



SUNSET TRACK & FIELD 2022

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229

TEAM RULES AND EXPECTATIONS

ACADEMIC:

Athletes are expected to maintain satisfactory academic standing including:

1. Being enrolled in *at least* 5 academic classes (2.5 credits) at all times during the spring semester. This includes seniors.
2. Having passed 5 classes in the fall semester of the 2021-2022 academic school year.
3. Being “on track to graduate”. *Concerns about this academic expectation can be raised on an individual basis with the athletic office.*

SOCIAL:

1. Athletes are expected to be good citizens, obeying all school rules and state and federal laws.
2. Athletes are expected to treat peers with dignity and respect and show the highest levels of respect to teachers, administrators, school staff, and the learning process.

TEAM ROLE AND SPORTSMANSHIP:

3. Athletes are expected to comply with all reasonable requests of the coaches.
4. Athletes are expected to treat all teammates, opponents, coaches, and officials with respect and dignity.
5. Athletes are expected to be supportive of their teammates at all times.

ATTENDANCE AND PREPAREDNESS:

1. Athletes are expected to adhere to our **practice policy**.
2. Athletes are expected to adhere to our **attendance policy**.
3. Athletes are expected to be in full team uniform at all meets.
4. Athletes are expected to travel to and from all league meets on a bus with the team.
 - Special arrangements must be made in writing at least **24 hours** in advance.

Any violation of these rules and expectations will result in consequences ranging from:

	Minimum Consequence	Maximum Consequence
1st Offense:	Verbal Warning	Removal from Team
2nd Offense:	Suspension from Team	Removal from Team
3rd Offense:	Removal from Team	

Parents must understand these expectations to allow athletes to adhere to our strict attendance policy.

ATTENDANCE POLICY

Daily track practice attendance is mandatory for team membership. While **Sunset Track & Field** is a *non-cut/non-tryout* sport, ours is a highly competitive program with equally high expectations. Like other high school sports, expectations go beyond those in middle school sports and/or recreational sports programs. Please familiarize yourself with our expectations, including:

- Attendance at practice means completing the entire workout as assigned by coaches.
- Leaving practice early, without consent of coaches, is considered an unexcused absence.

PLANNED ABSENCES:

Please use the attached document to identify **PLANNED ABSENCES** for the season. Not all reasons for absences will be “excused” (*see examples below*). Please consider changing plans to accommodate your commitment to Sunset Track & Field. The coaching staff reserves ultimate say about which absences are excused.

Excused	Unexcused
Doctor’s appointments <i>However, we ask that parents refrain from scheduling new appointments during practice time.</i>	After-school job <i>If work is mandatory, adjust your hours. See coaches if you anticipate a conflict.</i>
Grandfather’s 100 th birthday <i>Weddings, memorials, and other family events like these are honored and valued by coaches.</i>	Second cousin’s 7 th birthday <i>And other insignificant family events... we ask you to use judgment when considering their importance.</i>
Model UN tournaments / College visits <i>Coaches encourage the academic pursuits of athletes, SAT and PSAT tests are included here.</i>	Photography Club meeting <i>Clubs take a backseat during the season</i>
Academic help after an extended school absence <i>By arrangement only.</i>	Tutoring, study groups, make-up tests, etc. <i>Academics are important to us but please schedule these items around practice times.</i>

Communication is vital. If a conflict is anticipated (music lessons, science bowl, club sports, etc.), please see a coach *immediately* to discuss options and the potential for compromise as well as to avoid punitive consequences.

SPRING BREAK:

*Spring Break practices are hosted by event group. More detail will be provided closer to the date. All **pre-arranged** absences over Spring Break will be excused.*

Absences from practice on Monday, March 28, due to extended Spring Break may impact participation in our league dual meet with Westview on Wednesday, March 30. Continued absences from practice on Tuesday, March 29, due to extended Spring Break will preclude participation in our league dual meet with Westview on Wednesday, March 30.

Please consider your commitment to Sunset Track & Field when making travel plans.

UNPLANNED ABSENCES:

In the event of **sickness** or **emergency**, athletes must notify Coach Neeway as soon as possible by email:

daniel_neeway@beaverton.k12.or.us

Failure to notify coaches *prior to start of team practice* will result in the absence being labeled “unexcused”.

PARENTS: We work to empower your sons and daughters with an increased ownership of their responsibilities. Please help us facilitate this process by leaving any unplanned absence communication to them.

We view team membership like a job. Just as a worker must notify a boss about an absence to avoid termination, athletes must notify their coaches. Thank you for supporting our efforts to teach personal responsibility.

There may be other unplanned absences that arise after the season begins. Again, we ask discretion when planning: *is it possible to schedule the conflict outside of the season or outside of practice time?* Please **communicate** openly and as far in advance as possible with coaches.

UNEXCUSED ABSENCES:

Unexcused absences are those that do not meet the expectations outlined above. The consequence of an unexcused absences is suspension from a meet. A third unexcused absence during the season will result in an athlete’s dismissal from the team.

Two consecutive absences without communication with coaches will result in an athlete’s automatic suspension from the team, pending a conference with parent, athlete, and coaches.

ACADEMIC ABSENCES: (*partial- or whole-day absences from class*)

To participate in track & field, class attendance is required. Unexcused absences during the day could prevent an athlete from being allowed to attend practice or compete in meets on the afternoon of the absence.

Athletes who are absent from one of more classes during the school day will be considered “excused” only in the following situations:

- Doctor/dentist appointments
- College visits
- Field trips
- Family emergencies

Please make school attendance your first priority during the season.

*It is the opinion of this team’s coaches that if an athlete is **too sick** to attend a class during the school day, then that athlete is too sick to participate in after school activities.* We trust that parents will agree with this opinion.

DAILY PRACTICE EXPECTATIONS

We host practice every weekday during the season, including days when school is not in session. (Spring Break is an exception – see the note on the previous page). Practice begins promptly at 3:00 and generally lasts between one and two hours, depending on an athlete's chosen discipline/events. Athletes training in different event groups and/or for multiple events will have different departure times. When departure time is a concern, athletes must communicate with their event coaches.

As an athlete at practice, you are expected to:

1. Arrive on time, prepared with all required clothing and equipment.
2. Listen to your coaches and complete all assigned workouts.
3. Give your best effort and strive for improvement every day.
4. Be supportive of your teammates.
5. Attend every day.
 - If you are **injured**, attend practice, communicate with coaches, and complete assigned therapy and/or alternate workouts.
 - If you are **too sick for practice**, then you were too sick for school, too. Stay home and communicate accordingly.
6. Communicate with your coaches *before* seeking treatment from training staff and other medical professionals. See note below.
7. Have fun!

ATHLETICS-RELATED DOCTOR VISITS

School district policies require any athlete visiting a doctor (or other medical professional) during the sports season for a sports-related ailment/injury **must return to practice** with a doctor's note with the medical recommendation. This note must be presented to the school's athletic trainer before the athlete can return to practice and competition. This policy also holds true in cases where the school's athletic trainer has referred the athlete for medical care.

COMPETITION POLICY

Coaches reserve discretion to determine the readiness and preparedness of athletes for competition. The following events have more stringent requirements than “just showing up to practice”:

- **Events with minimum clearance standards** (high jump and pole vault)
- **More technical events** (examples include but are not limited to hurdles and triple jump)
- **Events where safety is a premium** (throwing events and pole vault)
- **Multi-lap track events** (800m, 1500m, and 3000m races)
- **Events with participation limits** (League SOP caps 200m and 400m participation at 24 athletes per team)
- **Relays** (4x100m and 4x400m, due to practice facility limitations)

Practicing for these events does not guarantee participation in competition. As an athlete becomes proficient and demonstrates satisfactory skills, they will be granted the permission to participate in competitions in these events.

There are events that do not have the same set of requisite skills. These are the 100m dash and the long jump. Please see a coach with questions.

EVENT ENTRIES: Before practice on Mondays prior to our Wednesday meets, a first draft of event entries is posted in 3-Hall. A second draft is posted on Tuesdays. It is the responsibility of the athlete to check their assigned events and communicate with coaches if an error is detected. Failure to check and/or communicate could result in the athlete not competing in the meet.



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SCHEDULE OF EVENTS

MARCH

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

OFFICIAL MANDATORY PRACTICES BEGIN – CLEARANCE REQUIRED

↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓ ↓

		Feb 28	1	2	3	4	5
Week 1	First day Practice at 3:00		Practice at 3:00	Practice at 3:00	Practice at 3:00	Practice at 3:00	
Week 2	Practice at 3:00	6	7	8	9	10	11
				Octathlon Practice at 2:45	Practice at 3:00	Octathlon Practice at 2:45	Practice at 3:00
Week 3	Practice at 3:00	13	14	15	16	17	18
				Practice at 3:00	Practice at 3:00	Practice at 3:00	Practice at 3:00
Week 4	Spring Break Practice TBD	20	21	22	23	24	25
				Spring Break Practice TBD	Spring Break Practice TBD	Spring Break Practice TBD	Spring Break Practice TBD
Week 5	Practice at 3:00	27	28	29	30	31	
				Practice at 3:00	Westview	Practice at 3:00	

APRIL

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					1	2
					Laker Classic Invitational* Lake Oswego HS	
Week 6	Practice at 3:00	3	4	5	6	7
				Practice at 3:00	@ Mountainside	Practice at 3:00
Week 7	Practice at 3:00	10	11	12	13	14
				Practice at 3:00	@ Jesuit	Practice at 3:00
Week 8	Practice at 3:00	17	18	19	20	21
				Practice at 3:00	@ Southridge	Practice at 3:00
						22
						23
						Oregon Relays* U of O

* Invitational meets are for select varsity athletes.

APRIL CONT'D

	24	25	26	27	28	29	30
Week 9		Practice at 3:00	Practice at 3:00	Beaverton	Practice at 3:00	Twilight Relays* Jesuit HS	Centennial Invitational Centennial HS

MAY

	1	2	3	4	5	6	7
Week 10		Practice at 3:00	Practice at 3:00	Aloha	Practice at 3:00	JV Districts** Southridge	
	8	9	10	11	12	13	14
Week 11		Practice at 3:00 <i>District qualifiers only</i>	Districts Westview HS	Practice at 3:00 <i>District qualifiers only</i>	Districts Westview HS	Practice TBD <i>State qualifiers only</i>	
	15	16	17	18	19	20	21
Week 12		Practice TBD <i>State qualifiers only</i>	EOY Awards Practice TBD	Practice TBD <i>State qualifiers only</i>	Practice TBD <i>State qualifiers only</i>	State Hayward Field	State Hayward Field

* Invitational meets are for select varsity athletes.

** Schools are limited in entries for JV districts. Stay tuned.

Find a more detailed schedule at www.SunsetTrack.com