

# South High Track & Field 2019

## Steps to Join the Team

Congratulations! You have successfully passed the first step in joining South's track team. It is now your responsibility to complete steps 1 through 10 to join the 2019 roster.

The following steps must be completed to join South's 2019 Track & Field Program:

1. Complete and Return the 2019 Information Sheet
2. Sign up for REMIND.COM: Text the message "**@soutrack**" to **81010** (see attached)
3. Complete CIF Southern Section Code of Ethics (see attached)
4. Complete Coach/Athlete Memo of Understanding Regarding Practice (see attached)
5. New to South Sports: Complete Physical Exam and Athletic Clearance online (see attached)
6. All: Pay Transportation contribution (amount varies, see attached)
7. Pay Booster Club contribution of \$250 (see attached)
8. Enroll in 6<sup>th</sup> period Track class
9. If necessary, purchase team warmups & competition shorts from Cal Pro Sports. Flyer coming soon
10. Purchase good running shoes & spikes if necessary (see coaches for recommendations)
11. Attend the Information Night on Thursday, January 24 from 7-8pm at Coast (4000 PCH)

Once you complete the above steps, you will be issued a team jersey and cleared to compete.

The team website is [www.southhightrack.com](http://www.southhightrack.com)

If you have any questions, please email Coach Rick at [rickesponda@gmail.com](mailto:rickesponda@gmail.com)

## 2019 South High Track & Field Information Sheet

Photo

**Last Name:** \_\_\_\_\_

**First Name:** \_\_\_\_\_

**Grade:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Student Email:** \_\_\_\_\_

**Student Mobile Phone #:** \_\_\_\_\_

**Allergies:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

<b>T-shirt size</b>	
<b>Team issued singlet Size</b>	
<b>Warmup Jacket Size</b>	
<b>Warmup Pants Size</b>	

**Number of Years in Track:** \_\_\_\_\_

**What events are you interested in?** \_\_\_\_\_

**What are your goals for this season? (serious answers only)**

### Parent/Guardian Emergency Contact Information (list 2)

Name	Relationship	Email	Phone



# Sign up for important updates from Coach Esponda.

Get information for **South Torrance High School** right on your phone—not on handouts.

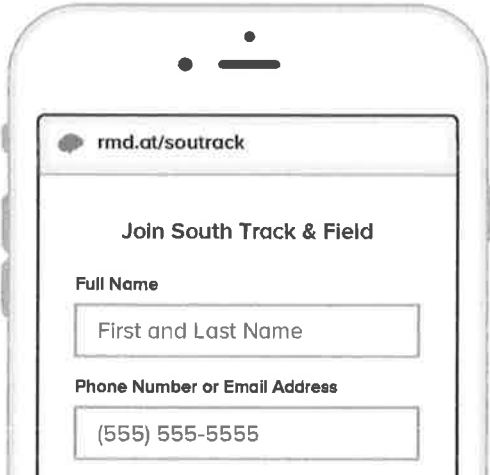
Pick a way to receive messages for **South Track & Field**:

**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/soutrack](http://rmd.at/soutrack)

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 @soutrack to the number **81010**.

If you're having trouble with **81010**, try texting @soutrack to **(310) 341-4092**.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/soutrack](http://rmd.at/soutrack) on a desktop computer to sign up for email notifications.



10932 Pine Street  
Los Alamitos, California 90720

## Code of Ethics – Athletes

### DO NOT SEND TO CIF SOUTHERN SECTION

**A copy of this form must be kept on file in the athletic director's office at the local high school.**

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 503.I).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information. We also understand that the \_\_\_\_\_ (school/school district name) policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Printed Name of Student Athlete

Signature of Student Athlete

Date

Signature of Parent/Caregiver

Date

# South Track & Field 2019

## Coach/Athlete Memo of Understanding Regarding Practice

I agree to and understand the following:

1. 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.
2. Students needing to leave prior to 3:00PM must get an off-campus pass through the attendance office.
3. ALWAYS expect there will be practice, even if it is raining or forecasted to rain.
4. Varsity athletes can expect to practice on Saturdays when no meet is scheduled. Times will vary depending on event and coach.
5. 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**.
6. 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.
7. Students are expected to complete the entire assigned workout unless you have permission from your coach to modify the workout.
8. 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.
9. All absences will be recorded, and students with excessive absences, regardless of reason, will be dropped.
10. If you must be absent from practice, let your coach know (in writing) several days in advance.
11. Track and Field can be a very dangerous sport if safety guidelines are not followed.
  - a. Be Alert – cars, flying discs & shots, and people sprinting can all cause serious harm or death. No headphones allowed.
  - b. No horseplay or foolish behavior (which includes doing flips on the mats).
  - c. When in the weight room, follow proper lifting techniques and never lift alone.
  - d. Give warning when passing someone on the track. Don't assume everyone knows what "Track!" means.
  - e. Follow instructions. Be where you need to be. Be smart.
12. 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.
13. Culture of Honor
  - a. Clean up after yourself. If you make a mess... clean it up
  - b. Respect others and treat others the way you like to be treated.
  - c. No foul language, putting others down, or coarse joking will be tolerated.
  - d. Win with character, lose with dignity
14. Practice is how we improve. Practice is where champions are made!

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Student Name (Printed)

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Student Signature

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Date

# South High School Athletic Clearances



## Online Instructions



**All members of the following activities must complete the Athletic Clearance process before participation:**

**Any athletic team, Band, Advanced Dance, Speech and Debate, Drill Team, Academic Decathlon, and Cheerleading**

The window for submitting Athletic Clearance information will open beginning Friday, June 29, 2018.

You may do the online portion of the clearance at anytime on or after 6/29/18, but the Athletic/Business Office will be open during the following hours for submitting physical forms, transportation payments not done online, and/or assistance with the process:

- Monday, July 23 through Thursday, July 26 from 12pm to 4pm
- During registration hours the week of August 21st
- During normal school business hours once school starts

*Please follow these steps to complete the online process...*

- 1) Go to [athleticclearance.com](http://athleticclearance.com)
  - a) If you have previously cleared online, you will login with the same profile you created last year. This will save you time during the process - some of your information will autofill.
  - b) If you are new to the school or website, click on "Register" and fill in your first name and last name. Also, you will create a user name (your email address) and password. Save this information as it will be used for future clearances.
- 2) Once you are logged in, click "Start Clearance Here"
- 3) Select the school year for which you are filling out the form for (2018-2019), select "South Torrance HS", and then select the program in which you are participating. If you participate in more than one activity, you will need to do a clearance for each sport/activity you participate in and will have the option to add them at the end of filling out your first clearance.

- 4) **STEP 1 - STUDENT INFO.** Completely fill out the student information, including:
  - a) Section 1 (personal information)
  - b) Section 2 (insurance information). Students are required to be covered by a minimum \$1500 insurance policy. If you do not have insurance, it is made available through Meyers Stevens - forms are available in the Athletic/Business Office (room F-1).
  - c) Section 3 (physician information). All students who participate in an athletic program, or are a member of Band, Advanced Dance, Drill Team, and/or Cheerleading must submit a physical dated on or after July 1, 2018. Forms are available on the school website or in the Athletic/Business Office (room F-1). See below (Step 2) for more information. Debate and ACADEC members do not need a physical.
  - d) Section 4 (education history). If you are an incoming 9th grader, select "Student is entering 9th grade". If you are transferring from another high school, please select "Student transferring from another school" and download the CIF form to fill out. Return the form to F-1 along with your physical.
  
- 5) **STEP 2 - MEDICAL INFO.**
  - a) **The physical form is available on this page, on our school website, and in F-1. A hard copy of the physical must be brought into F-1 during the times posted on the front of this handout. You are not cleared until all online information is filled out and a physical is submitted.**
  - b) Completely fill out medical information questionnaire. If you answer yes to any of the questions, you will be prompted to fill in a brief response/explanation.
  
- 6) **STEP 3 - PARENT GUARDIAN INFO.** Completely fill out the parent/guardian info. Similar to the student info, you will not need to fill this information in each time you submit a form- it will save the information for you.
  - a) Please submit an emergency contact as well. All efforts will be made to contact the parent/guardians first in any emergency.
  
- 7) **STEP 4 - SIGNATURES**
  - a) Please read each form and provide an electronic signature for each. The forms begin with parent/guardian signatures, followed by student electronic signatures required.
  
- 8) **STEP 5 - TRANSPORTATION CONTRIBUTION**
  - a) Please read the information regarding transportation. You may submit payment securely through this website using your credit card (in addition to a transaction fee) by selecting the package that best fits your participation, or you may submit payment by cash or check to the Athletic/Business Office (room F-1) during designated hours.
  - b) This is a very important necessity for our programs to be able to travel - please consider prompt payment. Contests/events are at risk of cancelation if a program does not raise enough funds.
  
- 9) **PLEASE NOTE - YOU ARE NOT OFFICIALLY CLEARED UNTIL YOU HAVE SUBMITTED ALL MATERIALS, INCLUDING YOUR PHYSICAL AND TRANSPORTATION, TO F-1. ONCE REVIEWED, YOU WILL RECEIVE A CONFIRMATION EMAIL.**

*If you have any questions, please contact Kevin Van Waardenburg, Athletic Director, at [vanwaardenburg.kevin@tusd.org](mailto:vanwaardenburg.kevin@tusd.org) or 310-533-4352 x7320*

# 2018/2019 HIGH SCHOOL PHYSICAL SCREENING

\*\*\*Physical must be dated July 1, 2018 or later\*\*\*

**PRE-PHYSICAL HISTORY** (Must be completed and signed by parent prior to examination):

SPORT(S): \_\_\_\_\_ SCHOOL: SOUTH HIGH DATE: \_\_\_\_\_

**PRINT** Last Name First Name M.I. Grade Age Date of Birth

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

**HEALTH HISTORY** (To be completed by student or parent):

Check and give as much information as possible **Y = yes, N = no**

Heart Trouble       High Blood Pressure       Asthma       Diabetes  
 Kidney Problems       Head Trauma       Seizures       Other (List below)

History of any previous injuries, fractures, serious illnesses or operations (Give year of problem)

Current medications \_\_\_\_\_ Allergies \_\_\_\_\_ Last Tetanus Immunization \_\_\_\_\_

**Signature of Parent or Guardian:** \_\_\_\_\_

\* \* \* \* \*

**PHYSICAL EXAMINATION** (To be completed by physician):

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Temp: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ Pulse: \_\_\_\_\_ Respirations: \_\_\_\_\_

Visual Acuity: O.D. \_\_\_/\_\_\_ O.S. \_\_\_/\_\_\_ ( ) Corrected ( ) Uncorrected L.M.P. \_\_\_\_\_

( ) Chest Pain ( ) Extreme S.O.B. ( ) Dizziness ( ) Fatigue ( ) Palpitations ( ) Sudden Death of Family Member

	NORMAL	10. MUSCULOSKELETAL, ROM, STRENGTH	
1. EYES		NECK	
2. EARS, NOSE, THROAT		SPINE	
3. MOUTH AND TEETH		SHOULDERS	
4. NECK		ARMS/HANDS	
5. CARDIOVASCULAR		HIPS	
6. CHEST AND LUNGS		THIGHS	
7. ABDOMEN		KNEES	
8. SKIN		ANKLES	
9. GENITALIA-HERNIA(MALE)		FEET	
		11. NEUROMUSCULAR	

**ABNORMAL FINDING:** \_\_\_\_\_

**RECOMMEND:** ( ) Full Activity, No Restrictions Recommend: ( ) Vision Evaluation ( ) Tetanus Booster  
 ( ) Accept, Restrictions: ( ) No contact sports ( ) Other: \_\_\_\_\_  
 ( ) Not Participate

**EXAMINING PHYSICIAN:** \_\_\_\_\_ License#: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ **Doctor's Stamp here:**

Phone #: \_\_\_\_\_



South Track & Field 2019

# Booster Club Sports Contribution

## \$250

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What it pays for:

- Team t-shirts
- Coaching stipends (Dec - May)
- Invitationals
- Training supplies
- Meet supplies
- Jerseys
- Gatorade & team food events
- Tents and Equipment
- Senior scholarships

This is **NOT** the same as the transportation contribution that is paid when you do the on-line athletic clearance. That contribution is solely for transportation (i.e. buses) to/from the meets. The booster club contribution is for all other expenses associated with Track and Field.

If you have any questions, please email:

Mina Kona - [mkonomd@earthlink.net](mailto:mkonomd@earthlink.net)

Dennis Lippon - [delippon@gmail.com](mailto:delippon@gmail.com)

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Please make checks payable to:

“South High X-country and Track Booster Club”

Athlete's name: \_\_\_\_\_

T-shirt size: XS S M L XL

Please include athlete's name on memo line of check