

Hello everyone, Welcome to the 2023 River Ridge Track and Field season. Our coaching staff consists of: Aaron Doane: Distance and High Jump. Steve Schultz: Sprints and Hurdles. Jacob Ribar: Relays. Jacob Adams: long jump. Janay Creamer: Throws.

We will be using the **Remind App** for most communication during the season. The link to the class is <https://www.remind.com/join/6a86ga> All communication through the app is saved by the school district. **You can not erase anything once it has been sent.** Respect and etiquette will be used at all times on the app. Please use first and last names, no nicknames.

Please print and fill out the **alternate transportation form** and turn it in to Coach Doane unless already turned in to the ASB office. If transportation is provided, the athlete must ride the bus back to River Ridge unless this form is filled out. Here is the link to the form.  
[https://www.nthurston.k12.wa.us/cms/lib/WA01001371/Centricity/Domain/350/RRRHS\\_PermissionAlternativeTransportation.pdf](https://www.nthurston.k12.wa.us/cms/lib/WA01001371/Centricity/Domain/350/RRRHS_PermissionAlternativeTransportation.pdf)

### **General Expectations**

1. Minimum academic and behavioral expectations are clearly outlined in the River Ridge athletic code. All athletes and parents are expected to be familiar and to adhere to these expectations.
2. Be prepared, present and on time for all team activities.
3. Represent your school with pride and support your River Ridge family through support and respect for all of your teammates, coaches, fans and meet officials.
4. Be prepared for practices and races mentally and physically. Hydrate, eat and sleep well.
5. Communicate promptly, consistently, and clearly with your coaches.
6. Hold yourself to a high standard by establishing clear goals for yourself and your team.
7. Train consistently and sustainably.
8. Be accountable for your actions and attitude.
9. Commit to work hard.
10. Commit to enjoy your experience with your teammates.

**Practices:** Once school starts, practices will begin promptly at 2:30 PM and end at 4:30PM. (Subject to change due to weather or other circumstances) **Indoor Practices:**(Mat/weight room) 2:30-4:30pm if needed. **Practices are mandatory.** Roll will be taken, and any unexcused absences will affect the athlete's ability to compete, earn a letter and/or continue to participate with the team.

- Link to the schedule for the first two weeks:  
[https://docs.google.com/document/d/1QAKKPk8vwBiQ75qcdnJazVZQgxZt5VWqm6qMAQDB\\_2k/edit?usp=sharing](https://docs.google.com/document/d/1QAKKPk8vwBiQ75qcdnJazVZQgxZt5VWqm6qMAQDB_2k/edit?usp=sharing)
- **Calendar:** Official team practices begin on **Feb. 27th**. Please plan accordingly. The competition calendar can be found on Athletic.net  
<https://www.athletic.net/team/455/track-and-field-outdoor/2023>
- There will be no bus provided for local meets. North Thurston, Timberline, Capital, Yelm, Olympia, or Tumwater.
- **I will put out bi-weekly schedules that are more detailed over the Remind app.**
- Practice ending times can vary depending on the athlete. Some athletes compete in more than one event, so please communicate with your athlete for pick up times after practice.
- Optional weight room after practice.

- Must have **eight** practices by 15 Mar to compete in the South Sound Jamboree. Must have **Ten** practices by 22 Mar to compete in the league meet with Timberline.
- **Location:** Unless informed otherwise, we will meet at the River Ridge Track
- **Absences:** Any anticipated absence from practice or competition must be communicated in advance with Coach Doane or your primary coach on the Remind app.
  - o 1<sup>st</sup> unexcused absence: noted in record, no penalty
  - o 2<sup>nd</sup> unexcused absence: verbal warning, discussion with Coach
  - o 3<sup>rd</sup> unexcused absence: discussion with Coach regarding whether or not participation in Track is a good fit for the athlete (or vice versa)
  - o 4<sup>th</sup> unexcused absence: possible dismissal from the team.
- **Equipment:** Please arrive at practices prepared with a water bottle, appropriate running shoes, clothing (weather appropriate) and sun protection.
- **Safety and Etiquette:** Be aware that most distance workouts will be taking place off-campus
  - o Make sure that a coach, ALWAYS knows your location and planned route
  - o Train with a MINIMUM of one other partner. Groups with a minimum of three are preferred
  - o Represent River Ridge High School and your community respectfully and honorably.
  - o ALWAYS respect all traffic laws and never assume that all drivers will.
  - o No earbuds on the road or trails, ever. Tune into your surroundings and your body.

### Competitions

- We wear only River Ridge High School gear at every meet, and we arrive in full uniform ready to compete. We represent River Ridge by warming up and cooling down in River Ridge gear.
- Check out with a coach when leaving a competition.

### **Varsity Letter Requirements:**

- The athlete must finish the season in good standing, having participated in the program for the entire season and demonstrated the work ethic and commitment required of a varsity athlete.
- Attendance, placing in meets, personal records (PR), season records (SR), volunteering, and grade checks will be a factor in determining the varsity letter.
- The athlete must attend all practices and contests unless excused by a coach.
- Individuals may be awarded a Varsity Letter if an athlete demonstrates unusual contributions to the River Ridge Track Team. This contribution may be expressed in any manner that enables other individuals and/or the team to achieve success over a four-year period with the program.
- The coaches reserve the right to make all final lettering decisions.
- **MANAGERS** may earn a Varsity letter after the second consecutive year in the program as long as they attend all practices and assigned meets and have performed their required duties to the satisfaction of the coaching staff.

### **Additional Info**

- River Ridge gear will be available through BSN sports. I will send the link through the Remind app when available.
- There will be pictures, more information to follow on the Remind app.