COACHES - ATHLETE AGREEMENT

For your coaches, a successful season is one where each athlete sees improvement in his/her own performance. Below are agreements about the roles that coaches, athletes, and parents play to enable this success.

Coaches’ Roles:
• Coaches will consider only official timing and imaging systems in determining athlete placing at meets.
• League rules limit teams to a total of 10 entries in each event per meet (exception: distance events)
• Coaches will identify where athletes will be most successful while balancing the needs of the team.
• Due to this, a successful performance in a practice meet is not a guarantee to continue competing in that event.
• Coaches will identify athletes for qualifying meets based on achievements, attitude, and attendance.

Athlete Roles:
• Athlete will attend all practices. Three unanticipated absences will result in removal from the team.
• Athlete will be expected to stay the entire meet and leave only after the conclusion.
• Due to the limited entries per meet, an athlete might only be assigned 1 event per meet.
• Athlete accepts the decisions of the coaches and does his/her best in his/her assigned events.
• Athlete will participate with a positive attitude every practice and encourage his/her teammates to do their best.
• Poor participation will result in a parent notification. A second incident will result in removal from the team.

Parent Roles:
• Parents should communicate absences before practice begins so the absence can be anticipated.
• Parent volunteers will be needed at each meet to help run events.
• Parents are responsible for finding timely rides to and from practices and meets.
• Parents providing rides to other athletes must have insurance paperwork on file with Athletic Directors.

BASIC ATHLETE INJURY PREVENTION AND TREATMENT

Athletes should always notify their parents and the coaches about injuries as soon as possible. If you are unable to participate in P.E. at Fisher, you cannot participate at practice, so injury prevention is important.

BEFORE THE SEASON

Conditioning: Athletes need to begin their conditioning before the season starts. Distance runners should already be conditioning by running 2-3 miles twice a week (athletes are building towards 3 miles a day, 4 days a week when running with the team).

Proper Shoes: Athletes should be wearing athletic shoes at all times during the season. Vans, Converse, ballet flats, and similar shoes do not support the arch nor cushion the heel properly, and should especially never be worn to practice. Athletic Performance in Los Gatos offers a 20% discount to Fisher track athletes. Spikes are not required.

DURING THE SEASON

Drinking Water: Athletes should be drinking plenty of water before, during, and after practices.

Stretching: At minimum, athletes should be completing their basic stretches from P.E. If athletes have a history of muscle injuries, those areas should be focused on during stretches, as well. Athletes will be provided independent stretch time for this purpose.

Icing: Consider applying ice to sore muscles after practices. Using ice cups (water frozen inside a paper cup) is recommended, as athletes can peel the cup away as the ice melts and massage the muscle as they ice. Athletes should never leave gel ice packs on bare skin (i.e. wrap them in a towel) and should not continue to exercise after icing.

Shin Splints: Shin splints are a common injury in young athletes. To avoid them, athletes need to strengthen and stretch muscles in the lower legs. Calf stretches, walking on the toes, and walking on the heels are all good ideas to keep the lower legs strong and flexible.