



# ***Trabuco Track & Field***

***Parent Meeting***

# ***A Shared Mission***

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Culture is revealed by the  
Stories they tell

## **Mission Statement**

**We are creating the most dynamic, disciplined, and competitive Track And Field program in Southern California.**

Build Your Team for the Future  
**2024-2025-2026-2027**

Every Decision matters!

Choices that create  
Systems for lasting  
success



# Coaching Staff

Total Coaches	
Liam Clemons	Boys Distance
Darrell Cross	Assistant Boy Distance
Rick Ayers	Assistant Sprints
Derick Milgrim	Assistant Sprints
Shelby McQuitty	Hurdles
Austin Flores	Throws
Michael Talafus	Throws
Taylor Schad	Throws
Reggie Pamintuan	Horizontal Jumps
Dan Carillo	Assistant Pole Vault
Tyler Bendis	Pole Vault
Jessica Ayers	Assistant
Mark Nolan	Weight Room
Ron Lee	HJ
Jessica Garcia	Assistant Girl Distance
Marc Verdin	Assistant Jumps
Caitlin Johnson	Assistant Girl Distance
Josh Lak	Pole Vault Speed Coach
Hartzell Alpizar	Assistant Field

**Head Coach Boys** - JT Ayers

[AYERSJ@SVUSD.org](mailto:AYERSJ@SVUSD.org)

**Head Coach Girls** - Dennis Kelly

[KELLYD@SVUSD.org](mailto:KELLYD@SVUSD.org)



# Communication



MUSTANG COUNTRY / TEAM INFO / MEDIA / COLLEGE RECRUITING / PODCAST



2024 PRACTICE SCHEDULE (UPDATED REGULARLY)

## OUR MISSION:

We are creating the most dynamic, disciplined, and competitive Track And Field program in Southern California

www.trabucotrack.com

DOWNLOAD TEAM APP



TRACK & FIELD

ABOUT TRABUCO TRACK

SPIRIT PACK INFO

MEET RESULTS

MEET SCHEDULE

TRANSPORTATION FORM

LIFE STYLE CONTRACT



## SUBSCRIBE TO EMAILS

Sign up with your email address to receive news and updates.

Email Address



SIGN UP

## Team News



### Off Season Throws Camp

Read More →

#1 in 400M  
#1 in 800M  
#1 in 1500M  
#1 in 3000M  
#1 in 5000M  
#1 in 10000M  
#1 in 20000M  
#1 in 30000M  
#1 in 40000M  
#1 in 50000M  
#1 in 60000M  
#1 in 70000M  
#1 in 80000M  
#1 in 90000M  
#1 in 100000M

### Final Results

and a message from Coach Ayers

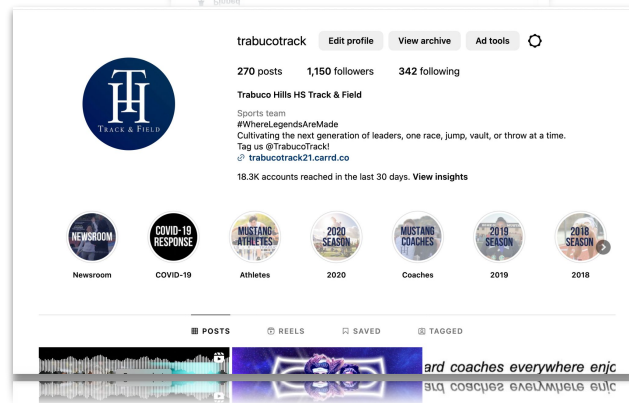
Read More →



### THHS TRACK in the NEWS

Read More →

# Communication





# Policies



## TRABUCO HILLS HIGH SCHOOL TRACK & FIELD TEAM POLICIES

*This team policies document is not exhaustive, and all students are required to abide by these policies in addition to governing CIF, SVUSD and THHS Athletics Policies and Guidelines.*

### OUR MISSION/PURPOSE

We are creating the most dynamic, disciplined, and competitive Track And Field program in Southern California.

#### I. TABLE OF CONTENTS

- Section I: Table of Contents
- Section II: Coaching Staff
- Section III: Philosophy and Vision
- Section IV: Motivation and Success
- Section V: Policies
- Section VI: Meets
- Section VII: Varsity Letter
- Section VIII: Grading Criteria
- Section IX: Miscellaneous

#### II. COACHING STAFF

The Trabuco Hills Track & Field coaching staff is comprised of a team of highly talented and skilled individuals who care deeply about the academic, athletic, and overall success of your students. With many of our coaches being alumni of Trabuco Hills itself, Mustang Pride runs in our blood, and we work to ensure every student's unique needs are not just met but exceeded.

"Each member of your team has a potential for personal greatness, the leader's job is to help them achieve it".

—John Wooden

## VARSITY LETTER

To earn a Varsity Letter, an athlete must meet the following criteria:

1. Complete a race in a meet at the Varsity level and place 3<sup>rd</sup> or higher or receive at least one point in a dual meet. This includes being a member of a relay team.\*
2. Quality for CIF or State as an alternate to the Varsity Team.
3. Upperclassmen are eligible for a letter after 3 or more years of active participation in our program.

## Dual Meets

Our team participates in two types of meets: dual meets and invitationals. At dual meets, every athlete will compete, and athletes are required to stay until the end of the meet. **ROLL CALL END OF MEET.** For dual meets that are not held at Trabuco Hills, the team will provide transportation to and from the campus.

## Invitationals

Invitationals are invite only meet during the weekend (Friday/Saturday). During an Invitational meet, athletes who have submitted a Transportation Exemption Form may leave after their final event. For some invitationals, athletes must provide their own transportation. In these cases, athletes must stay through their final event, and then parents may take their athlete home. Athletes must check-out with their event coach and/or Head Coach.

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## Letter Grade

75% - Participation on Team

25% - Service

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## TRANSPORTATION

**All athletes must stay for the full duration of a dual meet unless prior authorization is given by the Head Coach.**

Attendance will be taken at the beginning and end of the meet to ensure full compliance with this policy.

During invitationals, athletes may only leave after their final event if they have submitted a Transportation Exemption Form. At most invitationals, athletes must arrange for their own transportation to and from the meet site.



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## OUTSIDE TRAINING AND COMPETITION

No athletes are permitted to receive outside training or participate in additional meets or invitationals at any time without the permission of the head coach during the Season from January - May.

## FIELD ACCESS

Only coaching staff, authorized volunteers, campus faculty, and competing athletes may access the warm-up or competition areas during meets and practices. Parents and non-competing students may not access the field.

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## NON-NEGOTIABLES:

Coaches require certain conditions for practices, games, and team meetings. Non-negotiables are standards created and established by the coach. They are enforced at all times with few exceptions. When players adhere to non-negotiable expectations, the coaching staff can be effective as a coach and a mentor, but when athletes fail to follow them, things break down quickly.

1. **Be Early**
2. **No Profanity**
3. **Always help your team**

# Schedule

# Expectations

# Results

# Entries

\*\* LEAGUE PRELIMS and FINALS \*\*



## TRACK & FIELD 2024 Meet Schedule

Date	Meet	Location
Wed. 2/21	TH vs TESORO	@ THHS
Sat. 2/24	MUSTANG ROUND UP	@ THHS
Fri. 3/1	<a href="#">HUNTINGTON SUNSET CLASSIC</a>	@ HBHS
Wed. 3/6	TH vs RANCHO CUCAMONGA	@ THHS
Sat. 3/9	REDONDO INVITE (limited)	@ Redondo
Thurs. 3/14	<b>TH vs SAN CLEMENTE</b>	@ THHS
Sat. 3/16	LAGUNA BEACH TROPHY	@ Laguna Beach
Thurs. 3/21	<b>TH vs DANA HILLS</b>	@ Dana Hills
Sat. 3/23	APU DISTANCE CARNIVAL	@ APU
Sat. 3/22-23	CHANDLER ROTARY	@ Chandler AZ
Wed. 3/27	<b>TH vs MISSION VIEJO</b>	@ THHS
Fri/Sat 3/29-3/30	<a href="#">TRABUCO HILLS INVITE</a>	@ THHS
Fri/Sat 4/5-6	<a href="#">ARCADIA INVITATIONAL</a>	@ Arcadia HS
Thurs. 4/11	<b>TH vs ALISO NIGUEL</b>	@ Aliso Niguel
Sat. 4/13	OC CHAMPS	@ MVHS
Sat. 4/19-4/20	MT. SAC RELAYS	@ Mt.Sac College
Tues. 4/23	LEAGUE PRELIMS	@ THHS
Fri 4/26	LEAGUE FINALS	@ THHS
Sat. 5/4	CIF S.S. D.1 Prelims	@ THHS
Sat. 5/11	CIF S.S. D.1 Finals	@ Moorpark HS
Sat. 5/18	CIF S.S. Masters	@ Moorpark HS
Fri/Sat 5/24-25	State Prelims/Finals	@ Clovis, CA



**Click for the following results page**

### 2023

State Prelims/Finals (Boys 4x100 41.60)

CIF Masters

CIF D.1 Finals

CIF D.1 Prelims

League Preim/Finals (Boys and Girls win Team Title)

Mt. Sac Relays

**CLICK FOR**  
[Link to Schedule](#)

2023-2024

## TRABUCO HILLS TRACK AND FIELD

### SPIRIT PACK

The Trabuco Hills Track and Field Spirit Pack suggested donation is **\$300** for both Boys and Girls - this is for all new and returning track and field athletes. Checks are not accepted by any coach, per THHS policy.

Please see the links above that will take you to our school website and THHS Webstore. Checks can also be given to Student Store.

#### **New/Returning Athlete**

**ASB is \$50.** This is a one-time contribution during the school year which most students paid in August.

Track And Field is a sport that relies on parent donations to partially fund the Track and Field program. We are requesting a \$300.00 donation to the Track and Field program for Spirit Pack.

Boys will receive Custom T-Shirts, Nike Sweat Pants, Nike Sweatshirt, Car Decal, Nike Uniform Top, Nike Uniform Bottom.

Girls will receive Nike Spandex, Nike Uniform Top, Nike Sweat Shirt, Nike Sweat Bottoms, Custom T-Shirt, Car Decal.

If you choose to make a full donation, all items will be yours to keep. If you choose to not donate, your son-daughter will receive a uniform top and bottom that must be returned at the end of the season. Donation is due before the Spirit Pack Gear Distribution Day.

**You may earn your Spirit Pack by selling a Banner for around the Track.**

**A \$375 Banner will cover your spirit pack.**

**WE MAKE THE BANNER FOR THE COMPANY!**

**Renew each year!!!**



# Steps to get Cleared to Participate in Athletics at THS

1. Go to [AthleticClearance.com](http://AthleticClearance.com)
2. Register/Create an Account under (CURRENT SCHOOL YEAR)
3. Enter the code given to activate the account
4. Follow the steps to input registration data
5. Print off Sports Screening Paperwork (THHS Website or Button above)
6. Upload Sports Screening paperwork that is **signed, stamped, and dated by a physician**
7. Finalize with Electronic parent/student signatures

\*\*\*Please

**BE SURE TO CHECK EVERY SPORT BOX YOUR STUDENT IS PARTICIPATING IN**

**EVERY ATHLETE IS REQUIRED TO BE CLEARED IN THAT SPORT TO PARTICIPATE**

## PRE-PARTICIPATION SPORTS SCREENING EVALUATION

Complete this Parent History Form Prior to the Physical Screening

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Grade: \_\_\_\_\_ School: \_\_\_\_\_ Sport(s): \_\_\_\_\_  
 Address: \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone: \_\_\_\_\_  
 Personal Physician: \_\_\_\_\_  
**In case of emergency, contact:**  
 Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
 Phone (H): \_\_\_\_\_ Phone (C): \_\_\_\_\_ Phone (W): \_\_\_\_\_

Explain "Yes" answers below. Circle questions you don't know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have an ongoing medical condition (like diabetes or asthma)?		
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills?		
4. Do you have allergies to medicines, pollens, foods, or stinging insects?		
5. Have you ever passed out or nearly passed out DURING exercise?		
6. Have you ever passed out or nearly passed out AFTER exercise?		
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?		
8. Does your heart race or skip beats during exercise?		
9. Has a doctor ever told you that you have (check all that apply): <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection		
10. Has a doctor ever ordered a test for your heart? (for example: ECG, echocardiogram)		
11. Has anyone in your family died for no apparent reason?		
12. Does anyone in your family have a heart problem?		
13. Has any family member or relative died of heart problems or of sudden death before age 50?		
14. Does anyone in your family have Marfan syndrome?		
15. Have you ever spent the night in a hospital?		
16. Have you ever had surgery?		

17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendonitis that caused you to miss a practice or game? If yes, circle affected area below:		
18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below:		
19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast or crutches? If yes, circle below:		

Head	Neck	Shoulder	Upper Arm	Elbow	Forearm	Hand/Fingers	Chest
------	------	----------	-----------	-------	---------	--------------	-------

	Yes	No
25. Is there anyone in your family who has asthma?		
26. Have you ever used an inhaler or taken asthma medicine?		
27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?		
28. Have you had infectious mononucleosis (mono) within the last month?		
29. Do you have any rashes, pressure sores, or other skin problems?		
30. Have you had a herpes skin infection?		
31. Have you ever had a head injury or concussion?		
32. Have you been hit in the head and been confused or lost your memory?		
33. Have you ever had a seizure?		
34. Do you have headaches with exercise?		
35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?		
36. Have you ever been unable to move your arms or legs after being hit or falling?		
37. When exercising in the heat, do you have severe muscle cramps or become ill?		
38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?		
39. Have you had any problems with your eyes or vision?		
40. Do you wear glasses or contact lenses?		
41. Do you wear protective eyewear, such as goggles or a face shield?		
42. Are you happy with your weight?		
43. Are you trying to gain or lose weight?		
44. Has anyone recommended you change your weight or eating habits?		
45. Do you limit or carefully control what you eat?		
46. Do you have any concerns that you would like to discuss with a doctor?		

FEMALES ONLY

# Shoes & Spikes




**Sprinting/Hurdle Spike.** No heel. Plate on bottom 

**Jumping spike.** Extra support 




**Distance Spike** with a cushion on the heel 

**Throwing Show.** Smooth on bottom 



## Track Spikes/Shoes

PLEASE DONATE OLD SPIKES/SHOES  
(we will use all of them)

Types of Spikes 



# ***TRACK is EXPENSIVE \$\$\$***

- BANNERS
- SPIRIT PACK
- eTeamSponsor
- MUSTANG ROUND UP
- TH INVITE
- CIF D.1 Prelims





**SCAN ME**





SCAN ME



## Parent Volunteer Sign Up

We will contact you when closer to these meets as well as send out a Sign Up Genius for areas and small shifts to sign up for. Make sure you are signed up for our team Newsletter as well (Sign up on Team App and Team Website)

Parent's Name \*

Short answer text

Athletes Name \*

Short answer text

Parent's Email \*

**ALL FRESHMAN - TH Invite**

**ALL SOPHOMORES - CIF Prelims**



SCAN ME



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Parent's Name \*

Short answer text

Athletes Name \*

Short answer text

Parent's Email \*

<https://forms.gle/ztwciu928eT4SNoT9>

\*\*\*PARENTS work ONE MEET\*\*\*



# TAKES A VILLAGE!!!

**SCAN ME**



Position	Name
Head Parent Coordinator	???
Head Parent Coordinator	<b>Autumn Johnson</b>
Accounting	<b>Lori Ayers</b>
Athletes Check-In	
Awards	<b>Bree Zack</b>
Clerk of the Course	???
Concessions	<b>Jodi Duva</b>
BBQ	???
Finish Line/Friday and Saturday	<b>Mike Higgins</b>
<b>Gate Security</b>	???
Ticket Booth	<b>Cathy Economy - Orange Coat</b>
T-Shirt	???
Volunteer Sign Ups (Sign Up genius)	<b>Alinda Togashi</b>
Vendor Management	???
Volunteer/Coaches Check-In	???
Signs	???
Photographer	
Photographer	<b>Devin Duva</b>
Photographer	

# RESOURCES



## Creating and Sustaining a Program of Excellence

by JT Ayers



## CREATING AND SUSTAINING A PROGRAM OF EXCELLENCE

JT AYERS



Click for Episodes

- [Kung Fu Kenny Bednerak](#) - Silver medalist
- [Christian Taylor](#) - Great TJ of All Time
- [David Oliver](#) - Coach of the Year. Top 5 Hurdler Evet
- [Trey Cunningham](#) - Bowerman Winner. 2nd in World in 110H
- [Trevor Bassitt](#) - 3rd in World in 400H
- [Dan O'Brien](#) - One of History's Greatest Athletes
- [Marvin Bracy](#) - 2nd in World in 100, 4x100
- [Carl Lewis](#) - 9 Time Gold Medalist
- [Anna Hall](#) - NCAA Champion and 3rd at Worlds in Hep.



# YOUR SEASON KICKOFF

Invite Your Family, Friends & School



**Trabuco Hills Track  
Gear-Up & Fundraiser**  
**Thursday, February 8th**  
**5:30PM – 7:30 PM**



**\*Make sure to mention Trabuco Hills at checkout\***



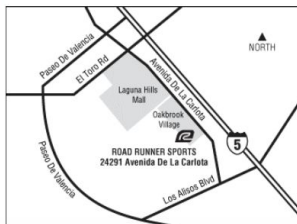
**SAVE MONEY**  
Enjoy a 10% team discount! \*



**SUPPORT YOUR TEAM**  
10% of sales are donated to  
your team so invite people!



**FIND YOUR PERFECT FIT**  
Your best season starts with a  
FREE Perfect Fit Zone fitting.



## Transportation Exempt Form



### SCAN ME!

Q & A