

# MARIA CARRILLO TRACK & FIELD 2023 ATHLETE DONATION FORM

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, other supplies, awards, meet entry fees, team shirts, housing/transportation to invites, etc... **Total MCHS Track & Field team expenses are \$22K+ each season!**

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

**Be assured, 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**

**ATHLETES WILL NOT BE ISSUED A RACE JERSEY/ALLOWED TO COMPETE UNTIL THIS FORM IS TURNED IN!**

Please check the appropriate donation box and/or attach check (checks payable to **MCHS PAB**)

- \$120**                                       Other Amount \$ \_\_\_\_\_
- I have donated on-line via our team website: <https://mariacarrillorun.com/donate/> \$ \_\_\_\_\_
- I have donated through a company match (Company Name): \_\_\_\_\_
- I am not able to donate at this time

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

Typical MCHS Track season budget (date of this release Feb 2023):						
Descripton:	Cost Each or Avg.Cost	Qty.	Total Cost	Expected Life (Yrs)	Annual Expense	
Bus and transportation (typically \$3500/yr, but expecting Parents to help drive to meets!)						
Track and Field Meet Invite Entry Fees:	\$ 250.00	7	\$ 1,750.00	1	\$ 1,750.00	
Team T-shirts:	\$ 8.00	180	\$ 1,440.00	1	\$ 1,440.00	
Team Sling Bags:	\$ 4.40	180	\$ 792.00	1	\$ 792.00	
Shot Put	\$ 60.00	2	\$ 120.00	3	\$ 40.00	
Discus	\$ 100.00	2	\$ 200.00	3	\$ 66.67	
Pole Vault Poles	\$ 420.00	2	\$ 840.00	5	\$ 168.00	
Misc. Equipment (purchased annually)	\$ 1,250.00	1	\$ 1,250.00	1	\$ 1,250.00	
High Jump/PV cross bars and bungees	\$ 120.00	2	\$ 240.00	1	\$ 240.00	
Starter for dual meets	\$ 120.00	2	\$ 240.00	1	\$ 240.00	
Team Awards/End of Season:	\$ 450.00	1	\$ 450.00	1	\$ 450.00	
XCStats Annual Subscription	\$ 275.00	1	\$ 275.00	1	\$ 275.00	
Coaches Gear	\$ 50.00	13	\$ 650.00	1	\$ 650.00	
Hotel + Travel Expense (Arcadia/State)			\$ 2,750.00	1	\$ 2,750.00	
Team BBQ/Potluck Expense	\$ 400.00	2	\$ 800.00	1	\$ 800.00	
End of Season Celebration Expense	\$ 350.00	1	\$ 350.00	1	\$ 350.00	
<b>Total Annual Season Expenses:</b>					<b>\$ 11,261.67</b>	
Big Ticket Equipment Items:	Cost Each	Qty.	Total Cost	Expected Life (Yrs)	Annualized Expense	Target Date for Replacement
Pole Vault Pit + High Jump Pit	\$ 35,063.33	1	\$35,063.33	10	\$ 3,506.33	2023
Pole Vault + High Jump Standards	\$ 11,500.00	1	\$11,500.00	10	\$ 1,150.00	2024
Hurdles	\$ 216.00	88	\$19,008.00	10	\$ 1,900.80	2026
Starting Blocks	\$ 400.00	8	\$ 3,200.00	10	\$ 320.00	2025
Team Canopies	\$ 750.00	3	\$ 2,250.00	8	\$ 281.25	2025
Fully Automatic Timing System	\$ 7,000.00	1	\$ 6,995.00	8	\$ 874.38	2026
Uniforms (share this expense with XC)	\$ 65.00	200	\$13,000.00	4	\$ 3,250.00	2023
<b>Total Annualized Season Expenses:</b>					<b>\$ 11,282.76</b>	

# MARIA CARRILLO TRACK & FIELD 2023 RULES AND EXPECTATIONS

Team Website: [www.mariacarrillorun.com](http://www.mariacarrillorun.com)

**Head Coaches:** Greg Fogg [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net) (707) 291-2967, Vic Hudson [coachvic68@yahoo.com](mailto:coachvic68@yahoo.com) (650) 984-0129

**Assistant Coaches:** Scott DeMange, Nick Diaz, Bruce Hotaling, Dawid Jaworski, Tac Kapustka, Marion Maassen, John Moe, Allison Mulligan, Chad Petrik, Leanne West

Thank you for your interest in joining the sport of Track and Field. Track and Field is a 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.

**COMMUNICATION:** Everyone is expected to sign-up for Remind Text announcements, easy 3 steps to register and takes 10 seconds starting with 1) Send a text message to phone # **81010**, 2) Enter message: **@mchstfrun** 3) Hit send

**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 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 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 team w/o prior warning.

**MANDATORY PRACTICE: Mon-Tue-Thu-Fri 4-6:00 pm + Wed 3:15-5:30**

- 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: Rollcall is taken at the beginning of practice; excused absences are allowed only if cleared in advance by your Coach Vic (Sprints), Coach Greg (Distance) or Coach Nick (Throws):**

- 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; ask if you can help out at practice, if possible, to avoid an absence.

**MEETS:**

- Each athlete is expected to participate in at least 2 and up to 4 events (max) in all meets.
- You are a representative of Maria Carrillo HS; unsportsmanlike conduct can result in disqualification or ejection.
- Everyone wears MCHS team jersey (athletes provide black shorts) + team warm-up shirt for every competition.
- We will attend invitational meets on weekends and during school vacations; not all runners participate in invites.
- To ensure home meets run smoothly, some athletes will be assigned a "duty" to help. Specific duties will be assigned prior to each meet. League track meets can take 3-4+ hours to complete. Invitationals may last much longer; we encourage all athletes/parents to stay as long as possible to help support OUR TEAM!

**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.

Rev: Feb 6, 2023