

# TRACK & FIELD 2020 ATHLETE DONATION FORM

(Mandatory to turn-in for each athlete to be eligible to compete)

Dear Parents and Guardians,

STUDENT NAME: \_\_\_\_\_

Participating in a Maria Carrillo Athletic Program is a very valuable experience that contributes to a student's overall educational and character development. There are many costs attributed to athletics that cannot be totally sustained through school funds or through our Puma Athletics Boosters (PAB) organization. ...Some of these costs include the purchasing of uniforms, equipment, first aid supplies, awards, meet entry fees and providing student housing/transportation to invites.

**Total MCHS Track & Field team expenses range between \$8500 - \$10,000 each season!**

➤ **We are asking for a minimum \$120 donation per athlete to supplement team expenses.**

**Please be assured that this donation is not a condition of participation in this athletic program!**

Please return this form with or without a donation check attached to one of our coaches at practice (or Dana Kapustka [tacdana@gmail.com](mailto:tacdana@gmail.com) who will occasionally be at practice to help collect/organize donations)

**NO ATHLETE WILL BE ISSUED A RACE JERSEY TO COMPETE UNTIL THEY'VE TURNED IN THIS FORM AND HAVE THEIR PARENTS CONFIRMED TO PARTICIPATE IN AT LEAST 3 HOURS OF VOLUNTEER TIME FOR THIS SEASON.**

Please check the appropriate donation box.

My donation check is attached (Please make checks payable to **MCHS PAB**)

**\$120**       Other Amount \$ \_\_\_\_\_

I have donated on-line from our team website: <https://mariacarrillorun.com/donate/> \$ \_\_\_\_\_

I am not able to donate at this time

PARENT SIGNATURE: \_\_\_\_\_

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## ATHLETE/PARENT INFORMATION

(Please PRINT LEGIBLY and fill in information even if you think we already have it!)

**Have you participated on the MCHS Track and Field team before?** Yes / No

**Events:** Sprints/Relays, Distance, Throws, PV, HJ, LJ/TJ, Hurdles (circle all that apply)

Student First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Male/Female

Grade: \_\_\_\_\_ Student ID# \_\_\_\_\_ Birthday: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Athlete Cell Phone: \_\_\_\_\_ Athlete Email: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Email: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Email: \_\_\_\_\_

Father's Cell Phone: \_\_\_\_\_ Mother's Cell Phone: \_\_\_\_\_

(If both parents want to receive email updates and notifications, we need contact information for both!)

# MARIA CARRILLO PUMA TRACK & FIELD 2020

## RULES AND EXPECTATIONS

**Head Coaches:** Greg Fogg [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net) and Vic Hudson Team Website: [www.mariacarrillorun.com](http://www.mariacarrillorun.com)  
**Assistant Coaches:** Marion Maassen, Sue Philip, Russ Pugh, Tim Armstrong, Bruce Hotaling, Leanne West, Nick Diaz, Allison Mulligan, Heather Martin

Thank you for your interest in joining the sport of Track and Field. Track and Field is a very unique sport which provides limitless opportunity to find success. They say in Track and Field that there is something for everybody because of the many different athletic events all combined into one sport. The goal of our coaching staff is to provide each athlete with a positive experience and to inspire/motivate each of them to work hard and improve.

**CUTS:** The sport of track and field has been traditionally viewed as a no-cut sport. However, the coaches can and do make cuts based on attendance, attitude and effort. The Coaches will use time trials/minimum performance marks to best fit each athlete into the event(s) that you will have the greatest chance for team and personal success. In addition, there will be minimum marks that each athlete will have to meet in order to participate in certain competitions. -The best way not to be cut, regardless of ability, is to be 100% committed to the team!

**EXPECTATIONS:** > **Show-up, Work Hard, (Listen to the Coaches) and be a GREAT Teammate!** > **Everyone will Improve!**

- Be on time, always follow the team rules and expectations, wear appropriate training clothes and shoes.
- Respect and support your teammates and coaches, opposing team members, coaches, officials, always. Unsportsmanlike conduct will not be tolerated. This would include profanity, showing up another runner, not representing your school/team, being disrespectful or an action that is detrimental to the team.
- Be 100% committed to the team. Realize that the team always comes before the individual.
- Be safe always; behavior deemed unsafe in any way can result in immediate removal from the team without prior warning.

**MANDATORY PRACTICE: (NEW) Mondays, 2:30-4:30 and Tuesday-Friday, 3:30-5:30**

- Practice is never cancelled (Yes, we have practice even in the rain!); be prepared for cold and wet weather!
- Leaving/disappearing during practice without prior permission is considered an absence; Not fully participating in team workouts is considered an absence.
- Every practice begins with a brief team meeting/roll call, then a team warm up lap, then break into specialty events; each athlete will check the workout board and report to their designated coach for the day's workout.

**ATTENDANCE: Roll-Call is taken at the beginning of practice; excused absences allowed only if cleared by Coach Fogg.**

- You are expected to be at every practice and meet; each athlete is allowed a MAX of 7 unplanned absences during the season, this includes practices and competitions. Please don't view this as you get 7 days off for free time! -On your 8<sup>th</sup> absence you are no longer on the track team!
- You will be expected to make up any missed workouts prior to participating in competitions.
- If you are injured, contact the coaches as you are expected to help out at practice if possible, so you don't take an absence.

**MEETS:**

- Each athlete is expected to participate in at least two and up to four events in all meets.
- You are a representative of Maria Carrillo High School; Unsportsmanlike conduct can result in disqualification/ejection.
- Everyone will wear the MCHS team jersey (you provide your own black shorts) and team warm-up shirt for every competition.
- We will attend invitational meets on weekends and during school vacations. Not all runners will participate in invitationals.
- To ensure home meets are running smoothly, all athletes will be assigned a "duty" to help. Specific duties will be assigned prior to each meet. League track meets can take 3 to 4 hours to complete. Invitationals may last much longer.

**CONSEQUENCES AND DISCIPLINE: Not following any of the team policies/rules above will result in the following:**

-Warnings for minor issue > Missed meets for major issues > 3<sup>rd</sup> infraction will result in removal from the track team.

**INJURIES:**

- Injuries are unfortunately a part of sports. If you think that you are injured, you need to tell your coach immediately. The coaching staff will always give you their opinion on how the injury should be addressed and whether the athlete should continue with practice/meets. It is the responsibility of the athlete and their family to make the ultimate decision if they are too injured to continue. If an athlete is injured and misses practice time as a result, they will be held out of competitions until the coaching staff feels 100% comfortable that the athlete is ready to compete.

**ALL PARENTS:**

- **Expected to volunteer at least 3 hours of activity to support our MCHS host meet activities; this 2020 season, we have 3 host meets! ...If you're not able to volunteer, please have your hardship cleared through Coach Fogg**