

LOS FRESNOS TRACK AND FIELD

**FALCON TEAM
HANDBOOK AND
GUIDELINES**

2015-2016



LOS FRESNOS TRACK AND FIELD

2016 Important Dates

January

| When | Start Time | Place | Event | Location |
|------------------|------------|-------|-----------------------|----------|
| Wed 1/6 | 4:30-5:30 | LFHS | Girls Track Meeting | Caf |
| Thurs 1/7 | 4:30-5:30 | LFHS | Boys Track Meeting | Gym |
| Tues. Jan. 18 | 4:30 | LFHS | First Day of Practice | Track |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

LOS FRESNOS TRACK AND FIELD

2015-2016 Falcons Track and Field

Mission Statement/Vision

MISSION STATEMENT:

The MISSION of the Los Fresnos High School Track and Field Team, a family of resilient young adults, committed and compassionate coaches, and unheralded support personnel, is to ensure all student athletes acquire knowledge and apply skills to overcome the challenges of competition in track and field so as to gain the ability to conquer the challenges of life – enhancing tomorrow’s opportunities.

We will come together as a team united, with an expectation to rise above all others. We will set high goals and achieve them by seeking the “COMPETITIVE NATURE” within ourselves, going beyond the breaking point that differentiates us from the rest.

We will respect each other, and carry that respect towards opponents, officials and authority. We will utilize our resources to continually improve ourselves holistically, academically and athletically, understanding that service is our forefront. As our wisdom increases so does our leadership skills. We will be positive role models for our current and future FALCONS. In building on the traditions laid down before us, we will plan, prepare, and compete, maximizing our efforts to show the appreciation for the talents for which we have been blessed. Ultimately, through passion, discipline, desire and heart, we will CONQUER OUR GOALS and opportunities.

VISION:

- Relentlessly pursue and win the 32-6A District Title at all levels**
- Take the student-athlete where he/she cannot take themselves.**
- Our Program is based on the values of family, successful attitudes and team chemistry.**
- We believe in honesty, integrity, strength of character, care and confidence.**
- We embrace a commitment to excellence, loyalty, selflessness, trust and humility.**
- We teach overcoming adversity, establishing priorities, goal setting and the value of diversity.**
- The Falcon Track and Field family is where there are shared responsibilities, care, and discipline, and an absence of special privileges.**

LOS FRESNOS TRACK AND FIELD

Relationships involved in the program

Player-Coach:

1. The coaches are there for the benefit of the student-athlete. The athlete should never hesitate to talk with one of their coaches.
2. The coach's ability to talk with an athlete should always be open; however, it should be established by the coach as to when an appropriate time to talk is.
3. The student-athlete should never talk back to the coach or demonstrate actions that are showing disrespect of their coach.
4. Student-athletes will be treated with respect and we expect the student-athlete to treat their coaches with respect as well. Coaches will use constructive criticism to help the athlete correct errors

Parent-Coach:

1. The parent should not interfere with the coach's ability to instruct and guide the student-athlete and/or team.
2. Parents should not question or confront a coach during or immediately after a contest. An appointment can be arranged between the coaches and the parents at a later date outside of meets and practices.

Parent-Player:

1. The parent should not put extra pressure on the athlete by living through them, but simply allow them to grow through their support and guidance.
2. The parent should be positive and supportive without adding undue pressure and unrealistic expectations.

Everyone:

1. We are ALL responsible for our own actions and must demonstrate good sportsmanship and serve as positive role models onto one-another. (Coaches to athletes, parents to athletes and athletes to athletes).
 - a. No vulgar or inappropriate language or taunting/trash talking
 - b. Outsiders must never intrude upon the field or competitive environment
 - c. Cheering should be for the individual/team and not against the opponents
 - d. Never single out an opposing athlete, coach or official and ridicule them
 - e. Never badmouth the coaches or athletes during the contest. The parents of the athlete could be sitting nearby and the families of the coaches do not need to hear your opinions.

LOS FRESNOS TRACK AND FIELD

Responsibilities of the Athlete and Coach

Athlete:

- Put the team goals, welfare and success before your own. There is a time and place for individual success in this sport, but the true FALCON is defined as to know when to put the team first.
- Attend all practices, team meetings and team functions.
- Be receptive to coaching.
- Never talk back to a coach at any level for any reason.
- Ask questions if you do not understand something.
- Represent the school by following school rules; the team by following the team rules:
 - Be at the RIGHT PLACE
 - At the RIGHT TIME
 - Doing the RIGHT THING
 - The RIGHT WAY
- Be responsible for all team uniforms and equipment; including the facilities used.
- Report all injuries to the coach first and they will send you to the trainer or guide you to further instruction.
- Help **police** your teammates so they follow the team and school rules.
- Set the best example for other players that you possibly can. These include the practices and meet situations, the classroom and all school activities as well as the community.
- Know your roll on the team and do the best you can.
- Compete hard and rise up to the competition level.

Coach:

- Determine the style and philosophy of coaching and competing.
- Establish team rules and guidelines.
- Be on time to practices and attend all mandated meets.
- Teach at practice and coach during meets.
- Select the athletes to compete and managers to assist through the season.
- Determine the Varsity, Junior Varsity, and Freshmen competitors for each meet. This is determined by the coaches using the following guidelines:
 - Top times, distances and heights are always a top priority in selecting Varsity athletes to compete and the ability to score points for the team
 - Consistency and growth are important to take into consideration throughout the season for selecting Varsity athletes to compete.
 - Qualities and aspects of future Falcon Athletes through hard work, dedication, respect and a competitive spirit.
- Establish the requirements to earn a Varsity Letter (Athletic Handbook).
- Set the example for hustle, enthusiasm, loyalty, and team spirit during practice and meets by modeling the 4-Rights (Right Place, Right Time, Right Thing, Right Way).
- Prepare the best game plan possible for each meet with consideration of the team and the athlete both as well as making safety for the athlete's welfare top priority.

LOS FRESNOS TRACK AND FIELD

Participation and Practice

Participation:

It's a privilege, not a right. Student-athletes must accept all responsibilities in order to stay on the team. Student-athletes may be removed from the squad for the good of the program.

1. The locker room is not a place for horseplay or lounge. It is the place to get ready for practice and games. Let's keep it orderly and be responsible for your actions.
2. Keep your locker room organized and clean. It is not the custodian's job to clean up after you but rather it is your job to help the custodians maintain the cleanliness of the building.
3. No profanity (this goes for the track and field also). Away from here your language is your choice, but here there are people who are offended by profanity. Don't use it. This is another form of self-discipline.
4. We accept no excuses for missed practices. We will not give an excuse for losing a race, throw, jump, meet, etc. Excuses only make losing easier so you can sleep well at night. This is a terrible habit to develop for life.
5. If you have talked with **Coach Howard or Littleton** before you miss a practice and your absence is excused, you will not have any extra consequences. You, not another athlete, must talk with Coach Howard or Littleton in person. If you do not, you will have make-up work for the practice missed and loss of preparation for your meet/season due to your failure to notify us.
6. If you have a minor injury or an illness which allows you to be at school, you are expected to be at practice to observe and learn. You can still be a part of the team and help out.
7. PLEASE CONSIDER THE FACT THAT ALL PRACTICES ARE IMPORTANT AND WHEN YOU MISS ONE, YOU MISS IMPORTANT INFORMATION AND OPPORTUNITIES. WE EXPECT ALL STUDENT-ATHLETES TO BE AT ALL PRACTICES, UNLESS IMPORTANT FAMILY OR SCHOOL COMMITMENTS OCCUR.
8. When a student-athlete misses more than two practices without contacting us, the coaching staff and captains will meet with and decide whether or not to allow that athlete to continue as part of our track program. Chronic absenteeism will not be tolerated and will eventually result in dismissal from the program.
9. The Captain council will be made up of 3 seniors, 2 juniors, 1 sophomore and 1 freshmen selected by coaching staff to best represent Falcon Track and Field. This council will meet with the coaches once per week to discuss the program and hopefully head off any potential problems that may arise during the season. The board will be selected during pre-season.
10. Each athlete is expected to be dressed and ready for practice by 4:30PM and ready for hard work. If you have to tape or be in the training room for any reason then you are expected to be there and signed in for treatment by 4:20PM. If in the fifth period class, first rep begins at 2:50 and commuters at 3:00. Hustle!!! Tardies are not excused and will result in consequences. Electronics will not be allowed at practice as it's a time to work and zone into focus.
11. All INJURIES must be reported to their coach before going to the training room.
12. Each athlete is responsible for their event equipment and will make sure it is maintained and put away for storage throughout the season.

LOS FRESNOS TRACK AND FIELD

Home Meet Responsibilities

Home Meets:

1. Hosting a meet at home is an honor and something that Falcons do not take lightly. We need the help of all coaches and athletes to make these meets run smooth and on time.
2. Athletes need to make sure they get the proper information in order for them to be coordinated with departures to stadium and make sure that they check-in with coaches when they leave. ALL ATHLETES ARE EXPECTED TO STAY FOR THE REMAINDER OF THE MEET, UNLESS OTHERWISE STATED.
3. With our roster continuously rising, it is important that we run smooth meets in order to have everyone compete in the events they want/need. This means that athletes will help with equipment and organization during a home meet.
4. All the equipment for each field event needs to be set up and ready to go for the field judge to simply show up and run that particular event. Jumpers are in charge of Long and High jump pits. The Pole Vaulters to the Pole Vault pit, Throwers with Discus and Shot Put as the entire team is responsible for Hurdles on and off the track.
5. Athletes are responsible for having equipment ready and assist with the flow of the entire meet.
6. During the Meet, athletes are responsible for properly warming up and cooling down the body for competition in each event.
7. Meets are equal to hard practices and should be considered an opportunity to grow through the season. As FALCONS we take pride in meets for this opportunity to enhance our performances for the Championship Phase of the season.
8. It is the respect that we give to our opponents that sets LOS FRESNOS aside from others in the area. However, during a meet it is understood among all Los Fresnos athletes that we focus a majority of our attention on our fellow Falcons. A meet is not an opportunity to socialize but rather a tool to gain fuel for the rest of our season.
9. This means limited to no personal technology, especially texting or talking to others with this causing a distraction from your ability to maintain your role as a Los Fresnos Track and Field athlete. Personal technology is a privilege that can be forfeited with the abuse of it at any time.
10. All races will be cheered on by teammates not competing.
11. After the meet it is the athlete's responsibility to gather as a team on the track and complete a FALCON PRIDE LAP, afterwards they will clean up all equipment, trash, and resources used during the meet before reporting to Coach Howard or Coach Littleton for the team talk.
12. All uniforms and other clothing that needs washed will be given to a manager to be laundered. As soon as the camp is cleaned then you are dismissed for the evening (this includes athletes who are using the training area for treatment)... we help maintain the cleanliness of the facility.

LOS FRESNOS TRACK AND FIELD

Away Meet Responsibilities / Injuries / Equipment

Away Meets:

Expectations at an away meet are parallel to a home meet at Leo Aguilar Stadium. We expect our athletes to compete hard while helping in anyway possible to make a smooth meet. Meets are about timing and our athlete's ability to time their warm-ups and cool-downs properly relies on a smooth meet. If we can help this in anyway possible then we will.

1. Athletes are expected to report to the locker-room/trainer immediately after school in order to catch the bus for an away meet. They are to dress in meet attire and board the bus. Check-in with the coach for attendance before going to loading area.
2. Proper clothing is vital at all times but especially important for an away meet. Athletes are responsible for their uniforms, warm-ups, shoes, equipment, etc.
3. After the meet it is the athlete's responsibility to gather as a team on the track and complete a Falcon PRIDE LAP, afterwards they will clean up all equipment, trash, and resources used during the meet before reporting to Coach Howard and or Coach Littleton for the team talk.
4. Upon the arrival back at the school, the athletes will make sure the bus is clean and all equipment is back to its proper storage facility (the Captain council will help make sure this is accomplished).
5. All uniforms and other clothing that needs washed will be handed in right after the competition. As soon as the locker room is cleaned then you are dismissed for the evening (this includes athletes who are using the training room for treatment)... we help maintain the cleanliness of the building.

Injuries:

1. If an athlete is injured they must first show the injury to their coach. Any serious injury that is not sent as an emergency will be dealt with by our trainers first, as they will recommend the nature of the situation and whether a doctor is necessary.
2. Be tough, not careless. If there is an injury, report it with the coaches. We want no one to compete when they are injured and we will never force an athlete in a position to permanently injure himself/herself. Remember, the first day of practice is the only day that you are not sore in some form or another. We do expect athletes to perform with a certain degree of pain and soreness and **competitive drive**.
3. Don't lounge in the training room at all. Get in and take care of your business and GET OUT! Remember that you are expected to be in the training room by 4:20, which means there is no excuse for not getting treated first. Communication between trainers will be enforced.

Equipment:

1. The athlete's equipment is the property of Los Fresnos High School. They are expected to care for their resources that are provided by the school.
2. Athletes are expected to return all their resources at the end of the season in usable condition for next season. If you have kept issued items or lost items, they will need to be reviewed and or paid for.
3. If there is lost equipment of any sort, the athlete is expected to replace it.
4. Take care of your equipment and if it is broken then notify us immediately.

LOS FRESNOS TRACK AND FIELD

Managers and Code of Conduct

Managers:

1. Remember that the managers are not your personal slaves. These teammates are very important to the success of this team.
2. If you need something from a manager ask, do not order or demand. We have excellent managers at Los Fresnos High School each year and they will be a tremendous help to you and to the coaching staff.
3. There are several things that these managers do for you and the team in which you never see. Do not forget this or take them for granted.
4. The female managers are trained by Coach Howard as to their expectations. If there is a problem at all with our managers, do not hesitate to let Coach Howard know, do not try to fix it yourself for that is not your role on this team. Male managers will report to Coach Littleton.

Code of Conduct:

1. We are bound by the Los Fresnos High School Student Code of Conduct for all athletes. You have a copy of this documentation – read it and become familiar with it.
2. The penalties imposed by the Code of Conduct are truly minimal. The coaching staff and captains council have the right to increase the severity of the penalty if they feel it is necessary (after meeting).
3. The Los Fresnos Falcons Track and Field coaching staff has no intentions of being policemen or detectives when violations are reported. If Coach Howard or Littleton has a report, they will call you into their office and directly confront you with the report. At this moment we expect honesty from that athlete.
4. If an athlete is dishonest and caught in a lie, in which the athlete received the opportunity to tell Coach Howard or Littleton the truth, their penalty could result in dismissal from the team for that season.
5. Athletes will follow three simple rules if they wish to compete for the Track and Field team at Los Fresnos High School:
 - a. Don't lie to any of your coaches
 - b. Get your rest during the season. You can not expect to perform at 100% in the classroom or on the track if you are not getting enough sleep and running around at night.
 - c. Be in the Right Place and the Right Time, doing the Right Thing the Right Way!
6. Keep your grades up and behave in the classroom. If Coach Howard or Littleton has a negative report from a teacher that involves a grade or behavior problem, that athlete may be faced with extra consequences. STRIVE TO BE AN OUTSTANDING STUDENT-ATHLETE.
7. All athletes must have a physical on file, taken after May 1, 2015 and before their first scheduled day of practice each school year.
8. **For all other information on Code of Conduct, please read over your copy of the Athletic Student Handbook/Student Handbook for information on topics such as awards, first-second-third offense, self reporting, NCAA clearinghouse and sharing student athletes and extra-curricular activities.**

LOS FRESNOS TRACK AND FIELD

Travel Policy and Players Expectations/Guidelines

Travel Policy:

1. For away meets all athletes and managers will ride with the team bus or SPV to and from the opponent's school.
2. Parents can request their student-athlete to ride home with their care if they fill out the proper forms from Coach Howard or Littleton the week prior to the event.
3. Athletes are responsible for their equipment after the meets and they must arrange for a teammate to bring home their resources or communicate with Coach Howard or Littleton prior.
4. It is best if the athlete returns with the team on the bus.
5. Whenever we leave Los Fresnos for a meet, the athlete must remember that they represent Los Fresnos High School, the administration, the community, the faculty, the student body and their coaching staff.
6. Dress and act in the manner that would best represent all of those mentioned, most importantly yourself.
7. If there is a problem with any of the guidelines then you can talk to Coach Howard or Littleton before leaving.
8. Your appearance, in general, also reflects on Los Fresnos Track and Field and those that have worked hard for its foundation.
9. Neatness and cleanliness are lifetime traits that will help you get along much better in the world in which we live.
10. If a coach confronts you on your appearance, adjust as soon as possible to improve it. If we have to address the situation for a second time, you will not be allowed to practice or compete until the situation is taken care of.
11. Jewelry, of any kind, is legal according to the UIL. Be smart with the items worn and safety first.
12. With this rule, it is vital that a Los Fresnos Athlete not wear jewelry at any point in time in the weight room, locker room, on the team bus, or on the competitive area during a meet.
13. Have pride in yourself and the team!

Players Expectations and Team Guidelines:

The following are specific to the Los Fresnos Track and Field program.

1. Turn in athletic physicals on or before the first practice (January 19th, 2016)
2. All athletes and managers will participate in Track and Field Fundraisers to support the programs needs.
3. Every student/parent apart of the program will sign the acknowledgement form.
4. Every athlete is expected to give maximum effort every set and every rep. Be confident and compete! Have a fearless mindset and let your competitors know by your showmanship, actions and ability that Los Fresnos Track and Field is in the building!!!

LOS FRESNOS TRACK AND FIELD

Los Fresnos Falcons Track and Field Staff Information

Johvonne Hernandez Howard-Head Coach—Girls Relays/Jumps/Throws

School: Los Fresnos United High School

Cell: 956-466-9717

Email: jhernandezhoward@lfcisd.net

Twitter: @CoachJoJoHoward

Will Littleton-Head Coach- Boys Relays/Jumps

School: Los Fresnos High School/United

Cell: 956-342-6332

Email: wlittleton@lfcisd.net

Frank Falcon-Assistant Coach – Girls/Boys Distance

School: Dora Elementary-District

Tech

Cell: 956-456-9951

Email: ffalcon@lfcisd.net

Jaime Vela-Assistant Coach – Girls/Boys Sprints

School: Los Fresnos High School

Cell: 956-545-9380

Email: jvela@lfcisd.net

Enrique Hernandez-Assistant Coach – Girls/Boys Hurdles

School: Los Fresnos United

Cell: 956-456-2599

Email: ehernandez@lfcisd.net

Craig Foster- Assistant Coach – Boys Relays/Sprints

School: Los Fresnos High School

Cell: 580-886-5552

Email: cfoster@lfcisd.net

Marco Hinojosa- Assistant Coach – Girls Relays/Sprints

School: Los Fresnos High School

Cell: 956-545-8260

Email: mhinojosa@lfcisd.net

Twitter: @losfresnoshoops

Lawrence Ellison- Assistant Coach – Girls/Boys Pole Vault

School: Los Fresnos High School

Cell:

Email: lellison@lfcisd.net

LOS FRESNOS TRACK AND FIELD

Ariel Torres-Assistant Coach – Girls /Boys Mid Distance/Girls High Jump

Work: Los Fresnos High School

Cell: 956-433-6964

Email: artorres@lfcisd.net

Doug Dalhberg- Assistant Coach – Girls/Boys Throws

Work: Los Fresnos High School

Cell: 956-371-9758

Email: ddalhberg@lfcisd.net

Girls Managers

Anahi Ortiz

Alexus Martinez

Cynthia Rodriguez

Ashley Longoria

Bailey Taylor

Corina Medina-Student Trainer

Sydney Leal-Student Trainer

Boys Managers

TBA

LOS FRESNOS TRACK AND FIELD

2016 Los Fresnos Track and Field Staff Assignments

Johvonne Hernandez Howard (Girl's)

Head Track Coach
Oversee Girls Program
Jumps/Throws/Sprint Relays

Will Littleton (Boy's)

Head Track Coach
Oversee Boys Program
Jumps/High Jump/Sprints Relays

Frank Falcon (Girl's and Boy's)

Distance Coach (Assistant Coach)
Oversee Mid-Distance
Runs (800/1600/3200)

Craig Foster (Boy's)

Sprints Coach (Assistant Coach)
Sprints/Sprint Relays

Enrique Hernandez (Girl's & Boy's)

Sprints/Hurdles (Assistant Coach)
Runs (Girls and Boys 100H,110H,300H)

Marco Hinojosa (Girl's)

Sprints (Assistant Coach)
Sprints/Sub Relays

Doug Dalhburg (Girl's & Boy's)

Shot & Discus (Assistant Coach)

Ariel Torres (Girl's & Boy's)

Sprints/Mid-Distance/HJ (Assistant Coach)
Runs (400,800, Girl's HJ)

Jaime Vela (Girl's & Boy's)

Sprints/Hurdles (Assistant Coach)
Runs (Girls and Boys 100H,110H,300H)

Lawrence Ellison (Girl's & Boy's)

Pole Vault (Assistant Coach)

LOS FRESNOS TRACK AND FIELD

2016 Track Meet Responsibilities

Coach Howard:

- Check In
- Team Talk
- Scratches
- Girls Throws, Jumps, Relays

Coach Littleton:

- Check In
- Team Talk
- Scratches
- Boys Jumps, Sprints, Relays

Coach Falcon:

- Distance Scratches (Inform Head Coach)
- 1600-400-800-3200
- Warm ups and Results for: (1600, 400, 800, 3200)
- Understand/know multiple event athletes
- Times and Distances/Score for Girls

Coach Foster:

- Sprint/Relay Scratches (Inform Head Coach)
- 100-200-4x100-4x200-4x400
- Warm ups and Results for: (Sprints/Relays)
- Understand/know multiple event athletes

Coach Dalhberg:

- Throws Scratches (Inform Head Coach)
- Discus, Shot
- Warm ups and Results for: (Discus, Shot)
- Understand/know multiple event athletes

Coach Vela/Hernandez/Hinojosa:

- Relay/Sprint/Hurdles Scratches (Inform Head Coach)
- 110/100, 300 Hurdles, Sprints, Relays
- Warm ups and Results for: (Hurdles/Sprints/Relays)
- Understand/know multiple event athletes

Coach Ellison:

- Pole Vault Scratches (Inform Head Coach)
- Pole Vault
- Warm ups and Results for: (Pole Vault)
- Understand/know multiple event athletes

Ariel Torres:

- High Jump Scratches (Inform Head Coach)
- High Jump/Mid Warm ups and Results for: (400/800/HJ)
- Understand/know multiple event athletes