

AKINS EAGLES TRACK INFORMATION

Spring 2021

Dear Track & Field Athletes and Parents/Guardians:

Welcome to Akins High School Track & Field Team. We look forward to an exciting & rewarding season. To make a great team a reality it requires dedication, cooperation, and teamwork from all involved in the program: athletes, parents, and coaches. This letter includes our expectations as coaches of all members of the Track and Field team and contains valuable information which should answer many of your questions about our program. If this is your first experience with running or you are out of condition for running, expect a few weeks of soreness as your body becomes accustomed to the new demands placed upon it. Many people quit running in the first couple of weeks because they say it is too hard. A couple of days or weeks is not enough time to judge how well you can run. You owe it to yourself to try to remain on the team for the entire season. You will be surprised at the difference in your physical condition at the end of the season.

I know everyone is concerned about the safety of their families and student athletes when it comes to COVID. I can assure you that we are doing everything that we can to keep our student athletes safe during these times. All track athletes and coaches will take our district and UIL COVID protocols seriously. Each day before coming to practice athletes must check in and answer COVID related questions on the AISD App which can be downloaded on your phone. Once athletes receive a "green screen" they will take a screen shot on their phone and show it to their coach when they arrive to practice or meet. Athletes who receive a "red screen" should not come to practice or meet and contact their coaches immediately. All athletes must check-in out at the track with their "green screen", mask or gaiter on, and get their temperature checked at the beginning of practice.

Once athletes pass the screening process they will be training in smaller cohorts than in years past in order to enforce social distancing. Athletes must keep their mask on whenever they are not involved in "strenuous exercise". If athletes are not doing this it will result in them being asked to leave practice because we have to look out for the safety of "all student athletes, coaches, and their families". We will be providing athletes with a mask if they can't afford one, lose one, or if their's breaks during practice. If an athlete or coach does test positive for COVID then we would quarantine athletes and coaches for 14 days if needed. At the end of each practice or when equipment is being shared coaches will spray down equipment to protect from athletes from germs. We have a lot of things in place to keep our track family safe when athletes and coaches are on our campus. We ask that you continue to keep yourself safe when you are away from campus and to be honest if you are not feeling well. We want to ensure that we have a full track season this year and give our athletes a chance to compete. We will be having a parent meeting at the end of next week (01/14/2021) to go over what the season is going to look like and answer any questions that you might have. I will send you the zoom meeting information at the beginning of next week. Thanks again for your support and we're looking forward to a great track season.

Sincerely,

Akins Track

#WINGSUP

General Information

I. Practice & Meets

- a. Morning Practice for Distance Runners (7:10-8:30am)
- b. Afternoon Practice for Sprinters, Throwers, & Field Events (4:45 - 6:15pm)
- c. Briefing for Upcoming meet & Practice (Issue Equipment & Cover Procedures on Day before Track Meets)
- d. Practices will generally be held Monday- Thursday, unless there is a meet or holiday.
- e. PLEASE CHECK IN 15 min. Before practice and you must bring your own water.

II. Team Selection

- a. Must have a PHYSICAL
- b. Athletes will be selected for Varsity or Sub Varsity based on the following criteria:
 - i. Athletic Ability
 - ii. Skill level & Experience
 - iii. Performance
 - iv. Fitness & Conditioning
 - v. Leadership & Teamwork
 - vi. Coachability and Attitude
 - vii. Academics
- c. In order to be selected on a team, each participant must meet the following expectations:
 - i. Pass all academic classes
 - ii. No disciplinary referrals
 - iii. Be able to follow coaches instructions
 - iv. Be able to commit their time and effort to the team. Must be at Practice
 - v. Track & Field Members & XC Runners who are in the class period MUST attend track meets during the season. The AISD & District Track Meets are required for all runners, throwers, and field events.

III. Travel

- a. All participants may ride the bus on the day of the meet and either get picked up after their last event (highly recommended) or ride back on the bus on away meets. (24 athletes per bus or 1 per seat).
- b. You may only leave with your parent or guardian.
- c. No one is allowed to ride the bus unless he is a member of the Akins Track Team
- d. For meets at Burger students will need to be picked up from Burger Stadium, there will be no return bus back to Akins.
- e. Juniors and Seniors may transport themselves and only themselves to home meets with parent permission.
- f. Parents may also drive student athletes to the meet. Each week our coaches will give you a time to be at the meet.

IV. Injuries

- a. All injuries must be reported to the coaches and the school trainer. The injury will be examined by the school trainer or on site trainer at events to determine proper treatment.
- b. Participants who have a serious or chronic health problem must have proper medical documentation on file with school trainer.
- c. No injured participant will run or practice until he or she is cleared by a physician and/or school trainer only.

V. Absences

- a. Absences must be reported to the coach before practice through the Remind App.
- b. Participant must email or send a remind to inform the coaches about missing, especially if you think you may have COVID or where possible exposed to someone who tested positive for COVID.
- c. Unexcused absences will be dealt with on an individual basis.
- d. No participant will suit-up or participate in a meet if he/she has excessive unexcused absence from practice.
- e. Participants who skip practice may be suspended or removed from the team. The time suspended will depend on the offense.

VI. Discipline

- a. School rules and the authority of the school district to administer discipline apply whenever the interest of the school is involved, on or off grounds, in conjunction with or independent of class and school- sponsored activities.
- b. All participants will adhere to all the school rules, academic standards, and UIL policies.
- c. Disciplinary actions will be enforced by school officials and coaches.
- d. Athletes whose actions conflict with school rules, track rules, or UIL rules may be dismissed from the program.
- e. Team Rule: Everytime a coach looks at you, they should be proud of you.
 - i. Further Explanation: Be where you're suppose to be, when you're suppose to be, doing it to the best of your ability.

VII. Fair Share & Other Costs

- a. Each Track member will be required to pay a fair share fee of \$25 for the entire track season.
- b. Fair Share is needed in order to give you child the best athletic experience possible.
- c. Fair Share goes to maintaining & building our track program. Fair share is used for getting new team equipment (blocks, jump mats, hurdles, throwing implements, uniforms, sweats, shoes, etc.) as needed, meet day snacks & drinks.
- d. Other Cost that are not required: throughout the season we will have oportunites for athletes to purchase personal gear that they are able to keep & meet day meals.
- e. Fair Share of \$25 is due by the 2nd week of the season.
- f. Athletes who cannot pay for their fair share will be asked to do a group fundraising campaign.

- g. You are responsible for any equipment that is issued to you on meet days, any kept items that are not turned in or that are lost will result in the following fees: uniform top: \$50, uniform bottom \$30, Shot put/ Disc: \$80, New Sweats \$100).
- h. Any athlete's account that is not in good standing by May 1st will result in a hold on their student account. They will not be able to register for classes/ graduation, prom, ect. Until their account is in good standing.

VIII. Coaches Contact Information

- a. Akins Track Remind 101: Text this message: @akinstrack to 81010
- b. Akins Track Parent Remind 1010: Text this message: @akinst-f to 81010
- c. Coach Saxe (Head Track): joseph.saxe@austinisd.org (512) 841- 9852
- d. Coach Flores: francisco.flores@austinisd.org
- e. Coach Brudnick: joshua.brudnick@austinisd.org
- f. Coach De La Huerta: jerry.delahuerta@austinisd.org
- g. Coach Olivia Short: olivia.short@austinisd.org
- h. Coach Ajay Lerma: ajay.lerma@austinisd.org

