



# SUNSET TRACK & FIELD 2024

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

## SIGN UP FOR TRACK HERE



You will need: 1. An up to date physical 2. To fill out the participation form 3. To pay the fee

## 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 2023-2024 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 including 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:

1. Athletes are expected to comply with all reasonable requests of the coaches.
2. Athletes are expected to treat all teammates, opponents, coaches, and officials with respect and dignity.
3. 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 with coach Ford*)

**Any violation can result in consequences ranging from**

	Minimum Consequence	Maximum Consequence
<b>1<sup>st</sup> Offense:</b>	Verbal Warning	Removal from Team
<b>2<sup>nd</sup> Offense:</b>	Suspension from Team	Removal from Team
<b>3<sup>rd</sup> Offense</b>	Removal from team	

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

## 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 note on the next 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 school, then you are **too sick for practice**, too. Stay home and communicate accordingly.
6. Communicate with your coaches *before* seeking treatment from training staff and other medical professionals.
7. Have fun!

## 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.

# ABSENCES

## SICKNESS/EMERGENCY:

In the event of **sickness** or **emergency**, notify the coaching staff before 2pm via google forms:  
If you are **too sick** to attend a class during the school day, then you are **too sick** to participate in after school activities!



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

**PARENTS:** We work to empower your athletes 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.

## PLANNED ABSENCES:

Please communicate with your coaches with as much advanced notice as possible for a **PLANNED ABSENCE** during the season. Not all reasons for absences will be “excused” (see examples to the right.) Please consider changing plans to accommodate your commitment to Sunset Track & Field. The coaching staff reserves ultimate say about which absences are excused.

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** in person as well as the “google form” as far in advance as possible with coaches.

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 <sup>th</sup> birthday <i>Weddings, memorials, and other family events like these are honored and valued by coaches.</i>	Second cousin’s 7 <sup>th</sup> 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 but schedule these items around practice times.</i>

**SPRING BREAK:** *Spring Break practices are hosted by event group. More details will be provided closer to the date.* All pre-arranged absences over Spring Break will be excused. Absences from practice on Monday, April 1<sup>st</sup>, due to extended Spring Break may impact participation in our away meet with Mountainside on Wednesday, April 3<sup>rd</sup>. Continued absences from practice on Tuesday, April 2<sup>nd</sup>, due to extended Spring Break will preclude participation in our home meet with Mountainside on Wednesday, April 3<sup>rd</sup>. ***Please consider your commitment to Sunset Track & Field when making travel plans.***

**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 school 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:

- Doctors/Dentist appointments
- College visits
- Field trips
- Family emergencies

**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.

**SICKNESS:** If you are **too sick** to attend a class during the school day, then you are **too sick** to participate in after school activities!

# HEALTHY HABITS

**SLEEP:** Athletes should get **8-10 hours** of sleep each night. Rest is important for recovery, energy, immune function, and mental health. Do your best to get good sleep, including: stay off electronics an hour before bed, avoid doing homework or stressful tasks in bed, avoid stressful activities before bed, and limit your intake of caffeine during the day.

**NUTRITION:** Athletes expend a great deal of energy at practice and competition therefore they should be eating throughout the day. It is a good idea to pack snacks that you can eat all day including a breakfast and lunch full of nutrients. A good rule of thumb is to pack more than you think you'll need. It is also important to eat both before and after practice. Eating before and after practice/competition is important for recovery, energy, injury prevention, healthy hormone function, immune function and much more. Some suggestions for pre and post training are as follows:

**45-60 minutes before** - mostly carbs, some protein/fat. Food suggestions: peanut butter and banana sandwich, bagel with cream cheese, granola bar, pretzels and cheese.

**10-30 minutes before** - all/mostly carbs. Food suggestions: bagel, banana, granola bar, dried fruit, pretzels, Gatorade.

**15-30 minutes after** - carbs and protein. Food suggestions: bagel with peanut butter, chocolate milk and a banana, granola bar, crackers and cheese, yogurt and granola, pretzels and jerky, sandwich.

**HYDRATION:** Athletes need adequate hydration for their myriad of needs. You should drink fluids throughout the day. Carrying around a reusable water bottle is a good start, but make sure you are drinking from it. Make sure to increase your fluid intake as your training intensity increases and as the temperature outside increases. A good (but not perfect) indicator of hydration is the color of your urine. Your urine should be pale yellow. Dark urine can mean you are dehydrated, and clear urine can mean you are over hydrated and potentially losing too many electrolytes.

# 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 hurdles, triple jump, etc.)
- **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 able to compete 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.

## FIND OUT MORE ABOUT SUNSET TRACK & FIELD:

[www.SunsetTrack.com](http://www.SunsetTrack.com)



[Athletic.net](http://Athletic.net)



[@apollosTF](https://www.instagram.com/apollosTF)



[@SunsetTrack](https://twitter.com/SunsetTrack)

**Acknowledgement and Understanding of Team Rules and Expectations**  
(must fill out before first day of practice)



# SUNSET TRACK & FIELD 2024 SCHEDULE OF EVENTS

## FEB/MARCH 2024

OFFICIAL MANDATORY PRACTICES BEGIN – ATHLETIC CLEARANCE REQUIRED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Week 1	26 1 <sup>st</sup> Day Practice at 3:00	27 Practice at 3:00	28 Octathlon Day 1 Practice at 2:45	29 Practice at 3:00	1 Octathlon Day 2 Practice at 2:45	2
3 Week 2	4 Practice at 3:00	5 Practice at 3:00	6 Hour-a-thon lower commons 2:45 Practice at 3:45	7 Practice at 3:00	8 Practice at 3:00	9
10 Week 3	11 Practice at 3:00	12 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	13 Dual Meet Sunset @ Jesuit	14 PR Meeting in the Main Gym at 2:55, practice after.	15 Practice at 3:00	16
17 Week 4	18 Practice at 3:00	19 Practice at 3:00 MS Practice 5-6:30	20 BYE Week Practice at 3:00	21 Sam Barlow Invitational Select Varsity**	22 Practice at 3:00	23 Spring Break
24 Week 5 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break

## APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Week 6 Spring Break	1 Practice at 3:00	2 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	3 Dual Meet Sunset @ Mountainside	4 PR Meeting in the Main Gym at 2:55, practice after.	5 Sunset Team Challenge @ Sunset	6
7 Week 7	8 Practice at 3:00	9 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	10 Dual Meet Aloha @ Sunset	11 PR Meeting in the Main Gym at 2:55, practice after.	12 Practice at 3:00	13 @ Sherwood Invitational Select Varsity**
14 Week 8	15 Practice at 3:00	16 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	17 Dual Meet Sunset @ Southridge	18 PR Meeting in the Main Gym at 2:55, practice after. MS Track Meet 4:45-	19 Practice at 3:00	20
21 Week 9	22 Practice at 3:00	23 Practice at 3:00	24 Dual Meet Westview @ Sunset	25 Practice at 3:00	26 @ Jesuit Twilight Relays Select Varsity**	27

## MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Week 10	29 Practice at 3:00	30 Pre-Meet Meetings Girls 2:40, Boys 2:55 Practice at 3:05	1 Dual Meet Beaverton @Sunset (Senior Night)	2 PR Meeting in the Main Gym at 2:55, practice after.	3 JV Districts @ Sunset* Varsity Practice at 3:00	4
5 Week 11	6 Practice at 3:00 District Qualifiers Only	7 Practice at 3:00 District Qualifiers Only	8 Varsity Districts Day 1 @ BHS	9 Practice at 3:00 District Qualifiers Only	10 Varsity Districts Day 2 @ BHS	11
12 Week 12	13 Practice at 3:00 State Qualifiers Only	14 EOY Awards time and place TBD Practice at 3:00 State Qualifiers Only	15 Practice TBD State Qualifiers Only	16 Practice TBD State Qualifiers Only	17 State Meet @ Hayward Field	18 State Meet @ Hayward Field
19	20	21	22	23	24	25

\* Schools are limited in entries for JV districts. \*\*Non-invite competitors will have practice at normal time

