

Riverside High School
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Principal: Doug Anderson

Athletic Director: Matt Oblas

Head Men's Coach: Jake Brenner

Head Women's Coach: Gina DeGaetano

Asst. Coaches: Jeff James, Jarrell Warthen, Andrew Robertson

2017 Riverside

Track & Field Policies and Procedures



Program Philosophy

The mission of the Riverside Ram track & field program is to develop the physical, mental, and social skills of each student-athlete on our team. We are committed to creating the best possible experience for everyone while promoting lifelong fitness. We are committed to continuing the tradition of excellence set forth at Riverside and the pursuit of championship performances in Conference, Regional, and State Competitions.

Why We Are Here

1. To have fun - Why do it if it's not fun?
2. To compete and do our best. We do our very best in both competition and practice. We are humble in victory and gracious in defeat.
3. To be part of a team. We want to build respect and pride for ourselves, our team, our school and our community.
4. To learn skills - We want to become someone and something greater than we can imagine - both ourselves and our team. This includes every aspect of life – both running and non - running related.

What You Can Expect from the Coaching Staff

- To develop a comprehensive track & field program where every student-athlete can succeed.
- To provide the best possible environment for learning.
- To support what is best for each athlete for their academic success, in and out of the classroom.
- To have fun.
- To treat everyone with respect.
- To treat everyone fairly.
- To ensure the health and safety of everyone.
- To let each athlete know where they stand and know their role on the team.
- To provide the best teaching possible.
- The coaches' decisions will be based on what they believe is most fair and best for the team first, the individual second.

Expectations of track & field Runner

- Be punctual to training, departure times, and meetings.
- Be considerate of your coaches, teammates, and other peers.
- Give 100% effort...if you are giving everything 100%, you are giving it all you've got! We don't expect anything more, but we won't tolerate anything less.
- Finish the race that you start.
- Respect yourself, you team, and other teams that you are competing against.
- Abide by the rules.
- Take what you learn in running and on the team and apply it to your everyday life.
- Support your teammates.
- Show good sportsmanship.

Four Essential Elements of Success

1. **Health**–You can't run if you're not healthy. To be successful you must take care of your body.
2. **Consistency**–Improvement comes from training throughout the season and the off-season.
3. **Progression**–Intensity & volume of training can increase with each season of experience.
4. **Patience**–Stick with it through the ups and downs. Progress is made over the course of a season and years, not days and weeks.

Requirements for Participation and Team Function

1. Practice Attendance

You have become part of a group of people that are dedicated to producing the best possible track & field team. Regardless of your ability level, consistent practices that are carefully planned are necessary for improvement to take place. Your dedication is expected and your attendance is mandatory. Your coaches and teammates need you and your abilities. You are expected to be at all practices and meets as designated by the coaching staff. We realize that situations arise during the course of the season that might be out of your control. If it is impossible for you to attend a meet or practice, a coach must be notified. Communication is required -- **MISSING PRACTICE WITHOUT ANY PRIOR NOTIFICATION (a minimum of 24 hours directly to a coach) WILL BE TREATED AS UNEXCUSED.** Check with coaches for practice during inclement weather. Do not assume there is no practice because of inclement weather unless you have been told by someone on the coaching staff.

Acceptable reasons for missing practice:

- *Illness (ill enough to be out of school)
- *Family emergency (death or severe illness)
- *Religious holidays

Reasons that we will **not** accept for missing practice include, but are not limited to:

- *concerts
- *music lessons
- *other sports/club activities
- *plays
- *leaving town early to beat rush hour for the weekend.
- *tutoring

1(A). Athletes will be allotted 3 practices TOTAL to miss all season. The 4th missed practice will result in dismissal from the team.

*Consequences for missed practices will escalate in severity, with the 4th missed practice resulting in dismissal from team.

2 (B). It is with understanding that Riverside Track & Field will take precedence over all other sports/activities that concurrently take place during the season, which officially begins February 20th, 2017. These activities include, but are not limited to:

- *work
- *vacation/weekend trips
- *club sports
- *off season workouts for other sports

2. Punctuality

Each athlete is expected to arrive to practice and competition on time and ready to run. We will begin practice daily at 4:05pm. Should an athlete have tutoring before practice, he is expected to find his own way to our practice site. Times may vary on days when we have a meet. Repeated tardies will result in consequences of escalating severity.

3. Practice Apparel

Each athlete is required to wear running shoes, running shorts and a comfortable running top to practice. Cold weather gear with layering capabilities is required as well (jacket, hoodie, t-shirts, long workout pants, etc.) Layers provide safety and comfort and can always be taken off, under the guidance of a coach, if it gets warm. Showing up to practice without proper practice attire will result in the athlete being sent home and charged an unexcused absence. While off campus, runners may run without a shirt if they wish; however, shirts are required for the days that we practice on or near campus. Earbuds (ipods, phones, etc.) will not be worn during workouts; this is a safety issue. You need to be able to hear and be aware of your surroundings. Also, we require you wear a digital watch with a timing function too!

4. Meet Uniforms

Team uniforms are to be worn at all competitions. Athletes are expected to step on and off the team bus wearing team warm-ups and/or gear. We will have a team “camp” once you get to the meet where final uniform /race apparel can be handled. Please follow uniform care instructions carefully.

Damaged/or lost fees are:

- \$45.00 for jerseys.
- \$45.00 for shorts

5. Athlete Conduct

Ram track & field Team members represent not only Riverside High School athletics, but they are also representatives of the school and the community, not to mention a reflection of the coaching staff and their family. Each athlete is responsible for continuing our tradition of exemplary conduct. Support your teammates, make a positive contribution to the sport, and act responsibly in every situation. Problems must be handled in a mature and rational manner. Communication with your coach is essential. Under NO circumstances are athletes allowed to dispute rulings with meet officials. Athletes must maintain their composure and let their coach deal with any challenging situations.

6. Transportation to and from Competition

Riverside High School policy regarding student-athlete transportation will be followed. This policy is as follows: Athletes transported from Riverside High School to any away competition via bus must also return to Riverside High School via bus or be released to their parent/legal guardian at the competition site. Policy further requires that any athlete not returning to Riverside High School with the team bus must give the head coach written notification and visual confirmation of the presence of a parent/legal guardian before departure. NOT RIDING THE TEAM BUS HOME FROM MEETS IS STRONGLY DISCOURAGED.

I have read the Riverside track & field handbook and detailed descriptions of the Riverside track & field program. I understand the rules and consequences of following/not following the aforementioned rules and guidelines set forth by Riverside Athletics and Riverside track & field.

Athlete Name (print):_____

Athlete Signature:_____

Date:_____

Parent/Guardian Name (print):_____

Parent/Guardian Signature:_____

Parent/Guardian Phone:_____

Parent/Guardian Email:_____

Date:_____