

South Track & Field

2020 Information Night -
02/06/2020

Agenda

- ▶ Booster Club Info
- ▶ Track & Field 101
- ▶ Coaches
- ▶ Steps to Join Track
- ▶ Equipment
- ▶ Calendar
- ▶ Practice Protocol
- ▶ Meets Protocol
- ▶ Injury Prevention
- ▶ Communications

Track & Field 101 - 16 Events

- ▶ 100m
- ▶ 200m
- ▶ 400m
- ▶ 800m
- ▶ 1600m
- ▶ 3200m
- ▶ 100m/110m High Hurdles
- ▶ 300m Hurdles
- ▶ 4x100m Relay
- ▶ 4x400m Relay
- ▶ Long Jump
- ▶ Triple Jump
- ▶ High Jump
- ▶ Pole Vault
- ▶ Discus
- ▶ Shot Put

Girls Varsity, Boys Varsity, Boy Frosh/Soph, Girls Frosh/Soph
64 EVENTS!

Running Events - Approximate Start Times at South

| | | | | | |
|-----|------|------------------------------|-----|------|------------------------------------------|
| 1. | 2:45 | Boys F/S 4x100m | 19. | 4:03 | Girls Var. 100m |
| 2. | 2:48 | Girls F/S 4x100m | 20. | 4:06 | Boys Var. 100m |
| 3. | 2:51 | Girls Var. 4x100m | 21. | 4:10 | Boys F/S 800m |
| 4. | 2:54 | Boys Var. 4x100m | 22. | 4:15 | Girls F/S 800m |
| 5. | 2:57 | Boys F/S 1600m | 23. | 4:20 | Girls Var. 800m |
| 6. | 3:05 | Girls F/S 1600m | 24. | 4:25 | Boys Var. 800m |
| 7. | 3:14 | Girls Var. 1600m | 25. | 4:33 | Girls F/S 300m Low Hurdles |
| 8. | 3:22 | Boys Var. 1600m | 26. | 4:36 | Girls Var. 300m Low Hurdles |
| 9. | 3:30 | Boys F/S 110m High Hurdles | 27. | 4:41 | Boys F/S 300m <u>Interm.</u> Hurdles |
| 10. | 3:33 | Boys Var. 110m High Hurdles | 28. | 4:44 | Boys Var. 300m <u>Interm.</u> Hurdles |
| 11. | 3:38 | Girls F/S 100m High Hurdles | 29. | 4:51 | Boys F/S 200m |
| 12. | 3:41 | Girls Var. 100m High Hurdles | 30. | 4:54 | Girls F/S 200m |
| 13. | 3:44 | Boys F/S 400m | 31. | 4:57 | Girls Var. 200m |
| 14. | 3:47 | Girls F/S 400m | 32. | 5:00 | Boys Var. 200m |
| 15. | 3:50 | Girls Var. 400m | 33. | 5:05 | <u>Boys & Girls</u> F/S & Var. 3200m |
| 16. | 3:53 | Boys Var. 400m | 34. | 5:20 | Girls F/S & Var. 4x400m |
| 17. | 3:57 | Boys F/S 100m | 35. | 5:25 | Boys F/S & Var. 4x400m |
| 18. | 4:00 | Girls F/S 100m | | | |

Start times will vary meet to meet and expect last minute changes

Field Events - Approximate Start Times at South

Shot Put

3:00 Boys Var
Boys F/S
Girls Var
Girls F/S

Discus

Girls Var
Girls F/S
Boys Var
Boys F/S

Long Jump

3:00-4:15 All levels

Triple Jump

4:15-5:15 All levels

High Jump

3:00 Girls F/S (3'8" opening ht.)
Girls Var (4'2" opening ht.)
Boys F/S (4'8" opening ht.)
Boys Var (5'4" opening ht.)

Pole Vault

3:00 Girls F/S (6' opening ht.)
Girls Var (7' opening ht.)
Boys F/S (8' opening ht.)
Boys Var (9' opening ht.)

All times are approximations. Be aware of any changes from the pit judges.

2020 Coaches

- ▶ Rick Esponda Head Coach/Sprints/Jumps
- ▶ Brian Tokuda Assistant Head Coach/ Distance/Hurdles
- ▶ Jasper Huang Throws
- ▶ Christie Nesbit Girls Distance
- ▶ Brysun Stately Pole Vault/Sprints/Jumps
- ▶ Deana Takaoka Sprints/Jumps
- ▶ TBD Jumps Coach
- ▶ TBD Strength & Conditioning

Steps to Join Track

- ▶ Complete and return information sheet
- ▶ Sign up for REMIND.COM: Text the message “@southtf” to 81010
- ▶ Complete CIF Southern Section Code of Ethics
- ▶ Complete Coach/Athlete Memo of Understanding Regarding Practice
- ▶ Complete Physical Exam and Athletic Clearance online
- ▶ Pay Transportation contribution
- ▶ Pay Booster Club contribution of \$300
- ▶ Enroll in 6th period Track class
- ▶ If necessary, purchase team warmups & competition shorts from Cal Pro Sports.
- ▶ Purchase good running shoes & spikes if necessary (see coaches for recommendations)
- ▶ Attend the Information Night

Login

| | |
|-------------------|----------------------------------------|
| User Name: | <input type="text"/> |
| Password: | <input type="password"/> |
| | <input type="button" value="Sign In"/> |

[Forgot Password](#)

Don't have an account?

See How It Works!

Athletic Clearance Guide

Clearance For (BYE, 2014-15, Basketball, Boys)

| | | | | |
|------------------------|----------------------------|------------------------------|--------------------|---------------------|
| Step #1 System Info | Step #2 Medical History | Step #3 Parent/Coach Sign | Step #4 Payment | Step #5 Printout |
| Completed | Working... | Working... | Working... | Working... |

Step #2 - Medical History

Have you ever had or have you now any of the following:

Allergies (drug, food, insects, etc) ☒ Yes ☐ No
List Allergies (separate)

Adrenaline ☒ Yes ☐ No
Medication (separate)

Handcuffs or Aligations ☒ Yes ☐ No

Neutral Shoes



Stability Control Shoes (over-pronation)



Good for those with shin
splints



Required Gear

Sweat Bottoms & Top and Competition Shorts



Cal Pro Sports - Online Store Closes Feb 9

SOUTH TORRANCE HS TRACK AND FIELD 2020 STORE 1

Deadline: Sunday February 9th, 2020 (11:59pm PST)

STORE OPENS 1/24
CLOSES 2/9
AND WILL BE DELIVERED BY 2/27

Default



2 Colors

2 Colors

2 Colors

Anvil Adult TriBlend Crewneck T-Shirt \$20.00

Anvil ® Ladies TriBlend Tee \$20.00

Augusta Sportswear Ladies Attain Raglan Sleeve Tee \$20.00

2 Colors

2 Colors

2 Colors

Holloway Bionic Hooded Jacket \$66.00

Holloway Determination Jacket \$52.00



Holloway Lead Shorts \$33.00

Holloway Ladies Lead Shorts \$24.00

Augusta Sportswear Ladies Dare Shorts \$24.00

High Five Ladies Knock Out Shorts \$24.00

Holloway Traction Pant \$48.00

Holloway Ladies Traction Pant \$48.00









2 Colors

Apparel delivered Feb 27











SPIKES

Distance Spikes

| | | | | | | | |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |  |  |  |  |
| \$65.00 Nike | Nike Zoom Rival XC Men's Track Shoe Size 9 (Green) \$65.00 | \$65.00 Nike | \$49.99 Eastbay | \$39.99 Joe's New Balance Outlet | \$45.00 Saucony | \$79.99 Eastbay | \$54.99 Eastbay |

Sprint Spikes

| | | | | | | | |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|  |  |  |  |  |  |  |  |
| \$149.99 Eastbay | \$64.99 Eastbay | \$89.99 Eastbay | \$69.95 Shoebuy.com | \$64.99 Eastbay | \$69.95 Shoebuy.com | \$129.99 Shoebuy.com | \$119.99 Under Armour |

Schedule of Meets

| <u>Date</u> | <u>Description</u> | <u>Location</u> |
|--------------------|-----------------------------------------------------------------------------|-----------------|
| Thu, Feb 13 | Spartan Inter-Squad Meet @ South High | |
| Sat, Feb-22 | <u>Zamperini Invite</u> @ Torrance High (Zamperini Stadium) | |
| Thu, Feb 27 | Peninsula Dual @ Penn High | |
| Sat, Feb 29 | Palos Verdes Distance Days @ PV High | |
| Sat, Mar-7 | Culver City Relays (select only) @ Culver City High | |
| Wed, Mar 11 | West High Dual @ South High | |
| Fri, Mar-13 | <u>Redondo Invitational</u> (select only)@ Redondo High | |
| Sat, Mar-14 | <u>Redondo Invitational</u> (select only) @ Redondo High | |
| Sat, Mar-21 | <u>Mustang Relays</u> @ Mira Costa High | |
| Thu, Mar-26 | North Torrance Dual @ North High | |
| Thu, Apr-2 | Torrance Dual @ Torrance High (Zamperini Stadium) | |
| Apr 6-10 | TUSD Spring Break | |
| Fri/Sat, Apr 10-11 | <u>Arcadia Invite</u> (elite only) @ Arcadia High School | |
| Fri, Apr-17 | South Bay Fr/So Championships @ West High | |
| Sat, Apr-18 | South Bay Championships (select) @ West High | |
| Fri, Apr 24 | Pioneer League Finals - Prelims for running, finals for field -@ TBD | |
| Thu, Apr-30 | Pioneer League Finals @ TBD | |

Subject to Change

Schedule of Meets (Post Season)

| | |
|--------------------|-------------------------------------------|
| Sat, May-9 | CIF Southern Section D2 Prelims @ TBD |
| Sat, May-16 | CIF Southern Section D2 Finals @ TBD |
| Fri, May-23 | CIF Southern Section Masters @ TBD |
| Fri/Sat, May 29-30 | CIF State Meet @ Buchanan High, Fresno CA |

Practice Protocol

- ▶ Practice starts promptly at 2:15PM every school day and typically lasts 2 hours. Students are required to check-in before practice and check-out once the workout, including stretching and icing, is completed. Tardies and absences will be reported to the attendance office.
- ▶ Students needing to leave prior to 3:00PM must get an off-campus pass through the attendance office.
- ▶ ALWAYS expect there will be practice, even if it is raining or forecasted to rain.
- ▶ Varsity athletes and some JV will have practice on Saturdays when no meet is scheduled. Times will vary depending on event and coach.
- ▶ Practice is mandatory. Students are expected to attend every practice for the full duration. Athletes that do not practice will not compete in meets and eventually dropped.
- ▶ Students will come to practice ready to train and give full effort. This includes wearing proper attire and shoes, bringing spikes/flats/sweatshirt, eating a good lunch, and hydrating throughout the day.
- ▶ Students are expected to complete the entire assigned workout unless you have permission from your coach to modify the workout.

Practice Protocol

- ▶ All athletes must get a locker. Only small bags with spikes/water bottle/warmup gear is allowed at the track. Do NOT bring valuables to the track. The team is not responsible for stolen items.
- ▶ All absences will be recorded, and students with excessive absences, regardless of reason, will be dropped.
- ▶ If you must be absent from practice, let your coach know (in writing) several days in advance.
- ▶ Track and Field can be a very dangerous sport if safety guidelines are not followed.
 - ▶ Be Alert - cars, flying discs & shots, and people sprinting can all cause serious harm or death. No headphones allowed.
 - ▶ No horseplay or foolish behavior (which includes doing flips on the mats).
 - ▶ When in the weight room, follow proper lifting techniques and never lift alone.
 - ▶ Give warning when passing someone on the track. Don't assume everyone knows what "Track!" means.
 - ▶ Follow instructions. Be where you need to be. Be smart.

Practice Protocol

- ▶ If you are getting sick or feeling injured, talk to your coach. Your coach may or may not modify your workout. If you are sick, you should not be at school. Stay home.
- ▶ Culture of Honor
 - ▶ Clean up after yourself. Put trash in trash cans.
 - ▶ Respect other and treat others the way you like to be treated
 - ▶ No foul language, putting others down, or coarse joking will be tolerated.
 - ▶ Win with character, lose with dignity. We will show good sportsmanship
- ▶ Practice is how we improve. Practice is where champions are made!

Meet Protocol

- ▶ The coaches will determine what event(s) you compete in.
- ▶ If you don't practice... you won't compete.
- ▶ In "lane" races (100, 200, etc), heats are limited. We will do our best to get you in a race but no guarantees
- ▶ For league meets, students are expected to stay until the end.
- ▶ For home meets, everyone is expected help run the meet
- ▶ A dual/tri meet usually lasts 3 hours. Students will need to stay aware of the schedule, properly warmup, report to clerk of course, and cooldown on their own.
- ▶ Weekend invitational are usually all day. Students may leave with parent after their event. A permission slip is required if you leave with an adult other than parent. Student cannot drive other students

Injury Prevention

- ▶ Good Shoes / New Shoes
- ▶ Proper warmup and cool down (Stretch/Roll/Ice)
- ▶ Consistent training (don't miss practice)
- ▶ Good form and technique (especially weight training)
- ▶ Manage injuries early-on
- ▶ Drink water!
- ▶ Eat well (micro-nutrients, complex carbs, lean protein)
- ▶ Get good sleep
- ▶ Limit other physical activities

Sign up for important updates from Coach Esponda.

Get information for **South Track 2020** right on your phone—not on handouts.

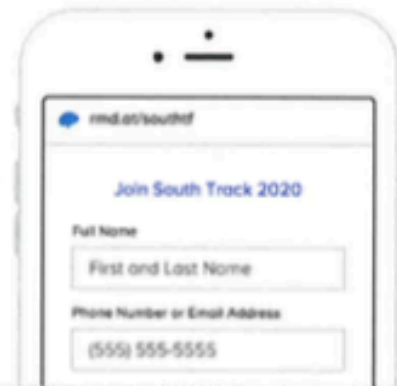
Pick a way to receive messages for **South Track 2020**:

- A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/southtf

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



- B** If you don't have a smartphone, get text notifications.

Text the message [@southtf](https://t.me/southtf) to the number **81010**.

If you're having trouble with **81010**, try texting [@southtf](https://t.me/southtf) to (310) 341-4092.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/southtf on a desktop computer to sign up for email notifications.

Communication

- ▶ Remind.com App
 - ▶ Texts & Emails
- ▶ Websites
 - ▶ southhightrack.com -
 - ▶ xcstats.com
 - ▶ athletic.net
- ▶ Questions
 - ▶ Coach Rick - rickesponda@gmail.com
 - ▶ Booster Club Jon French-jonnywanabe@gmail.com