

# NORTHGATE HIGH SCHOOL

## TRACK & FIELD

### 2026 Parent-Athlete Partnership Agreement

*"Most people run a race to see who is fastest. I run a race to see who has the most guts." - Steve Prefontaine*

Welcome to Northgate Track & Field! This is more than a season - it's an opportunity for your athlete to discover their potential, build lifelong friendships, and compete at the highest level. Success in track requires dedication, consistency, and a strong partnership between athletes, parents, and coaches. This agreement outlines our shared commitments to creating an exceptional experience for every member of our team.

### 2026 Meet Schedule

*Note: Buses will be provided where indicated. TBA = To Be Announced – Meet times are Approximate*

Date	Meet/Event	Location & Time
Thurs 1/22	Spring Sports Parent Meeting	Little Theatre 6-9pm
Wed 1/28	All Spring Sports DAL Head Coaches Meeting	Ygnacio Valley HS 6-8pm
Thurs 2/5	Track and Field Parent Meeting	Little Theatre 7-9pm
Mon 2/9	First Official Day of Spring Season	Practice is from 3:45pm-5:30pm Approx
Sat 2/28	Practice Meet: Crimson vs Gold	Northgate   9am-2pm
Sat 3/7	Fundraiser-Hosting CYO Track Meet	Northgate 8am-2pm Student Volunteers
Sat 3/7	Ugly Eagles Relays	Clayton Valley HS   8am-6pm
Wed 3/11	Team Pictures	Northgate @ practice
Sat 3/14	Bob Warren Relays	Acalanes HS 8am-6pm
Tue 3/17	DAL #1 vs Las Lomas	Northgate   3:30pm-7:15pm
Fri 3/20 - Sat 3/21	Dublin Distance Fiesta (Distance)	Dublin HS   TBA
Sat 3/21	Swenson Werne Invitational (Sprints/Hurdles/Field)	San Ramon HS   8am-6pm
Tue 3/24	DAL #2 vs Miramonte (BUS)	Miramonte   3:30pm-7:15pm
Sat 3/28	Bay Area Relays	Foothill HS   8am-6pm
Wed 4/1	DAL #3 vs Clayton Valley (BUS)	Clayton Valley   3:30pm-7pm
Fri 4/3 - Sat 4/4	Stanford Invitational (Qualifying Only)	Stanford University   TBA
4/6-11	SPRING BREAK	Morning Practices 9-11am
Wed 4/15	DAL #4 vs Campolindo	Northgate   3:30pm-7pm
Sat 4/18	NorCal Frosh/Soph Championship (Qualifying Only)	Dublin HS   8am-6pm
TBA	Senior Night	Northgate   TBA
Tue 4/21	DAL #5 vs Acalanes	Northgate   3:30pm-7pm
Sat 4/25	Frosh Soph Nor Cal Championships Invitational	Dublin HS 8am - 5pm
Sat 4/25	Sacramento Champions Meet Invitational	American River College Sacramento 8am-8pm
Tue 4/28	DAL Championship Coaches Seeding Meeting	Campolindo HS 5pm-9pm
Sat 5/2	DAL Championship TRIALS	Campolindo HS   TBA
Sat 5/9	DAL Championship FINALS	Campolindo HS   TBA
Sat 5/16	NCS Tri-Valley Meet Finals (Trials To Championships)	Foothill HS – EBAL hosts
Sat 5/22-23	NCS Meet of Champions	Dublin HS   TBA
Fri-Sat 5/29-30	CIF STATE CHAMPIONSHIPS	Buchanan HS (Clovis)   TBA

## ATTENDANCE & COMMITMENT

### Why Consistent Attendance Matters in Track

Track & Field is built on progress, and progress happens step by step. Every practice helps athletes develop speed, strength, endurance, and technique that simply can't be rushed or crammed in later. This is an individual sport inside a team environment, so when athletes train consistently, they're not only improving themselves — they're helping relays run smoother, event groups stay connected, and the whole team performs better. Additionally, relay teams depend on four athletes showing up consistently - one unreliable teammate can derail an entire relay squad's championship hopes. Staying committed to practice keeps athletes healthier, more confident, and ready when league meets and qualifying opportunities come around. Just like every other sport on campus, success in track comes from steady effort, showing up, and being part of something bigger than yourself.

"What **you** put into the workouts you will get out of **yourself** in performance" – Coach Mike

### Our Attendance Expectations

- Athletes are expected to attend ALL practices and meets unless communicating absence in advance to both the event coach and head coaches through email or TeamSnap.
- Absences for illness, family emergencies, or academic obligations are understood - but require communication - the office does not inform us of illness or leaving early.
- We are flexible when athletes communicate proactively. Last-minute absences or no-shows without communication create problems for all and will lead to sitting out of competition.
- Athletes who prioritize club sports, social events, or convenience over team commitments will not be placed in relays or championship events. Athletes should work out a plan and an approved schedule with coaches. We ask for a compromise for both activities equally
- Fatigue is normal during hard training. "I'm tired" is not a valid reason to skip - rest days are built into our plan - talk to your coaches when needing a rest day or how to help when injured.
- If athletes work out a plan to juggle outside sports or activities with their event coach and head coaches it is possible to compete with us but communication is required as again the workload will cause injuries if juggling multiple physical sports. **COMMUNICATION is key!**

## ATHLETE COMMITMENTS \_\_\_\_\_ initials

### As a Northgate Track & Field athlete, I commit to:

- Attending all practices and meets on time, fully prepared to train
- Communicating any absences to coaches at least 24 hours in advance whenever possible, One week or more in advance to miss a scheduled Track Meet.
- Following the training plan, trusting the process, and staying patient with my development
- Supporting my teammates, celebrating their successes, helping set up and clean up before and after all meets, and contributing to a positive team culture
- Being coachable, asking questions, seeking feedback to improve, and competing at your best.
- Taking care of my body through proper warm-up, cool-down, nutrition, hydration, and sleep
- Representing Northgate with pride, integrity, and sportsmanship at all times
- Talk to coaches and be honest about school struggles with classes, attendance, homework etc. Coaches believe in students first and will help to find a balance with school and sports.

## PARENT/GUARDIAN COMMITMENTS \_\_\_\_\_ initials

### As parents/guardians, we commit to:

- Supporting our athlete's commitment to the team by prioritizing practices and meets
- Communicating directly with coaches about any conflicts, concerns, or absences
- Respecting coaching decisions regarding training, event placement, and relay selections
- Volunteering at home meets, helping with field events, snack shack, tent and table set up, etc.
- Supporting team fundraising efforts and contributing financially when possible
- Encouraging our athletes through challenges while trusting the coaching process
- Creating a supportive home environment that prioritizes rest, nutrition, and recovery
- Celebrating effort and growth, not just results - understanding that development takes time

## INVESTING IN EXCELLENCE

### Where Your Support Goes

Running a competitive, rewarding track program requires significant investment. Your financial contributions and volunteer hours directly impact your athlete's experience. Here's exactly where your support makes a difference:

#### Uniforms & Equipment:

- Replenish uniforms - the newer black varsity uniforms this season
- Injury prevention and strength equipment including resistance bands, yoga mats, and more.
- Relay batons, stopwatches, measuring tape, a new net for the discus ring, more throwing implements, and more tools for training
- Hurdles: We successfully raised funds for 50 out of 80 hurdles through our alumni sponsorship campaign - we need support to complete this project
- With help from our Boosters and Families, we were able to replace our broken, outdated pole vault pit with a "new to us" pit which will still need a few safety pads and accessories.

#### Facility Upgrades:

- Throws area improvements - circle repairs and landing zone upgrades
- New discus area closer to the track or on the field.
- Jump pit maintenance and sand replacement
- Track resurfacing coming in Summer of 2026
- Under the Bleachers project- create a storage and strength training space for us to use.

#### Competition Costs:

- Entry fees for invitationals and championship meets
- Team hospitality, timing serves, Starters, and Coaches

### How You Can Help

- **Team Donation Fee (\$350):** This fee supports equipment, uniforms, facility upgrades, coaches, and competition entry costs. All contributions are voluntary but greatly appreciated and directly impact your athlete's experience.
- **Additional Financial Donations:** Tax-deductible contributions of any amount make an impact. Consider sponsoring a hurdle, asking your company for a donation match, or contributing to general team expenses
- **Parent Team Socials:** We'll host parent gatherings throughout the season where you can connect with other families and coaches and be a part of the track and field community.
- **Volunteer at Home Meets:** We need parents to help with timing, hospitality, field event officiating, and setup/cleanup. Each home meet requires 20+ volunteers
- **Participate in Fundraisers:** We'll host team fundraisers and dine-and-donate events throughout the season - your participation makes these successful
- **Spread the Word:** Share our fundraising campaigns with alumni, local businesses, friends and family, and community members who might want to support Northgate track

## THE OPPORTUNITY AHEAD

Track and Field offers something truly special: the chance to discover what you're truly capable of when you refuse to quit. It's not always easy - there will be hard workouts, tough meets, and moments of doubt. But there will also be breakthrough performances, relay victories, and the unmatched feeling of crossing a finish line knowing you gave everything you had.

This season is about more than times and distances. It's about building mental toughness, learning to trust a process, supporting teammates through their struggles, and becoming the kind of person who shows up when it matters. The lessons learned on the track - discipline, resilience, teamwork, and grit - will serve your athlete long after graduation.

We're building something special at Northgate. With your partnership, we can create an environment where every athlete reaches their potential and leaves the program better than they found it. *Our program is about experience and memories, finding one's own grit and determination to be proud of.*

## PARTNERSHIP AGREEMENT

By signing below, we acknowledge that we have read, understood, and commit to upholding the expectations outlined in this agreement. We understand that track is a team sport built on individual excellence, and that our commitment to the team affects everyone's success.

### Financial Commitment

<input type="checkbox"/>	We plan to contribute the suggested Team Donation (\$350) QR code ____
<input type="checkbox"/>	We plan to contribute the Team Donation in an amount that works for our family (check/payment included ____ or QR code used ____)
<input type="checkbox"/>	I would like to help as a parent committee member (team parent, banquet/awards/senior night, meet volunteer, social media, fundraising).  My preferred contact info is:

\*Donations are much appreciated and help our Northgate program but are also optional. Northgate Track and Field is not a pay to play program, and no athlete will be excluded or punished based on financial contributions. Every athlete is equally valued regardless of financial contribution.

### Uniform Information

Uniforms are required for all athletes. Athletes may purchase or rent their uniform. Rental uniforms must be washed and returned after championships or at the team banquet in a Ziploc bag with the athletes name on it for record. A check deposit (same as purchase price) is required for rentals and will be returned or destroyed upon uniform return. If uniforms are not returned or communicated after the team banquet, deposits will be cashed and uniforms become the athlete's property.

<input type="checkbox"/>	Athlete does NOT need a uniform (already has one)
<input type="checkbox"/>	<b>PURCHASE:</b> Yellow Top - Frosh/Soph (\$40) Top and Bottom (\$75) Size ____
<input type="checkbox"/>	<b>PURCHASE:</b> Black Top - Varsity Only (\$70) Top and Bottom (\$125) Size ____
<input type="checkbox"/>	<b>RENTAL:</b> Uniform rental with check deposit (must be returned after championships or at team banquet) Rental prices are the same as purchase price.  Rental for Varsity (V) or Frosh Soph (FS) ____  Size for Top _____ Bottom _____

### Signatures

Athlete Name (Print & Sign):	Athlete Signature - Date:
Event group (Sprints, Hurdles, Mid Distance, Long Distance, Jumps, Throws):	Name of Event Group:
Parent/Guardian Name (Print & Sign):	Parent/Guardian Signature - Date:

**Go Broncos!**

**Track & Field | 2026 Northgate**