

Memorial Mustang Track & Field Info 2019-2020



Track Coaching Team

Head Girls Track- Vicki Bevan

Head Boys Track- Richard Ruez

Asst Track Ryan Saam

Asst Track Russell Wichmann

Asst Track Matthew Royce

Asst Track Paul Delesbore

Girls Track Parent Meeting, Thursday @ 6:00 pm MHS Cafeteria
January 9, 2020

Agenda

- Welcome- Sign up for remind Enter this number 81010 and text **@gtrackp (parents) and @gtrack1920 (athletes)**
- Team Moms- Laura Bell-Milam, Kristen Smith
- Rules (High Points- see attached for details)
 - + Bus to/from meet (form must be completed at this meeting and check-out at meet in person)
 - + Email or Remind Text Coach Bevan prior to missing practice
 - + Excused sickness or funeral only (not routine doctor appointments)
 - + If injured must see trainer/doctor. Her workout is rehab to get better.
 - + Must get doctor's note if your daughter goes to see doctor. Not cleared until note is received.
 - + If missing practice during the week, coaches' discretion on meet participation. If unexcused, then athlete will not participate.

Communication – see website for directions, schedules, meet results, Meet Sheet; please check this before calling/texting Lara Bell-Milam.

- JV Meet Schedule

Season - 3 scorers + 2 non-scorers; distance events have unlimited in 100, 1600, 3200

District allows only 3 per event. **So not all JV athletes will participate in meets per the number constraints. Coaches' discretion on who participates.**

- Meet Schedule

For those athletes performing at this level; can change throughout season. Allowed 8 meets + district per athlete. Some athletes will run both JV and Varsity and then coaches' decision on what is best for team. Lettering will be based on scoring at Varsity meets.

- Practice/Meet Calendar

- + Distance in morning and some afternoon based on communication
- + Sprinters/Hurdles/Field Eventers- afterschool 8th period and other sports
- + 8th period 2:15- 4:00 pm
- + Other athletic periods- after school 3:15 - 4:15 pm

Season- January, practice meet Jan 29, meets start February, JV District March 24-25 and Varsity March 30-April 1- top 4 to Area (HISD Stadium tbd), top 4 to Regionals (Humble ISD Stadium) , top 2 to State (UT Austin).

Spring Break practices – Thursday, Friday, & Saturday; Varsity athletes must attend to travel to College Station! JV highly recommended. Prior communication is necessary.

- Fundraiser – Laps for Cash end of Jan to thru early Feb

Table of Contents for Parent Packet Attachment

- | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none">1. Email sent out to parents2. Rules- please read3. Laps for Cash- please support this effort for your daughter4. JV Schedule5. Varsity Schedule6. Leave with Coach Bevan tonight |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

+ Parent Acknowledgement Form of Rules-

+ Request for Post-Activity Student Release to Parent, Guardian, or Authorized Person signed- Coach Bevan must have 24 hours email notification. District Meet, the athletes will stay to support teammates.

Athlete & Parent's Guide to Mustang Track 2019-2020

Welcome to the proud tradition of Mustang Track. Parents have been instrumental in helping to build and maintain the success of the Mustang Track program. There are many things you can do to help contribute to the success of the teams this year.

INTRODUCTION

Vicki Bevan is the Head Girls Cross Country Coach and Head Girls Track. This is Coach Bevan's 8th season at Memorial High School. She spent nine years at Klein Collins as the Head Girls Track Coach and Assistant Cross-Country and Assistant Basketball. Prior to this, she was a Head Girls Basketball Coach at a nearby private school for 6 years. She spent 10 years working in the corporate world before leaving to pursue her passion to coach and teach young adults. If you have any questions or comments, please contact Coach Bevan at one of the following.

Work Phone: 713-251-2703

Email at Work: Vicki.Bevan@springbranchisd.com

COMMUNICATION

Please do not hesitate to contact Coach Bevan with any concerns you may have about coaching your daughter. For directions or meet information, please check website first and then contact our Track VPs. Please do not call or text Coach Bevan at meets to communicate the need to take your daughter home. We should get in writing 24 hours in advance per our SBISD policy (no exceptions and no meet requests).

HISTORY AND TRADITION

The Memorial Mustang Track program is loaded with tradition. Girls Track has had 22 District Championships. The tradition is a commitment to excellence forged by self-discipline, dedication, and consistent hard work.

COACHING PHILOSOPHY

"My coaching philosophy begins with the foundation of self-discipline, a desire to win, and a strong work ethic. The by-product of these essential qualities is a winning tradition. I want our athletes to excel but also gain the respect of their teammates, opponents, the officials, the other coaches, the school administrators, the parents, and the fans. We will teach them proper form, overcoming fear, accepting responsibility, building confidence, and developing proper self-images. It is our desire to provide outstanding team results combined with the time and energy necessary to meet the individual needs of our athletes."

OBJECTIVES

1. To produce life skills through teamwork and hard work. No team member nor coach is bigger than the program and what is best for the team always supersedes any one individual.
2. To pursue excellence both in sport and in the classroom.
3. Keep as many athletes as possible in a good environment.
4. Instill good habits, sound morals, exemplary citizenship, and a high standard of sportsmanship.
5. Encourage students to grow physically, mentally, morally, and socially.
6. Instill in youngsters an appreciation for optimum health and physical fitness. .

7. Develop the program in such a manner that the end result will be one of unity, harmony, and success amongst all ability levels.
8. Instill in all athletes the desire to represent Memorial High School in a manner that will make school administrators, teachers, parents, and other citizens proud of them.

ACADEMICS

1. Team Maintain **good** academic standing. Students who earn below 70 may not participate in meets. ***They do still practice.*** If failing grades become habitual the athlete will be dismissed from the team. Members are expected to maintain an E or S in conduct in each class both on their progress reports and report cards. Any conduct grades lower than S will result in disciplinary action and possible dismissal from the program for repeat offenses.
2. Team members must attend all classes, including athletic period. Truancy will result in disciplinary action and possible dismissal from the team.
3. Team members are expected to not receive after school suspension, in school suspension, and/or out of school suspension. These suspensions will result in disciplinary action and repeat offenses will result in possible dismissal.
4. We request that all athletes make every effort to schedule **make-ups and tutorials** so they do not conflict with the scheduled team time. If a scheduling conflict, the athlete will be excused if he/she directly notifies the coaching staff prior to the conflict. The athlete will also need a **written verification** that he or she attended the tutorial/make-up or other academic/school activity.
5. Team members are expected to be leaders in the classroom and any issues with teachers will be addressed.

PRACTICE AND MEETS

• Nutrition/Health

1. Maintain **good training procedures** including proper nutrition, hydration, rest, and injury management. Athletes must eat breakfast and lunch to be fueled for workout and meets.
2. Be **selective in their social** activities. Drinking and drugs are not legal nor permitted and may result in dismissal from team.

• Dress

Team members are expected to wear athletic gear as determined by the coach to daily practice and to competition. Athletes who are not appropriately dressed will not be allowed to practice or compete. Only team colors and gear is allowed to be worn at meets. Team-issued gear is meant to be worn only by team athlete and cannot be loaned out to other students (including sweats). Athletes will turn in gear if they fail to follow this rule.

CODE OF CONDUCT

1. Team members are expected to be on time for practice every day. Missing practice or meets for reasons other than illness and family death are unexcused (unless a discussion and a unique situation exists). If an athlete misses a practice, they can expect to not participate in the next meet.

2. We expect athletes to attend athletic periods and not leave early for trips, etc. Truancy is not an option and athletes will be dismissed from the athletic period and team immediately. An athlete will numerous absences (more than 3) will be required to document each absence and a parent meeting to discuss dismissal on the 4th occurrence. Coaches are not required to explain absences only athletes. If an athlete or parent is refuting an absence, there is a 48 hour time table to do so.
3. It is the athlete's responsibility to leave an email message for Coach Bevan explaining the reason for the absence. All missed workouts should be explained BEFORE they occur! If an athlete is at school, we expect them to attend practice. If they stay home with an illness or are going to miss a practice for any other reason, we expect them to contact Coach Bevan (and not just the attendance).
4. Routine medical and dental appointments are not excuses for missing practice or competitions. Do not schedule during practice.
5. Teammates will not be allowed to miss more than 3 unexcused practices throughout the time period in track (including ath period and track season); on the 3rd offense, parent contact will be made to discuss the consequence of missing again. All absences will require communication from the athlete and a note from the parent. Athletes are responsible to bring a copy of the note to coaches and coaches will not be responsible to retrieve from attendance.
6. Team members must be present for all practices including during Spring Break (which will occur Thursday–Saturday) and other holidays unless approved by coach. Please plan accordingly. If this is not possible, please so not join track. We will work with freshman because they are new to the program but all others will be required to attend.
7. Team members representing MHS will reflect good sportsmanship during practice and competitions. Absolutely no profanity, derogatory remarks, or disrespect towards teammates, competitors, coaches, or school or meet officials will be tolerated. This type of behavior will result in disciplinary action and possible dismissal from the program.
8. If you must attend detention, we do not consider them excused absences, as they are offered at times that do not conflict with practice or meeting times.
9. Report on time to all team functions.
10. No athlete will initiate or be involved in **hazing**. Hazing can be defined as any form of physical or mental intimidation or any attempt to humiliate or embarrass another student. This includes any cyber-bullying or inappropriate postings. This type of activity is not only a breach of our athletic policies; it is also against school district policy and against the law. Any athlete involved in this type of activity could be suspended or expelled from the program.
11. Athletes are not permitted to run in road races during the training season unless cleared by Coach Bevan. This is to ensure proper training and safety for the athletes.
12. Athletes will be accountable for their social media. You represent your family, your school, and our track team. Respect yourself, your family, and our team!

ALCOHOL, TOBACCO, AND DRUGS

The use of alcohol, tobacco, drugs, and steroids is prohibited by Texas law and Spring Branch ISD policy. Team members found using these substances will receive disciplinary action and possible dismissal. The use of alcohol, tobacco, or drugs

(including M.I.P., P.I., D.U.I., etc.) is contrary to sound training and sound living and will result in the following: **first offense**- a minimum of 20% of the team's scheduled meets up to a season long suspension; **second offense**- a minimum of one year suspension from the athletic program with a review with the student at the end of the period; **third offense**- expulsion from the athletic period. If said suspensions cannot be completed during that sport's season, suspension will either carry over to the next season, or will continue in the athlete's other sport, if necessary.

BUS TRIPS

1. Team members are expected to ride to and from the track meet on the bus.
2. If, for excused reasons, team members need to ride home with their parents, the parent may sign the athlete out if appropriate forms and 24 hour communication prior to meet day (never on meet day- the answer is no).
3. Team members are expected to inform parents of bus arrival and departure times. Parents are expected to pick up their daughter within 10 minutes after the bus returns. Please, please, please be on time.
4. Team members are expected to conduct themselves appropriately on the bus.
5. Team members are expected to leave the camp area and bus clean.

EQUIPMENT

1. Team member is responsible for all equipment that is issued to her. If any equipment is lost, stolen, or damaged, the team member who is issued the equipment is responsible for payment.
2. If an athlete allows another student (either in track or not) wear issued gear than the equipment will be confiscated.
3. Team members will bring in a lock and lock items in locker. Coaches or MHS does not assume responsibility for stolen or lost items in the locker room, school grounds, or at meets.
4. Team member is expected to take excellent care of all equipment issued to her.

TRAINING ROOM/INJURIES

1. Team members who are injured and unable to participate in practice or meets must be present for all practices and meets, unless approved by coach.
2. If an athlete is injured, then they must see our trainer and/or doctor (we recommend trainer first). Also, the athlete is expected to come to practice and see trainer at appropriate times (before or after practice or during lunch). During the period is by trainer request only.
3. If an athlete goes to a doctor, athlete must return with a note.
4. If an athlete is injured then her practice becomes rehab and core exercises as recommended by trainer or doctor.
5. Only a Licensed Athletic Trainer and/or a doctor may excuse you from participating due to injury or illness. **Coaches WILL NOT accept notes from parents excusing you from practice for injury or illness. However, coaches will modify workout if not feeling well and athlete communicates.**

Memorial Mustang
Track and Field Policies and Expectations
2019-2020

Parent/Player Acknowledgement Form

My signature below indicates that I have read, understood, and will comply with the policies and expectations of the Mustang Track and Field Program.

Team Member's Printed Name _____
Team Member's Signature _____ Date _____

Parent's Printed Name _____
Parent's Signature _____ Date _____