”*

*Thomas Alva Edison*

Pacheco High School

Track and Field



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