

# Laguna Beach High School



## Track and Field

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### WELCOME

Welcome to Laguna Beach High School Track & Field! The following parent/athlete handbook will outline all the information necessary for us to have a successful season. Please read the handbook in its entirety. Sign and return the pages where a signature is requested. We are looking forward to a great season!

### COACHES

Head Boys Coach/Boys Distance  
Head Girls Coach/Girls Distance  
Boys Distance  
Mid-Distance  
Sprints  
Jumps/Hurdles  
Throws

Scott Wittkop  
Steve Lalim  
Tommy Newton-Neal  
Tyre Hines  
Everett Blanton  
Fred Pichay  
Craig MacDonald

### OUR GOALS

- Provide an enjoyable experience for all members of the LBHS Track & Field Team.
- Teach all athletes the necessary training to compete to the best of their ability.
- Develop a strong team culture that embraces team-work, competitiveness, industriousness and fun.
- Provide each athlete with life skills to live a physically fit, healthy, and productive life.
- Win a Sunset League Title.

### Grades

Grades are heavily based on participation.

- 50% Practice attendance- 4 points (miss a practice, lose a point)
- 40% Meet day participation - 7 points (7 meets)
- 10% Daily responsibility (On-Time & Prepared) - 10 points

# RULES/EXPECTATIONS

## 1. Daily Practice Expectations

- a. Be prepared, positive, and on time every day.
- b. Required to attend all practices and dual meet/league competitions (injured or ill athletes that attend school must also attend dual/league meets to support your teammates and help the coaches).
- c. Unexcused absence: Any non-communicated or unapproved absence.
  - i. Unexcused 1: Warning
  - ii. Unexcused 2: Warning & suspension from next competition (still required to attend competition)
  - iii. Unexcused 3: Meeting with parents & suspension from next competition (still required to attend competition)
  - iv. Unexcused 4: Discussion with coaches about the athletes future on the team
- d. Excused absence: Any communicated absence with your event coach **and** head coach.
  - i. Must be in writing (i.e. Remind, email, text, etc.)
- e. Tardies: will only be excused with prior approval or signed pass.
  - i. Excused absence from school
  - ii. Communicated in writing (email or Remind App) at least 24 hours in advance.
- f. Tardies: will only be excused with prior approval or signed pass.
- g. Practice will be held in ALL conditions, rain or shine.
- h. No cell phones are allowed at practice.
- i. At the end of each practice session, you must check out with your event coach(s).

## 2. Team Requirements

- a. An Athletic Clearance Card must be registered with the athletic department prior to the start of the season.
- b. Must maintain a 2.0 GPA on the latest progress card or report card.
- c. Follow all of the team rules & sign/return this contract.

## 3. Behavioral Expectations

- a. Communication
  - i. All athletes are expected to communicate with their coaches.
  - ii. Communicate with event coaches if you have any questions or concerns.
  - iii. Communication includes: practice times, injuries, school concerns, competition events, nutrition, workouts, etc.
- b. Team player
  - i. All athletes are expected to be a team player at all times.
  - ii. A team player puts the needs of the team in front of their own.- A team player supports their teammates in any way possible.
- c. Be Positive
  - i. All athletes are expected to be positive toward themselves, teammates, competitors, officials, and coaches, at every practice/competition.
- d. Be Competitive & Give 100% effort every day

## COMPETITIONS

1. **Invitational Expectations:** Invitationals are 'invite only' track meets that occur on Fridays/Saturdays.
  - a. Athletes will need to arrange transportation for themselves unless otherwise noted.
  - b. Athletes are expected to arrive 1 hour and 30 prior to the start of their event.
  - c. Athletes are not expected to stay for the duration of the invitational.
  
2. **Scoring Dual Meets & League Competitions:** are required team competitions that will occur on Wednesdays or Thursdays.
  - ~~a. Busses will transport athletes to and from dual/league meets.~~
  - b. Athletes will be responsible for getting to and from meets.
  - ~~c. All athletes are required to ride the bus to and from the meet.~~
  - d. All athletes are required to attend and stay for the duration of the meet, unless previously arranged with the head coach (must be arranged at least 48 hours in advance, in writing).
  - e. Injured or ill athletes that attend school must also attend dual/league meets to support your teammates and help the coaches.
  - f. All athletes are required to compete in ALL of the events they are assigned.
  - g. No athlete is allowed to leave the track & field facilities unless permitted by a coach.
  - h. If you miss a meet, you will sit out a similar meet.
  - i. No athlete is permitted to compete in a track meet if they have an unexcused absence from school the same day of the meet (this counts as an unexcused absence from the meet and the athlete is still required to attend the meet for support).
  - j. All athletes are required to wear team issued warm-ups and competition attire to and during the meet.
    - i. Warmups: Asics warm-up sweats, short sleeve T&F shirt, and hoodie.
    - ii. Competition attire: Asics singlet & Asics running shorts/Asics spandex

## UNIFORMS

- All athletes are required to compete in school-issued uniforms. Athletes are to return their uniforms at the end of their competitive season (washed on cold water only and air-dried).  
Lost/damaged Uniforms must be replaced at the expense of the athlete:
  - Asics *Team Sweep Singlet* - \$35
  - Asics *Break Through Short*- \$35
  - Asics *Aptitude 2 Run Pant* - \$50
  - Short Sleeve T-Shirt - \$10
  - Hoodie - \$30

## LOCKERS

- ~~— Team lockers will be issued at the start of the season by the athletic office. All athletes must use a school-issued lock.~~
- Due to Covid, lockers will not be available for this season.

## PARENT/PLAYER ACKNOWLEDGEMENT

I have read the entire contents of the Laguna Beach Track & Field and Parent/Player Handbook and agree to the standards of the Laguna Beach High School Track and Field Program.

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Parent/Guardian Signature & Date

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Student-Athlete Signature & Date

Please don't hesitate to contact the head coaches if you have any questions concerning this handbook.

Thank you,

**Steve Lalim**

Head Girls Track & Field Coach  
Laguna Beach High School  
slalim@lbusd.org

**Scott Wittkop**

Head Boys Track & Field Coach  
Laguna Beach High School  
swittkop@lbusd.org