



2009 Team Policies

Major Team Policies

1. You have to train fast to be fast.
2. Medals rot and rust, but Friendships never gather dust.
3. Get good grades
4. Follow the Golden Rule at all times, those that need other rules won't keep them.

Traditions

1. After every meet, home or away, the entire team runs a cool down lap (or "victory lap" for lack of a better name.)
2. If you are not signed up to compete in at least three events at a track meet where the entire team is entered, you should be outraged.
3. Our sport is founded and thrives on volunteerism; every time you compete there are at least 25 people who donated their time to make it happen. At every competition you are required to find three of those people, shake their hand, look them in the eye and say "Thank you".

Earning your team Letter/Award

Must complete both of the following:

1. Satisfy one of the following conditions:
 - a. Athletes who participate at the Varsity level in the post-season will earn their letter. (The first post-season competition is the CCC Championship meet.)
 - b. 3rd year Juniors and 4th year Seniors will letter based upon dedication to PHS track.
 - c. All other athletes can earn their letter if they are able to score points for the team three times when given the opportunity to compete as a Varsity athlete.
2. Stay to help cleanup at one home dual meet until the very end (there will be a sign-out sheet).

"TO DO" List

1. Be confident in yourself, ask questions to get better.
2. Become a student of your sport. Having started in 776 B.C. your sport has a history longer than all the other sports on campus combined. The words athlete and stadium are derived from ancient Greek words describing your sport. Know who is best at your in event in the World and the United States. California High School track athletes dominate the rest of the U.S., know who are the top people in the state and our section. Know who the school record holder is in your event.
3. Broaden your horizons, everyone is required to try four different events this year. Who can try the most? The eighth one that you choose... may be your best.
4. Trust in the guidance provided, experts have been hired to lead you.
5. Don't end your season counting the missed opportunities, finish what you've started.