

Track & Field Syllabus – SPRING SEMESTER

Co-Head Coaches:

Coach Moe Russell (moe.mctrack@gmail.com)

Coach Steve Singiser (ssingiser@manhattan.k12.ca.us)



Welcome, parents and athletes to Track and Field class!

- Student-Athletes must have a 2.0 overall G.P.A from first semester in order to participate in the Spring Track and Field program. Any student-athlete who had excessive absences or tardies in the fall Track and Field class will lose their spot on the team and/or may be asked to try-out. Any Fall/Winter Costa athlete who was not in the fall Track and Field class must try-out for Spring Track and Field class.
- Athletes are expected to practice Monday-Friday. Practices typically run from 2:00-4:00 pm, but could go later, if deemed necessary by the coaching staff.
- Most track dual meets are on Wednesday-Thursdays, but there are some exceptions. Please refer to the Miracostatrack.org website for the schedule. All athletes are expected to attend and stay for the entire dual meet (after the 4x400 relay). Meets typically end between 5:45-6:15 PM.
- Most Invitational are on Saturdays. An athlete must have a qualifying mark to compete at an invitational. Athletes must give the staff at least **THREE WEEKS NOTICE** if they cannot make a weekend invitational.

GRADES:

- Grades are based on participation and effort.
- Grades will be posted periodically in Aries. Refer to the Mira Costa website for access.
- Practice participation counts for one point each day. Absences are excused only with an official written doctor's note or for school related field trips. If a student's effort is viewed by the staff as insufficient, or the student is disruptive, they can see points deducted from their grade!
 - Athletes are expected to notify Franklin Ortiz (Athletic Trainer) about any and all injuries. Injured athletes are expected to stay for the duration of practice unless they have an official doctor's note. This includes doctor visits and physical therapy.
 - An off-grounds pass is mandatory if the athlete has to leave before 3pm.
- Scheduled dual meets are worth 4 points. Mustang Relays, Mini Mustang Meet, League Prelims/Finals are worth 7 points.
- Make-up days are available on some Saturdays, ask Coach Russell or Singiser for availability dates.
- Grade Rubric:

Grade	%	Grade	%
A	92	C+	77
A-	90	C	73
B+	87	C-	70
B	83	D	60
B-	80	F	0-59



NOTE: If a student-athlete does not obtain an A in the Spring semester, the person must tryout in the fall to participate in the fall class.

To sum it all up, we need your athlete here at practice to help them become better athletes. Our quality coaching staff is here for that reason. We want to help your athlete develop a good work ethic and accountability while they are in our program.

