

Track and Field – Spring 2025

Student-Athlete/Parent Meeting

1. Welcome, Introductions, and Contacts

- a. Coaches
 - Head Coach: Traci Seto - tseto@egusd.net
 - Assistant Coaches: Matt Seto, Noah Seto, Dirk Verdoorn, Adrian Zavala, Kaili Seto, Leann Castle, Rob McGormley
- b. Athletic Director – Traci Seto tseto@egusd.net
- c. Principal – Chris Rauschenfels – crausche@egusd.net
- d. Contacting Coaches
 - Encourage student-athletes to speak to coaches about concerns, questions, etc. first.
 - When contacting coaches, allow for a 24-hour cooling off period

2. Middle School Student-Athlete and Parent Handbook

- a. For questions related to EGUSD Athletics, please reference <https://blogs.egusd.net/athletics/handbooks-2/>

3. Athletic Eligibility

- a. Initial Eligibility
 - i. 2.0 or higher GPA on Quarter 3 Grades
 - ii. Satisfactory citizenship
- b. Continuing Eligibility
 - i. 2.0 or higher GPA on Quarter 4 Progress Report (if ineligible = can practice, but cannot compete until grades meet eligibility)
 - ii. Satisfactory citizenship

4. Reasons for removal from Track and Field Team

- a. Academic Ineligibility
- b. Practice/Meet Behavior
 - i. Student-Athletes are representatives not only of themselves and their families, but also representatives of KAMS and as such are held to the same standards of behavior at practices and meets, as they are during school hours
- c. Missing practice/meets and/or tardiness to practice/meets (without speaking to the coaches)
- d. Being picked up late from practices/meets

5. Transportation – None

- a. Transportation to and from meets is the responsibility of the parent/guardian.

6. Uniforms/Equipment

- a. All Track and Field Items are on loan to you.

- b. If not returned in the condition lent, you will be responsible for the replacement cost.

7. Meet Events

- a. Not all student-athletes will participate in all events at all meets. (Max of 4 per grade/gender at regular season meets and max of 3 who meet qualifying standards at champs)
- b. Coaches will make all decisions regarding whom will participate in each event for each meet.
- c. Order of Events
 - Hurdles – 60m low
 - 1600m
 - Relay – 4 x 100m
 - 400m
 - 100m
 - 800m
 - 200m
 - Relay – 4 x 400m

Field Events - Shot put, Discus, High jump, Long jump

8. Important Reminders

- a. Attend all practices and meets (notify coach if you miss)
- b. Arrive to practice dressed and ready to work
- c. Have a positive attitude and positive behavior
- d. Hydration, athletic shoes, and appropriate athletic clothing
- e. If you use an inhaler, be sure to bring it and label it.

9. Uniform Distribution - Wed, April 16 / Photos – Thurs, April 17

10. Spirit Wear – TBD

11. Donate Otter Pops for practice treats

12. Practice – See KAMS website

<https://kams.egusd.net/Programs/Athletics/Athletic-Offerings-and-General-Information/Coed-Track--Field/index.html>

13. Meet Schedule

- i. Thurs, Apr 24 – vs Eddy, Smedberg, Rutter, Jackman @ LCHS
- ii. Wed, Apr 30 – vs Pinkerton, Smedberg, Johnson @ PGHS
- iii. Fri, May 9 – vs Harris, Smedberg, Kerr @ SHS
- iv. Tues, May 20 – District Championships @ MTHS

Meets start at 4:30PM

Championships - Students \$2 Adults \$4

14. Optional Meets – Paid by KAMS Track and Field

- i. John Pretto Invitational – Saturday, April 12 - Must complete form on website by Tuesday, 4/8/25 @ 8:40AM (Sprint, Distance, Field events)
- ii. Wolfpack Distance Carnival – Saturday, April 19 - Must complete form on website by Tuesday, 4/15/25 @ 8:40AM (Distance events only)