



**MARTIN LUTHER KING  
HIGH SCHOOL  
TRACK & FIELD  
PARENTS PACKET  
2018**

9301 Wood Rd.

Riverside, CA 92508

951-789-5690-Ext. 62028

[jcorona@rusd.k12.ca.us](mailto:jcorona@rusd.k12.ca.us)

Team Website: [kingtrackandfield.com](http://kingtrackandfield.com)



# CLASS-CHARACTER-COURAGE

## **PROGRAM PHILOSOPHY OF KING TRACK AND FIELD**

In developing a philosophy for our track and field program at King High School that would best serve our athletes, our coaches and our community: I have been influenced by a great number of people. Probably the most familiar name to everyone in athletics is former UCLA basketball coach John Wooden. His ideas and philosophies run very deep in my beliefs and my standards. Our college track coach Ron Mann, of Northern Arizona University taught me how to coach the sport. The impact of my high school coaches, Alan Rhodes, Joe Palicki, and Bruce Gove has been immeasurable. My first Athletic Director at Arlington High, Sam Pecchia taught me that you didn't have to win the meet to be considered a winner. My philosophy is also deeply rooted in the words of my dad, who after every one of my high school competitions, asked "Did you give it your best?" All of these people and their views has contributed to the ideas I have come to call "The three C's"--Class, Character and Courage."

Because of these influences, coupled with my own ideas and beliefs, I have come to believe that it is not the job of our program to produce wins or athletes. It is our goal, but not our job. It is our job to use track and field as a tool to help in the personal development of the student-athlete. There is more to life than winning and losing. There is certainly more to life than track. We want our young men and women to project an image of mature, disciplined, never-say-die adults. We hope that this can be accomplished regardless of winning percentages.

Some students-athletes will find that it is not easy to live up to Class-Character and Courage. I do not think that it is particularly hard but for a lot of today's youngsters, it can be difficult. There are many who feel that athletics is a right owed to them. There are those who are not used to having rules or expectations to live by. There are those who feel that they are such fine athletes that the program cannot do without them and therefore, they are above the rules or exceptions will be made for them. In our program, these are unacceptable ideas and concepts and we let them know it. For some, the burden of living up to what is expected is too much and they quit.

Just what is expected??? We have four areas of emphasis that we consider the foundation on which the program has been built. Class....Character...Courage...Wolf Pack Pride. We want our student-athletes to live up to these four things and if they do, winning on the field and in life will take care of itself.

## CLASS

There is an old saying that "Class tells." What it tells is what type of winner or loser you are. it tells how much respect the athletes and the coaches have for each other. What it tells is

whether or not an opponent can expect a full effort from you and your team **every time out, no matter the circumstances**. Class means no talking trash, no finger waving at the finish line and not leaving trash behind on the field or on the bus. Class is all of us wearing the same uniforms and sweats. Class means accepting and cheering even the least talented of our teammates, no matter the outcome. So long as you have class, you'll always be a winner.

## CHARACTER

Are you a whiner? A complainer? Is it always the other guy's fault? Maybe the official or a coach or a teammate robbed you of your glory. Are you a showboat? A finger-pointer? There is no place for such antics in King High Track. Trash talk and excuses are unacceptable. Humility is expected. Act like you've been there before. Working hard every day is expected. If we win, then we did our jobs and will congratulate ourselves within the confines of the team. If we lose, we will analyze our failings within the privacy of the team. These things are not for public display. We will never give in and we will never quit. We will credit where credit is due to friend and foe alike. If you lose by an inch, then you lost by an inch. Can you answer the call to compete when you think you are least able to answer? a solid character includes Honesty, Loyalty, Respect and Unselfishness. Fame is a vapor, popularity, an accident. The only thing that endures is character.

## **COURAGE**

Courage is the willingness to work hard every day knowing that the possibility of failure is always there. It is the willingness to take on the favorite and battle with everything you have.

Can you look in the mirror and say to yourself everyday, "I did my best today." If you can, that is courage. Courage is looking at what you failed to do in order to be at your best. It's not easy to be self-critical-that takes courage. Going up against the best without excuse is courage. It takes courage to keep fighting when you are losing. Doing what you know you should do even if it's scary is courage. Do you have the courage to fail? To paraphrase Teddy Roosevelt, "It is better to have tired and failed than not to have tried at all." As one football coach once said, "Success is never final. Failure is never fatal. It's courage that counts."

## **WOLFPACK PRIDE**

Wolf Pack Pride is Wolf Family. It's an attitude that "we are in this together." Together, we can achieve great things. No matter your class, your talent level or your social status, we are a TEAM. Effort, individual and team, is how we measure our success. When it gets down to the end of the meet, we will all be out on the track to cheer our teammates. We care about how each of us does because it leads to our collective success. We owe something to the tricksters that have come before us and that is our best effort every day. We have a home here. No matter where we go or what we do, we'll always be a Wolf Track athlete.

John Corona  
Head Track Coach--Martin Luther King High School

# KING HIGH SCHOOL TRACK AND FIELD

# **Code of Conduct**

All athletes in the King High School Boys and Girls Track teams will adhere to the following code of conduct or be subject to disciplinary action, including dismissal from the team. Said actions/dismissals will be evaluated and determined by the King Coaching Staff.

## **OVERVIEW**

I. The King Track and Field Code of Conduct is based upon the three C's-Class,

Character and Courage. The King Track and Field athlete is asked to adhere to the following simple rules---

- A. Do not conduct yourself in a way that will be an embarrassment or demean yourself, your family, your school or this program.
- A) Be on time to all team practices, meets and team buses.
- B) Respect the coaching staff, your opponents and most of all, each other.
- C) **COMMUNICATE** with your coaches and your captains.
- D) Adhere to the CIF/King Athletic Department Code of Conduct
- E) Show a positive attitude and sportsmanship at all times.
- F) The athlete **must** complete the season in **GOOD STANDING**.
- G) The athlete **MUST** finish the season with a minimum 2.0 GPA

## **II. HAZING, HARASSMENT AND BULLYING**

Anyone found to be involved with hazing, harassment and bullying of teammates or fellow members of the student body will be removed from the team and reported to the King High Administration for disciplinary action.

## **III. ATTENDANCE**

For the student-athletes to be considered an athlete in **GOOD STANDING** at the end of the season they must adhere to the following attendance policy:

**The student athlete must attend 37 of 40 weekday (Monday thru Friday) practices**

**The student athlete must attend 8 of 9 Friday practices**

**The student-athlete must attend all home meets as a competitor or in helping to run the meet.**

**The student athlete must attend and work either the King S/F Classic (11<sup>th</sup>/12<sup>th</sup> grade students) or the Riverside City Championships (non-competitors**

Each athlete is allowed a total 3 weekday absences and 1 Friday absence for whatever reason they wish. They will not need to bring a note or get these absences excused. This is much like sick leave in working for a company. However, after they go over their limit, disciplinary action will be taken by the King Coaching Staff. This discipline could range from suspension from competition all the way up to dismissal from the team. Athletes who miss more than two days of practice in a week **FOR WHATEVER REASON**, will be ineligible that week.

- A) Exceptions to this rule will be made for family emergencies or for religious obligations.
- B) Long term absences need to be discussed with Coach Corona at the earliest possible time.
- C) Athletes who are injured and physically able are expected to attend practice for roll call **and participate in alternate workouts every day, unless otherwise specified by a doctor** This will aid in rehabilitation and maintain conditioning. Injured athletes are expected to attend HOME meets and help with the running of the meet.
- D). Tardies will count as a half day absence unless excused. Tardies will be excused with a note from the appropriate adult. No note-no excuse. Excessive tardies could result in dismissal from the team.

#### **IV. MEETS AND PRACTICE**

The King Track and Field athlete is expected to be in attendance at all King dual meets and at least three weekend invitationals. ATHLETES ARE EXPECTED TO STAY UNTIL THE ENTIRE COMPETITION IS OVER UNLESS OTHERWISE SPECIFIED! WE ARE A TEAM AND WE WILL BEGIN AND END EVERY COMPETITION AS A TEAM. THIS GOES FOR BOTH DUAL MEETS AND INVATIONALS!!!!

- A) Students may leave early from meets IF arrangements have been made with the head coach at least 24 hours ahead of time. Student may still leave if those arrangements have not been made but there will be an appropriate penalty.
- B) Practices begin at 3:00 pm. and end around 5:30 pm at the latest. Dual meets will begin at 3 pm and be over around 7 pm depending on meet management. Invitational times are to be announced. We cannot guarantee times at away meets.
- C) The King track athlete will not leave practice early without permission of the coaching staff. Failure to stay for the entire meet without having made arrangements with the head coach or athletic director will result in suspension from the next meet.
- D) If a student-athlete qualifies for CIF but does not compete at CIF without first discussing it with the coaching staff, they cannot finish the season in **GOOD STANDING** and therefore will be ineligible for team awards.

#### **V.BUS /TRAVEL EXPECTATIONS**

All King Track and Field athletes are expected to ride the bus to away meets and invitationals AND come back on the bus. This is per RUSD and CIF regulations. There is nothing much sadder than a relay team competing at the end of a meet and nobody is there to cheer them on. This is especially true for league finals and CIF competition

- A) Exception to this rule will be made if arrangements have been made and approved with the head coach at least 24 hours prior to the meet.
- B) Inability to adhere to the bus transportation rule will result in the student's failure to end the season in good standing.
- C) According to district policy-miss the bus-miss the meet.
- D) Student-athletes must meet the competition standard to make road trips
- E) If an athlete is picked up more than a half hour after the team arrives at school from a road trip-that student will not make the next bus trip.
- F) Suspended athletes or injured athletes will not make road trips on the bus.

#### **VI. OUTSIDE KING TRACK ACTIVITIES**

Over the years, King Track has been treated like it really doesn't count by some other school programs, parents and some athletes. Many things outside the arena of track have taken precedence over the time and effort of the coaching staff, over the goals of the program and over the success of fellow teammates. This will not be tolerated.

We are NOT shutting the door to outside activity or competition but we are asking that the athlete and the parent discuss with the Coach Corona schedules, time commitment and how it will affect the athlete's participation in meets/practices. If a compromise can be reached to make this workable-great!!! If it does not

appear that can happen, the student-athlete will have to make a choice as to whether King Track is really what they want to do. Please understand that we will always try to work something out but we will not allow our program to take a back seat because some other coach whether on our campus or not, feels their program or their agenda is more important. We will take each individual case on its own merits and background. The following rules apply:

A) King Track and Field Athletes WILL NOT compete/participate in any Non-King competitive event or practice-regardless of sport-as an individual or on a team through the course of the King Track and Field season (Feb. 6 through June 6) without specific permission from Coach Corona. Nor will any King Track and Field athlete be allowed to work with a track coach not on the King Staff during the King Track and Field season.

B)“Competitive event or practice” shall be defined as but not limited to 5/10K runs; marathons; outside track competitions; club sports; travel ball teams, etc.

1) This shall also include but not be limited to participation in school wide functions that are not part of class activities (powder-puff football; Dodgeball and school organizations like choir; drama; cheer; DECA; Band; Prom Fashion Show; etc.

**IF AN ATHLETE HAS A DESIRE TO BE INVOLVED IN ACTIVITIES OUTSIDE OF KING TRACK AND FIELD SEASON WHILE WE ARE IN SEASON---BE SURE YOU TALK TO COACH CORONA!!!!!!!!!!**

## **VII. SOCIAL NETWORKING**

The King Track athlete needs to understand that there are “no private moments” in that world. Everything you post on Facebook, Twitter, Instagram and whatever else is out there is being eyeballed not just by your friends but many others, including King fans, the media, the CIF, your teachers, future college coaches, future employers and.... your opponents. This is true even if your settings are private. The prevalence of cell phone cameras makes it easy to catch you in an inappropriate moment that can lead to online embarrassment.

You need to understand that not everybody in the virtual world has your best intentions in mind. Be careful not just what you post online but with whom you communicate. Everybody is not always who they appear to be. Stay away from online “wars” where words are exchanged by opponents over the coming competition and keep your opinions about coaches and team mates to yourself. Not only do we not want to give our opponents a possible boost by our words/pictures but we don’t want the business of our team out there for the world to see. Failure to adhere to these simple requests could mean severe consequences for you; the least of which would jeopardize your further participation on the team.

Another item of concern is online bullying or hazing. In no way will this be tolerated. Use of social networking to embarrass, intimidate, ridicule or otherwise shed a negative light on another individual student or member of the coaching staff will bring immediate removal from the team.

Remember, as a member of this program you are representing yourself, your family, your team, your coaches and your school –**MARTIN LUTHER KING HIGH SCHOOL**. We would prefer you refrain from the social network but if you must-**Be smart on what you post and know who your friends are.**

# King High Track And Field Costs to the Athlete

## Uniforms and Sweats

Part of being a first class program is that we all look the same in our dress. There is little that is more imposing for a track team, than for another team to step off the bus looking all the same in dress, and attitude. To that end, it will be a requirement of the program that each athlete have the same sweats and uniforms. For the first time in many years, the King Track program is purchasing brand new uniforms and sweats.

King Track has a policy that the King Track athlete would buy his/her own sweats and uniforms. In this way athletes can keep the same for the remainder of their years in the program. Granted, kids grow and lose equipment and they will have to purchase new sweats or uniform pieces, but will not have to buy them every year. We charge only the cost of the garments. There is no mark-up or monetary profit going to the King Track program for the purchase of these clothing items.

We understand that there will be athletes and families for whom this is a concern. Please contact Coach Corona ASAP in regard to this policy.

We will hand out gear on **Friday, February 23, 2018**. For those athletes needing to purchase new uniforms and sweats the cost will be:

Sweats(tops and pants)---	\$ 40.00
Uniforms(top and short)--	\$ 85.00
Team T-Shirt-----	\$ 10.00
<hr/>	
	\$135.00 Total

Other purchases for desired gear must take place on our online store through BSN. Time to get that gear is limited. Period of purchase availability TBA

## Shoes

The proper footwear for the track athlete is a must. Generally, the athlete needs a pair of shoes to practice in during the week and another pair in which to compete in. Practice shoes should be along the line of “cross-trainers” or a shoe built especially for problems. Vans brand shoes, basketball, or other specialty shoes just cause physical problems. We do not recommend working out at practice with spikes as it could lead to shin splints, but each athlete (except the throwers) will wear spikes for competition. For those in field events specialty shoes are available if one desires to purchase them. Extra spikes and spike wrenches for our runners and jumpers are recommended as the surface on which they will compete will change on a weekly basis. They will certainly need 3/16 inch or less for all weather surfaces. Cost of these shoes will vary depending on what store you go to get them. Below is a list of stores/online from which you can purchase track shoes

Each pair of competition shoes will need to have removable spikes. This is vital as the surfaces upon which we will compete will be different, although the vast majority these surfaces are all weather. A good general one size fits all sort of removable spike is the 3/16 inch or 1/8 inch size that is a pyramid needle. If at all possible, please get out to dealers or supplies before the beginning of the season as they will most definitely run out

- Dick's Sporting Goods off the 91 freeway in Weir Canyon has a great selection as does another such store in Murrieta just off the 215 freeway.
- The Running Center in Redlands caters to Distance Shoes!!! Sprinters do not bother.
- Big 5 may be another source as well but their selection is limited.

A lot of athletes depend on catalogues, ordering their shoes through the mail or online. Eastbay seems to be very popular. Athletes can see Coach Corona for these types of sources.

If these costs are a problem for any of our families, they should contact Coach Corona as soon as possible.

## **ONLINE STORE**

For the period from Feb. 10 to Feb. 23, items for parental/family spirit gear or supplement gear for the student-athlete will be for sale online at \_\_\_\_\_.

Purchase of these goods brings back a certain percentage of what is spent back to the program. Please check our website for a team catalogue.

# King High School Track and Field Fundraising Options

A major part of participation in any high school athletic program is fundraising. School and district resources do not allow us the monies with which to run an effective, first class program. We are asking that each athlete in the program make it their goal to fundraise 100 dollars to the King Track and Field program. We are making available to the student athlete three ways in which they can meet their goal for our program and raise enough money to pay for costs like coaches' stipends, invitational meets, buses and equipment. This fundraising goal is NOT a requirement for participation on the team but we need everybody to do their part, even if it comes through individual labor, equipment repair or replacement; facilities improvement etc. Please check the options below and see which one best fits your needs. We will begin fundraising efforts on Feb. 5, 2018 and will end on May 11, 2018. **IT MUST BE NOTED THAT FUNDRAISING IS FULLY REQUIRED TO EARN ANY PROGRAM OR INVITATIONAL AWARDS BEYOND WHAT IS HANDED OUT BY THE ASB TO THOSE STUDENTS WHO HAVE AN ASB CARD. IN OTHER WORDS; IF YOU EXPECT TO GET ANY AWARDS AT THE BANQUET OUTSIDE WHAT THE ASB GIVES OUT-YOU'D BEST CARRY OUT YOUR FUNDRAISING RESPONSIBILITIES.**

# 1. \$100 Donation

You can also do with a straight 100 dollar donation to King Track and Field. If you decide to go this route, it is tax deductible. Our Booster Club ID # is 47-0957593

# 2. Business sponsorship - \$140

You can also raise money through corporate sponsorships. You can approach a business and ask that they sponsor our program for 140 dollars. **This price is for new sponsors.** Sponsors that are renewing from last year will only have to donate 100 dollars. Their tax deductible sponsorships will give them a banner that will be displayed within our stadium during all home track meets as well as a banner advertisement on our web-site (limited to 50 characters). A link to their website can be attached to their banner. We will also acknowledge our sponsors in our two invitational programs. Of the \$140 - \$100 goes toward the program to meet the students goal and \$40 is spent in manufacturing the banner. Please see and use enclosed sponsor form. If you go this route, it is tax deductible. Our Booster Club Tax ID # is 47-0957593

# 3. SCHOLAR COMMUNITY DISCOUNT CARD

Scholar Discount Card is a fundraising company that has been established to help high school teams/Clubs fundraise with a minimum amount of time and effort. If the student-athlete is not able to offer a donation or come up with a sponsorship, they will be asked to sell 12 Community Discount cards. These cards will offer discounts at numerous Orangethroat/Woodcrest businesses and restaurants and are good through December, 2018. This card truly offers quite the savings and our program will get a minimum of 6 dollars off every card.

# 4. SCRIP PROGRAM

Please see the attached information about our Scrip program.

## **We are asking that the student athlete adhere to the following turn-in dates for fund raising**

**If making a straight 100 dollar donation---Friday, Feb. 23, 2018**

**If obtaining a sponsorship-----Friday, March 2, 2018**

**If selling Community Cards-Sale begins on March 9<sup>th</sup> and ends April 14, 2018**

If you have any questions, concerns, reservations or ideas, please do not hesitate to contact Head Coach John Corona at the below numbers.  
951-789-5690-Extension 62028  
jcorona@rusd.k12.ca.us

## Martin Luther King High School Track and Field Sponsorship Form

Dear Member of the Business Community:

The Martin Luther King Track and Field team is seeking corporate sponsorship for 2018 and beyond. Our hope is to develop strong, mutually beneficial relationships with key businesses and leaders in the riverside area who wish to support an athletic program that is visible to the community and a positive element in the lives of kids who participate in it.

Your involvement will help our growing program make progress toward becoming an athletic program marked by quality and distinction. With rising costs of running high school athletics and shrinking budgets at the state and district levels, your financial partnership will enable us to purchase much needed equipment and support the kids in a variety of ways.

***One time \$140.00 tax deductible sponsorship***

***If you have previously sponsored the program and we already have a banner, the sponsorship is \$100.00.***

You will receive your company's name on a banner that will be prominently displayed at all the events held within our new stadium. You will also receive a banner advertisement on our website in which you can put your company name, phone number, logo, etc.. (limited to 50 characters) a link to your website can be attached to the banner. Our website, [www.Kingtrackandfield.com](http://www.Kingtrackandfield.com) has received an average of 15,000 hits per year.

Our Booster Club Tax ID is #47-0957593

If you are interested in this great opportunity, please fill out the bottom portion of this letter and mail it and your check to:

King Track Booster Club  
C/O Brad Peters  
King High School  
9301 Wood Road  
Riverside, CA 92508

*Please fill out the following information:*

Company Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Website Address \_\_\_\_\_  
Email Address \_\_\_\_\_

# **KING TRACK AND FIELD 2018 SCHEDULE**

**Tues.---Jan. 9-Winter Camp Begins-2:45 PM-Stadium**  
**Sat.-----Feb. 3-Time Trials-8:30 AM-King Stadium**  
**Sat. Feb. 10-Final Time Trial- -8:30 AM-King Stadium**  
**Mon.----Feb. 12-Official Practice Begins-2:45 PM -King Stadium**  
**Tues.----Feb. 13-Spring Parents Meeting-6 PM –Gym??**  
**Fri.-----Feb. 23-Uniform Check Out**  
**Wed.----Feb. 28-King at Vista Murrieta-3 PM**  
**Wed. --Mar. 7- Yorba Linda and Alta Loma at King-3 PM**  
**Fri.-----Mar. 9-Picture Day-Stadium-2:45 PM**  
**Sat.-----Mar. 10-Bronco Invitational-Rancho Bernardo High-TBA**  
**Tues. ---Mar. 13- Chino at King -3 PM**  
**Sat-----Mar. 17-Chino Relays at Chino High-TBA**  
**Thurs-- Mar. 22- King at Santiago-3 PM**  
**Sat.----- Mar. 24- Meet of Champions-Azusa Pacific University-TBA**  
**Thurs.--Mar. 29-Norco at King-3 pm**  
**Sat.----- Mar. 31- King Soph/Frosh Classic at King-8 am**  
**April 2 -thru April 6 -Spring Break**  
**Fri/Sat.-April 6/7-Arcadia Invitational at Arcadia High-TBA**  
**April 7 - -Southland Invitational at Hemet High-TBA?**  
**Thurs---Apr. 12-King at Roosevelt -3 pm**  
**Sat.-----April 14- IE Championships-at Vista Murrieta High-9 am**  
**April 14/15 --Mt. SAC-TBA**  
**Thurs.-April 19-King at Corona - 3 PM**  
**Sat.-----April 21-Raincross Tradition-City Championships- 8 am**  
**Thurs---April 26- Centennial at King-3 PM**  
**Sat.-----April 28-Corona S/F Invitational-TBA?**  
**Tues.---- May 1-Big VIII Prelims at Roosevelt-TBA**  
**Thurs.---May 3-Big VIII Finals at Roosevelt-TBA**  
**Sat. -----May 12-CIF Prelims at Trabuco Hills High-TBA**  
**Sat. -----May 19-CIF Finals at El Camino College-TBA**  
**Sat.-----May 26-Master's Meet at El Camino College-TBA**  
**Fri/Sat.--June 1/2 -State Track Meet-Buchanan High-Clovis-TBA**

**AWARDS BANQUET DAY AND TIME TO BE ANNOUNCED**

# KING TRACK AND FIELD STANDARDS OF COMPETITION

**ALL** prospective and returning King Track and Field athlete will have to achieve a minimum standard of competition. There will be two performance levels, Senior/Junior and Sophomore/Freshmen.. Please check the following pages for the minimum marks that must be met for team membership.

Time Trials are scheduled for Feb. 3<sup>th</sup>, 2018 and for Feb. 10, 2018. We will begin at 8 am on both days with stretching. On Saturday Feb. 3, the student athletes will be encouraged to try up to 3 events and if they make their standard in any one event, they are on the team and will be expected to be at practice on the first official practice day, Monday, Feb. 12<sup>th</sup>. For those who do not make the standards, they can continue to come to practice and they can try again at the time trial scheduled on Saturday, Feb. 10. Those who do not make the qualifying marks will have the opportunity to try out again next year. All athletes are encouraged to involve themselves in Wolf Winter Camp-January 9 to Feb. 3 to get themselves in shape and to learn some of the fundamentals of their chosen events prior to Time Trials.

As far as whether or not an athlete is on the Varsity; JV or Developmental Squad (non-competitors for away meets); that will depend upon the quality of the athlete's marks, their history; the events which they try at time trials and then into the season. It will also depend on the needs of the team. Due to the variety of variables that coaches and athletes face during the season, some of these standards will be "sliding standards" which could change from week to week. Sliding standards will be up to the event coach with approval from the head coach.

**REMINDERS: THESE QUALIFYING MARKS ARE NOT STANDARDS THAT DETERMINE VARSITY OR JUNIOR VARSITY STATUS. THESE STANDARDS ARE DESIGNED TO MAKE THE TEAM.** However, these marks will be taken into consideration, an athlete's ability to be on the varsity or junior varsity levels will depend on their effort in practice, their overall attitude; performance in competitions; their improvement and the needs of the team from week to week.

## SOPH/FROSH STANDARDS

## JUNIOR/SENIOR STANDARDS

	<u>B</u>		<u>G</u>	
100	13.0	14.2	12.0	13.2
200	26.5	30.0	24.2	28.0
400	61.0	70.0	55.0	65.0
800	Standards for returners will be individually based upon 2017 PR's Standards for newcomers will be based on _____			
1600	Standards for returners will be individually based upon 2017 PR's Standards for newcomers will be based on _____			
3200	NA	NA	NA	NA
100H	23.5	26.5	20.0	23.5
300H	53.0	60.0	49.0	57.0
LJ	*15-0 /16-0	*12-6/13-0	*16-10/17-6	*13-6 /14-0
TJ	*32-0 /34-0	*26-0/27-6	*35-0/36-0	*27-6/28-6
HJ	4-8	3-10	5-0	4-4
SP	30-0	22-0	34-0	26-0
DISC	70-0	55-0	80-0	70-0

PV Veterans must clear a height feet under their PR- Newcomers standards see below.

In LJ/TJ \*denotes mark for newcomers. Unmarked standards are for veterans

POLE VAULT QUALIFYING FOR NEWCOMERS (all grades)

	B	G	40 METER SPRINT
9 <sup>TH</sup>	6.6	7.2	
10 <sup>TH</sup>	6.4	7.0	
11 <sup>TH</sup>	6.2	6.8	
12 <sup>TH</sup>	6.0	6.6	

AND/OR...Pole Vault over the bar a foot under opening height.

Girls-Opening 6 ft-Must clear 5 ft

Boys-Opening 8 ft-Must clear 7 ft.

# **KING HIGH SCHOOL TRACK AND FIELD** **LETTERING POLICY**

The King Track and Field athlete must meet the following requirements in order to earn consideration for a varsity letter in Track and Field. Not everything on this list is required unless noted by an (R)

## **Attendance**

The student -athlete must attend at least 37 practice days during the season. (R)

The student-athlete must attend all Wednesday/Thursday home meets (R)

The student-athlete must work either the King Soph/Frosh Classic or the Riverside Tradition-the Riverside City Championships.(R)

## **Paperwork**

Turn in Acknowledgment Sheets--must be in by Feb. 23, 2018 (R)

## **Varsity Points**

Student-Athlete must score 5 **varsity** dual meet or invitational points for the season. (R)

Exception to this requirement may be made for 4 year seniors who have not yet lettered who finish their 4<sup>th</sup> year in Good Standing. We are not going to be giving letters or plaques for simply being on the roster for the past 4 seasons. This decision is at the discretion of the Coaching Staff and will be based upon the following criteria-

4 year seniors must make what the coaching staff considers a significant contribution to the success of the season either on the track or off. 4 year seniors **MUST** be **varsity** competitors or demonstrate varsity type effort/ improvement throughout the season. 4 year seniors can compete JV at our home meets but unless they have demonstrated that varsity type effort/improvement that is being asked for **WILL NOT** be on the bus for the away meets. 4 year seniors can also contribute off the track. See Coach Corona or your event coach for ways to do that.

## **Longevity (varies)**

The King track student-athlete will be given consideration for a letter for duration of service to the program. Student must finish each season in **GOOD STANDING** to be eligible for these points.

1 year/2 year/3 year/4 year

## **Other Considerations for a varsity letter**

Team Captain/Co-Captain (as chosen by coaches)

Line Assistants (as chosen by the coaches)

Parent Attendance at Booster Club Meetings----- 5 meetings

Attendance at Spring Practice----- 3 practices

**Competing** in Varsity Invites----- 6 meets

**Competing** at Varsity Big VIII Finals (includes Prelims)

**Competing** at CIF Prelims

**Competing** at CIF Finals

**Competing** at Master's Meet

**Competing** at State Meet

All time Top 5--Move up a mark or create new one  
Varsity Medal/Patch at League Finals  
School Record—March/April/May

# Martin Luther King High School Track and Field

Now this is the law of the jungle- as old  
And as true as the sky;  
And the wolf that shall keep it may  
Prosper, but the wolf that shall break it  
Must die.

As the creeper that girdles the tree trunk,  
The law runneth forward and back-  
For the strength of the pack is the wolf,  
and the strength of the wolf is the pack

Rudyard Kipling, Second Jungle Book

## The Journey

The Journey is 100 meters.  
The Journey is 19 feet.  
The Journey is Setting the Blocks.  
The Journey is the Bell Lap.  
The Journey is Passing the Baton  
The Journey is Blowing Lunch  
The Journey is Painful  
The Journey is Blissful  
The Journey is Mental  
The Journey is Physical  
The Journey is Power  
The Journey is Precision  
The Journey is Starting Over  
The Journey is Never Over  
The Journey is the Reward