

Los Osos High School

Track & Field Information Meeting

11/13/2024



Los Osos Track and Field – 6001 Milliken Avenue, Rancho Cucamonga, CA 91737

Welcome to LOHS Track and Field!



Meeting Agenda

- Introductions
- Team Background
- Team Policies
- Athlete Commitments
- Equipment
- Get Connected
- Boosters Update
- Parent Support
- Closing Q&A



Philosophy

Our mission is to provide a safe, supportive and fun environment for scholar-athletes to have a positive and meaningful experience participating on a successful high school athletic team.

Note: This presentation will be made available on the website for reference.

www.lososotrack.com

Coaches



Head Coaches

Damian Palmer (Sprints)

James Wilson (Jumps)

Assistant Coaches

Quinn Bechard (Hurdles)

Art Almaraz (Distance)

Track and Field @ LOHS



100+ Student Athletes

TRACK EVENTS

Sprints - (100, 4x100, 200, 400, 4x400)

Distance - (800, 1600, 3200)

Hurdles - (110/100, 300)

FIELD EVENTS

Long Jump

Pole Vault

Triple Jump

Discus

High Jump

Shot Put

- Our team welcomes all to join and makes no cuts, making it accessible to any student athlete willing to put in the effort.
- Our training development program builds throughout the season, tapering for the post season when it counts. We train hard, recover, and repeat.
- Through hard work, dedication, and perseverance, both in the classroom and on the track, anything is possible!
- We build team camaraderie through respect and create memories you will have for a lifetime.

Team vs Individual



- Track is a **TEAM SPORT!**
 - Practice and competition are cooperative efforts
 - Relay Teams
 - Team Scoring



- Track has individual opportunities
 - Invitationals
 - Baseline League Prelims/Finals
 - CIF Post-Season Competition

Team Policies



1. Attendance at All Practices and Meets
2. Injuries
3. Academic Achievement
4. Drugs, Alcohol, Tobacco
5. Sportsmanship



Athletic Clearance Required!



1. Print out an athletic packet:
[Athletic Packet](#)
2. Pass a physical exam
3. Submit completed forms on
[HomeCampus.com](#)

Note: If not completed by the due date, athlete will not be allowed to practice or compete until completed

Due: **TBD**, 2024

Athlete Commitments



Conditioning begins mid-Aug

- Monday - Thursday: 3:45pm - 5:00pm

Thanksgiving Break

- Monday - Wednesday: 9:00am - 12:00pm
- Saturday: 9:00am-11:00pm

Team Practices start in December

- Monday - Friday: 3:45pm - 5:00pm
- Saturday: 9:00am-11:00pm



Meets



Baseline League Meets*

@Chino Hills	March 18	3:15pm
@Rancho Cucamonga	April 1	3:15pm
Upland	April 8	3:15pm (Home)
@Damien	April 15	3:15pm
Etiwanda	April 22	3:15pm (Home - Sr Night)

*Athletes must stay until after final event of the meet (4x400)

- League Meets determine League Champion for both Girls/Boys teams.
- All 6 Baseline League Teams will compete at League Prelims and Finals to determine CIF qualifiers.

Invitationals



Arcadia Invitational



Mt. SAC Relays

- Meets that require an “invitation”
- Level = “Qualifying”
- Athletes must qualify based on times/marks
 - Travel roster announced the week of meet
- Many schools attend, large crowds

Targeted Meets (Subject to Change)

- | | |
|--------------------------|--------|
| • Ontario Relays | Feb 22 |
| • Mustang Round Up | Mar 1 |
| • Mt Carmel Invitational | Mar 19 |
| • Arcadia Invitational | tbd |
| • Mt SAC Relays | tbd |

Check the team website for the latest info:
www.lososostrack.com

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Shoes!



Running Shoes/Flats

- Sprinters: replace every year!
- Distance: replace every season!



Spikes/Competition Shoes

- Different events may require different spikes/shoes

Replacement "Spikes" or "Pins"

- As needed



Uniforms

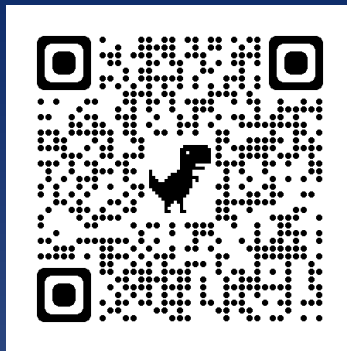


- Singlet + Shorts (event-specific): Mandatory
- Warm Up Jacket + Pants: Optional but Recommended
- Uniforms & Jacket are same design as last year. No need to repurchase if it still fits.
- Cross Country athletes do not need a new uniform for track
- Deadline for orders: **TBD!**
- Booster sponsorships are available if assistance is needed.

Get Connected!



Team Website	www.lososotrack.com
Spirit Wear Online Store	Will be available in January
Meet Results/School Records	Athletic.net FinishedResults.com
Meet Info	PrepCalTrack.com



Follow LOHSTRACK
on Instagram

Join on the Remind app
with the code @lososost
or text the code to 81010

Signup for
REMIND

Track Boosters



Role	Parent Volunteer
President	Leslie Jenson
Vice President	Jenette Trask
Treasurer	Katy Stanton
Secretary	Curt Eyster
Class Representatives	Fresh – TBD Soph – TBD Jr – TBD Sr - TBD

What does a booster club do?

- Supports ALL students in the program
- Raises financial support to help achieve the vision and goals of the coach/advisor
- Dedicates time to fundraisers, events, etc.
- Helps make the Track and Field program something special for our kids

How Can Parents Help?



We Need Your Help!

- Be a part of Grizzly Nation at all our Track and Field Meets!
- Photos – Share on Instagram and Website
- Volunteer!
 - Support Home Meets (snack bar, hurdles, finish line support, registration, etc)
 - Host Team Dinners (Vince's Spaghetti)
 - Senior Night
 - End of year Banquet Help
- Fundraising
 - Snap Raise
 - Snack Donations for Meets
 - Sponsor the Website

Fundraising



What is needed to run the program this spring?

- Additional Assistant Coaches
- Meet Fees / Management (Finished Results)
- Team Dinners, Sr Night, Banquet
- Equipment and Supplies (crossbars, throwing equipment, poles, etc.)
- CIF Participant support
- **Estimated Total = \$15 to 18,000**

It's a Group Effort



Los Osos HS Track & Field
2023

[Visit Our Group Fundraiser Page](#)

Total Group Amount Raised

\$17,347

On an initial goal of \$17,000

Gear Orders



- Website to order will open in January
- Everything is optional
- Most kids and parents will have at least a T-Shirt
- Link will be available from the website



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Questions?

Track To Do List



Sign up to Volunteer!!

We are asking for each family to commit to volunteering at 2 meets and donating 2 snack stand items

Complete Physical and upload to Home Campus

Acquire all needed equipment before first meet in Feb

Sign up for Remind

Backup Information

Full Schedule



- **22nd February** **Saturday** **Tba.** **@Ontario High Invitational**
- **1st March.** **Saturday.** **TBA.** **@Trabuco Hills High**
- **18th March** **Tuesday** **3:15** **@Chino Hills**
- **29th March.** **Saturday.** **Tba.** **@ Mt. Carmel High Invitational**
- **1st April** **Tuesday.** **3:15** **@Rancho Cucamonga High**
- **8th April** **Tuesday** **3:15.** **Vs. Upland**
- **15th April.** **Tuesday.** **3:15.** **@Damien**
- **19th April.** **Saturday.** **Tba.** **@ Inland Empire Champs Invitational**
- **22nd April.** **Tuesday.** **3:15.** **Vs. Etiwanda**
- **28th April.** **Monday.** **Tba.** **@Rancho Cucamonga High**

Injuries



- If you are injured, tell a coach ASAP!!
- Visit our Athletic Trainer
- See a doctor when necessary
- Must have Team Trainer's and/or doctor's clearance to return to practice

Where to Buy Spikes/Shoes



- Fleet Feet
 - Basic sprint, mid, distance, or throws only; flats
- Dick's Sporting Goods, Big 5, etc.
 - Basic sprint, mid, or distance only; flats
- Nike/Adidas/etc

Hydration/Fuel



- Drink water before, during, and after practice & meets
- Invest in a LARGE water bottle, refill it!
- Eat breakfast, lunch, dinner, & snacks
 - Eat a snack/dinner as soon as you get home from practice
 - Avoid spicy food and dairy close to practice time and on meet days
- Not eating enough calories or not drinking enough water can cause:
 - Headache, nausea, vomiting, loss of consciousness, or worse!



What to Bring to Practice



T-Shirt/Shorts

Appropriate Undergarments



Running Shoes/Spikes

Water



Jacket/Pants

Body Glide/Friction Block

(for chafing & blisters)



What to Bring to Meets & Invitationals



- Uniform
- Running Shoes
- Spikes and Spike key
- Water
- Jacket/Pants - LAYERS!
- Healthy Snacks/Lunch
- Blanket/Towel
- Sunscreen
- \$\$ for souvenirs & food

Meets last all day!

**Temperatures
rise & drop
unexpectedly!**

Be prepared!

Extras:

Band Aids

Body Glide

Tape

Chair

Umbrella

Hat

Safety Pins

Trash bag for rain

Sunglasses

Change of clothes

Runway Markers

Which Team?



Frosh/Soph	9th & 10th Graders ONLY
Varsity	All 11th & 12th Graders + A few advanced freshmen & sophomores (These may change depending on the meet)

*There are 4 separate divisions & team scores at a high school track meet:
F/S Boys, F/S Girls, Varsity Boys, & Varsity Girls