

2023-2024 Cougar Track & Field



KEEP ON TRACK!

District Champions – 2014, 2016, 2017, 2018, 2019, 2021, 2022, 2023

Area Champions – 2016, 2017, 2021, 2022

Area Runner-Up – 2014, 2015, 2018, 2019

Regional Runner-Up – 2018

Team Rules/Standards of Behavior:

- Attend every practice and meet. If an emergency arises you must communicate with a coach.
- Be on time to practice, and to your event at meets.
- Warm-up properly at meets and practices. Participate in the team warm-up at the beginning of each meet.
- Work hard at all practices, meets, and improve.
- Represent College Station High School, your team, and your family in a positive manner at all meets and practices.
- Wear only issued clothing at meets.
- Never leave a meet without permission.
- Return all issued equipment at the end of the season. If you do not, you will have to pay for it.
- No bullying or hazing will be tolerated. This includes locker rooms, at meets, or anywhere you are with a teammate.
- Do not do anything that can embarrass your school, yourself, or your team.
- **Transportation-** Students who participate in school-sponsored trips shall be required to ride in transportation provided by the school to and from the event. Emergency circumstances may be considered at the discretion of Coach DeBerry, and parent must sign a release form prior to the event.

Attendance Expectations:

- Attend every practice and meet. If an emergency arises you must communicate with a coach.
- Fully participate in all activities

Injuries:

If you are injured see a trainer first. You or your parents can not excuse you from practicing. If a trainer recommends you see a doctor, then do so.

Athletic Trainer Slide (Supplemental Insurance)

Coaches

- Matt DeBerry – Head Boys Coach, Sprinters, Relays
- Peter Martin –Head Girls Track Coach, Girls Hurdles
- Joseph Hedge – Triple Jump,
- Josh Munson – Distance, High Jump
- Hannah Chambers – Shot Put, Discus
- Morgan Landreth – Pole Vault
- Eddie Hancock- Boys Hurdles, Long Jump
- Bryce Brunner- Shot Put, Discuss
- Sydney Chafin- Sprints, Girls High Jump
- Clayton Holland- Boys High Jump

Practice Organization and Times

Practice organization is very complex, with the number of athletes and the numerous events. Athletes who are in either 1st or 4th Period Football Off-Season or 7th Period Track will do most of their running workout during the athletic period. If they run hurdles, jump, or are on a relay team they will practice 2-3 times a week after school. If an athlete is in another sport off-season athletic period or not in an athletic period, they will practice after school every day, once their season is over. Football players, who are throwing and/or running, will lift in the morning. If an athlete is a distance runner (Cross Country) and is in the 1st Period Cross Country Class, they will practice during 1st Period and either before or after school, according to the workout plan by Coach Munson.

Relay handoffs – 2-3 times a week after school/ as needed.

Long Jump/High Jump – 2-3 times a week after school/ as needed

Triple Jump- 2-3 times a week after school/ as needed

Hurdles – 2-3 times a week after school/ as needed

Pole Vault – 2-3 times a week after school/ as needed

Throwers – 2-3 times a week after school/ as needed

Lettering Procedures

In order to receive a letter, the following criteria must be met;

Track-participate in at least 50% of all varsity level meets and score six points accumulative for the regular season and or one point at the district track meet. In the event the track team wins the district meet, all participants on the team from the beginning of the year could receive a letter jacket.

Special Provisions-A senior participant who has participated in CSISD for four consecutive years becomes eligible for a letter jacket. It will be left up to the discretion of the head coach and campus athletic coordinator to award these participants.

The final recognition to all lettering matters will be left up to the discretion of the head coach of that sport and the campus athletic coordinator.

If an athlete does not complete a sport because of academic failure he/she will not be eligible for an award. If an athlete terminates their participation because of dissatisfaction or suspension an award may be withheld.

MEETS:

The track season is a process. We will not be where we want to be at the 1st meet. Our goal is to improve every week. Throughout the season we will experiment with people in different events. We will evaluate our team and the other district teams throughout. At district we will place people in events that we feel like can score the greatest number of points for the team.

When there is not a 9th Grade division at a meet, 9th graders will participate in the JV division, unless they are on Varsity.

Understand only 3 participants per event are permitted. That means everyone will not be able to go to every meet.

Sportsmanship expectation for athletes and spectators:

Please see the UIL

Sportsmanship manual:

<https://www.uiltexas.org/files/athletics/manuals/sportsmanship-manual.pdf>

Social Media Policy

Any behavior from social

media that discredits any team member, its coaches, administration, or school

will result in disciplinary action to be proportional to the offense. The

coaches and administrative staff reserve the right to determine the severity of

punishment. CSISD athletes are encouraged to consider how things posted online can be

perceived by others. This includes posts that are posted by you or another party.

Team Website/Social Media Info/Communication Plan:

CSHS Boys Track twitter -@cshs_tf

Coach DeBerry twitter - @CoachDeBerry12

Email: mdeberry@csisd.org

I will send messages/emails periodically with reminders, changes, results, etc.

PLEASE JOIN **SPORTSYOU**. This is how we will communicate with parents/athletes.

<https://www.cscougars.org/sport/track/boys/#>

<https://www.sportsyou.com/teams/te-ed2046b7-e726-4b49-a4ee-32d3184b058a>

Student-Athlete Eligibility:

Pre-participation Physical Examination – ALL athletes must have an annual/current physical on file with the Athletic Department EVERY YEAR prior to participation.

Electronic Forms Completed on Rank One

- Medical History Form
- UIL Acknowledgment of Rules
- Cardiac Awareness Form
- UIL Steroid Form
- UIL Concussion Form

<https://www.rankone.com/tutorials/Default.aspx>

Athletic Policy – Annual form signed by student and the student's parent or guardian stating that they have read and agree to abide by the rules set forth in the Program Handbook.

Academic Eligibility – If a student is rendered ineligible, he or she will not be able to compete in a competition (but are still required to attend and participate in practices) beginning exactly one week after the ending date of the grading period. An athlete who is ineligible will be monitored in three-week intervals. If the athlete is passing all courses at the end of the three-week intervals, the athlete may regain eligibility. In this instance, the athlete will not be able to compete in a contest until one week after the end date for the review period.

Placement in Alternative Education – Any athlete placed in the Alternative Education Program (DAEP) will be ineligible for participation in the athletic program for the duration of their placement. They will remain ineligible for participation in contests throughout the semester for which they were assigned. Upon release from DAEP, students will not be allowed to participate in sports whose seasons have already begun (according to the UIL calendar) for that year. They are however eligible for all activities the next semester. At the discretion of the Campus Athletic Coordinator and the Head Coach for that sport, athletes may be allowed back into the athletic period upon the conclusion of their DAEP placement. If the athlete is exonerated he/she will be allowed to return to their athletic program in good standing).

The University Interscholastic League is the governing body for public school interscholastic athletics/academics in Texas.

Select/Club Teams

In the case of a non-school related athletic event conflicting with a school related athletic event, priority will be given to the school athletic event. Missing a school related athletic practice or game for a non-school activity is unacceptable and could result in loss of playing time or removal from the team. Coaches may not require athletes to participate on non-school teams such as select or club. The endorsement of specific outside teams is prohibited. Our coaches may not coach students for the select team in grades 7-12 who attend school in their attendance zone by rule (PER UIL).

Quitting or Dropping a Sport

There will be times when some athletes desire to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below: The athlete should talk to the coach to see if a solution can be reached without having to quit.

If an athlete decides to quit, he/she must check out of the sport just as he/she would check out of any academic class. All equipment must be returned. The athlete must pay for any equipment not returned before participation in another sport.

If an athlete decides to participate in another sport, both head coaches and the campus athletic coordinator must determine an appropriate start time for that athlete.

While the athlete waits, he/she will be placed in a regular physical education class/athletic class at the discretion of the campus athletic coordinator.

Drug Testing Policy

The District requires random drug testing of any student in grades 9–12 who chooses to participate in a school-sponsored extracurricular activities.

Before a student is eligible to participate in extracurricular activities, the student shall be required annually to sign a consent form agreeing to be subject to the rules and procedures of the drug-testing program. If the student is under the age of 18, the student's parent or guardian shall also sign a consent form. If appropriate consent is not given, the student shall not be allowed to participate in extracurricular activities.

A student who refuses to be tested when selected or who is determined to have tampered with a sample shall be deemed to have a positive test result and shall be subject to the appropriate consequences depending on previous positive test results, if any. If a student is absent on the day of the random test, a sample shall be collected on the next random testing date.

Consequences of positive test results shall be cumulative through the end of the current school year.

1st Offense: Upon a first offense of receiving a confirmed positive drug test, a student shall be suspended from participation in any extracurricular activity for 15 calendar days following the date the student and parent are notified of the test results. During the period of suspension, the student may participate in practices in accordance with administrative regulations but not in any competitive activities.

2nd Offense: Upon a second offense of receiving a confirmed positive drug test, a student shall be suspended from participation in any extracurricular activity for 30 calendar days following the date the student and parent are notified of the test results. During the period of suspension, the student may participate in practices in accordance with administrative regulations but not in any competitive activities.

3rd Offense: Upon a third offense of receiving a confirmed positive drug test, a student shall be suspended from participation in any extracurricular activity for one calendar year following the date the student and parent are notified of the test results. During the period of suspension, the student shall not be permitted to participate in practices. District administrators shall determine whether the student will need to have his or her schedule changed as a result of the suspension based on the student's educational needs and in accordance with administrative Regulations.