

Downey High Track & Field 2025 Program Information and Expectations

(Revised January 27th, 2025)

Downey Track & Field Families,

Welcome to the Downey High Boys and Girls Fall Track & Field Team. Included in this packet is a brief explanation of vital program information, team policies, and athletes responsibilities. Please read through the packet with your player, and return **4 days** after receiving the packet. We hope your student-athlete has a positive and rewarding experience during their time as a member of the Downey High Boys and Girls Track & Field family.

Coaches Information

Head Coach: **Robert Gleason** - rgleason@dusd.net

Assistant Coaches:

- Coach Puga
- Coach John
- Coach Casillas
- Coach Storey
- Coach Bravo
- Coach Ambriz
- Coach Chavez
- Coach Redfox
- Coach Williams
- Coach Chris
- Coach Marsetti
- Coach Myers
- Coach Cossio
- Coach Nevarez
- Coach Armon
- Coach Salinas
- Coach Munoz
- Coach Matthew
- Coach Fleming



Please feel free to contact the coaches with any questions or concerns. Coach Gleason is in B205 and Coach Storey is in Z6.

The Main Goal for Downey Boys and Girls Fall Track & Field Team

Downey High Girls and Boys Track & Field wants all athletes to have a positive, rewarding experience that will create memories that last a lifetime while striving to do our very best both individually and as a team. Things we will strive to do to make this happen:

- Make the physical, mental, and emotional wellbeing of each student-athlete our top priority.
- Foster an environment where all athletes feel comfortable and confident being themselves.
- Create an atmosphere of positive teamwork and camaraderie.

Practice Schedules

Athletes are expected to be on time and are expected to attend every practice, unless a previous arrangement has been reached. If an athlete misses a practice during the week of a meet, he/she will not be allowed to compete that week. Even if an athlete is not competing that week he/she is expected to attend every practice and participate fully. We all occasionally have a Saturday practice and athletes are expected to attend unless a prior agreement has been reached.

The following is a general schedule of when practice will end. It is an estimate only. Once the season is over, athletes will still be expected to dress for activity during class.



MONDAY//TUESDAY//FRIDAY
Practice should end apx. 5:15 pm

WEDNESDAY
Start time of 3:15 pm to Apx 5:45 pm

THURSDAY
Dismissed around the time that bell rings but could go to 3:30 pm

SATURDAY
Based on Coach or MEETS

Communication

Athletes are expected to join **Remind text 81010 @dhstrkfld** for the Track & Field Team.

Athletic Clearance

All athletics are required by Downey High administration to gain athletic clearance by accessing athleticclearance.com. Athletic clearance also requires all players to have a full sports physical prior to participating in any practices or games during a season. Physicals can be gotten at your dr office or check to see if you can get one done at an urgent care facility.

To upload them go to the DHS website and under Athletics - look for the yellow tabs and get the form, and you upload them. A Coach **CAN NOT** Take your Physical Paper. Also watch for when your Physical expires. Don't let it expire

Academic Standards

All student-athletes must maintain academic eligibility throughout a season by having at least a 2.0 grade point average with no more than 2 D's or F's on their report cards from quarter and semester grading periods before and during an athlete's scheduled season. These are just the minimum grades required to run. We have much high expectations for our players. All athletes who achieve a 3.5 or higher GPA in the first semester will receive a scholar athlete award at our banquet. Receiving an "A" is not given. Athletes are expected to attend practice on time and be prepared which includes wearing Downey gear. Two incidents of non-participation will result in a lowering of the grade.

Absence Policy

All athletes are required to be at all scheduled events. Missing scheduled practices/events can be a reason for removal from the team. It is the athletes responsibility to sign out at the end of class/practice.

Hazing

Downey High School administration has issued a zero tolerance policy in reference to hazing activities. Any player found to have participated in activities deemed to be hazing will be removed from the program immediately and subject to whatever punishment administrators investigating the incident deem appropriate, up to and including suspension and/or expulsion from school based on the severity of the event.

Transportation

All athletes who have committed to help the team financially, will have transportation to and from away meets.

If an athlete would like to leave with a parent or guardian after a meet, they are asked to check out with Coach Gleason. If you are asking to leave with another athlete's parents, a note must be turned in the day before a meet to Mr. Fowler (Administrator).

Social Media Expectations

All athletes are required to maintain proper care when using social media, and acts such as bullying, insulting or foul language, inappropriate or lewd behavior or sharing of unethical or illegal activities will be grounds for removal from the program.

All athletes are urged to use common sense and good judgment before posting anything on a social media site.

Our Official Instagram account is [downeycctrackfield](#)

Summer and Off Season Activities

Participation in off season (spring, summer, fall) activities such as practice, meets, workouts, running, etc. is required.. Athletes are allowed to miss off season activities for excusable reasons (excessive homework, medical appointments, church, vacation,). Keep in mind that missing a lot of off season activities can affect the athletes standing on the team. Athletes are encouraged to play other school sports and we will work with them. If you have questions about what would be excused, please talk to Coach Gleason.

ASB Card Requirement

All athletes are required by school administration to purchase a \$45 ASB card as a condition for becoming eligible to participate in an extracurricular sport. ASB card funds are used to pay for officials for scheduled events as well as for other costs incurred by the school in holding extracurricular athletic activities. All efforts will be made to find donations for players whose families are unable to afford the costs of an ASB card for their player, feel free to contact Coach Gleason if this is an issue for you and your player.

- Athletes are expected to have their ASB card done by - **February 3rd, 2024**

Rules and Expectations for Athletes

RULE #1:

“Don't do anything that would do damage to yourself or the program.”

OTHER RULES:

- Be on time!
- Wear Downey gear! No BLUE on bottom.
- All gear should be Downey related or Downey colors for bottoms.
- If you are going to be late or miss any team activity, you must text through Remind to Coach Gleason ahead of time. An absence without prior communication may result in missing a meet. Lack of responsibility will affect meets and can result in dismissal from the team.

EXPECTATIONS:

- Support decisions made by your coach.
 - Embrace your role on the team.
 - Be positive even if you don't compete..
 - Do not complain.
 - Communicate with the coach directly if you have any questions.
- Be a good teammate.



- Cheer for your teammates.
- Show enthusiasm when your teammates succeed.
- Encourage your teammates when they are frustrated.
- Communicate with your teammates.
- Communicate with your coach if there is an issue on the team.
- Do not pout.
- Display sportsmanship.
 - Be positive and kind in your interactions with others. .
 - Be aware of your body language.

Program Expenses

Costs to run and maintain the Downey High Boys and Girls Track & Field program vary from year to year, but in general these are the following expenses that we as a team are required to pay for the program throughout a normal year:

Spring Expenses

- Meet Fees/Results/Announcers
- Bus Transportation
- Awards/Medals
- Miscellaneous Expenses (team building activities, banquet awards, other expenses)
- Equipment/Technology/Supplies
- ASB/Payroll for Coaches

In an average year the **Downey High Boys and Girls Track & Field Team** program requires an estimated \$90,000 to run and maintain.

Each year the school district provides sports teams with a predetermined amount of funds to help offset the costs of running a program.

Athletic Attire

- **ALL** players are to wear their own practice gear to 6th period. This can be any DHS shirt related or have received from a DHS event. Athletes - take a look at your shorts and make sure they are DHS colors or black. If you have questions just ask. Another school's main color for the shorts is a **No**.
- All Spring Athletes will have the opportunity to purchase additional attire from the Teams supported online company. Remember they are not Amazon with next day delivery so be prepared. Watch out on Remind for when the store opens. This is optional
- Past Shirts from the team can be purchased for \$5.00 a shirt or 6 for \$20.00. Limited quantities
- Athletes **MUST** be in Warm Ups (Past or New) Top and Bottom to get on the bus for away meets.



Spring Expenses for Athletes

Overall Track & Field Fundraising - Revenue Sources

*****ALL MONEY IS PAYABLE TO THE ASB BOOKKEEPER DURING THE SCHOOL DAY *****

Financial Contributions of all athletes is critical to the team.

- **Financial contribution covers**
 - Team Spirit Package of shirt(s) and warmups
 - Coaches
 - Uniform
 - Athletic equipment
 - Timing services and meet entry fees
 - Team prizes and athlete awards
 - Other team incidentals throughout the season

Returning athletes from XC Season \$ 300.00 minimum (with uniform)

2025 Season Athletes \$400.00 minimum (with uniform)

Financial Breakdown

- If an athlete purchased and paid for the Fall Spirit Package with XC - their Spring Spirit Package Cost is \$50.00. If an athlete **did not** do XC their package is \$150.00
- Each athlete will be purchasing their uniform for them to keep. Cost estimate is \$100.00
- Each Athlete is asked to sell **2 boxes** of chocolate for the team as a fundraiser or they can choose to opt out of this fundraiser and make a \$50.00 donation to the Bookkeeper. Our week is March 10th to 21st . **CHECK OUT DAY IS MARCH 6TH** with Coach Storey in Z6 . **MONEY DUE BY MARCH 26th**
- Each athlete is asked to help fundraise with our online program - youth raise and minimum amount of \$100.00 for the team or make a minimum donation of \$100.00.
- Each athlete is asked to bring an item for the snack shack.

Any player who is having trouble with these costs may make payments or work something out with Coach Gleason or Coach Storey. Money will not stand in the way of someone participating in Downey Boys and Girls Track & Field but commitment to helping the team is asked of the athlete.

- A Minimum payment is \$100 to the ASB Bookkeeper is due before items will be issued out.

Any player who has financial difficulty there are ways for athletes to help in fundraising. The earlier you talk to a Coach the better.

Downey High Boys and Girls Track & Field

The QR Code for Youth Raise is ready to go. Create your account and text out to family and friends.



At the end of the online fundraiser 2 athletes will be chosen to receive gift cards.

CHOCOLATE FUNDRAISER

- Every player is asked to sell **two** boxes, or buy out for \$50.00. If you plan to sell chocolate, scan this code to reserve your chocolate. There will only be a certain amount of boxes ordered and if you reserve a box you are assigned a box and must sell. All Chocolate money must be turned in by **MARCH 26th** to the Bookkeeping office or a hold will be placed on your account.



UNIFORM

Your Uniform is Pre-Ordered with the sizes you choose from the google form.

- You do not need to fill this form out again if you do already. Your Uniform is yours to keep.

UNIFORM FORM IS IN REMIND

In Order to Receive your Spirit Items and your Uniform you must be:

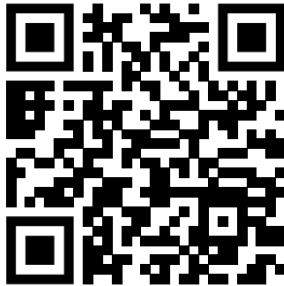
- **At least paid up to 75% of the items.**

Student Athletes Information

Spirit Package QR Code for Sizes If you were NOT IN XC



If you were in XC and only want half the Spirit Package



SENIOR INFORMATION

If you are a Senior please fill out this google form for the Boys and Girls Track & Field Team



Parents

Expectations for our Track & Field Parents

- Support your student-athletes by helping them get cleared, raise money, and helping them to be committed to the team hours as they are working with the coaches who are there for them.

- Be an example of good sportsmanship by refraining from talking to officials.
- Cheer for our team.
- Our athletes have a lot of things to think about while they are running. We work on specific things in practice and we will correct things in practice as well. Athletes need to have a clear mind to implement the adjustments made by the Coach.
- One of our fundraisers for the team is our Snack Shack and Ticket Booth where we are in need of parent volunteers to help. Without parent support we will not have the opportunity to be open or will have limitations.
- Cheer for our team, but do not make negative comments toward our student-athletes.
- If you have a concern, please reach out to Coach Gleason. If you feel your concern is not being resolved adequately, please reach out to Athletic Director Mark Rand at mrاند@dusd.net

We have created a Remind group for parents to join to reach out to Coach Storey, if you are interested please join by texting the number **81010** and in the message write **@dhstrp25** to join the group.

We are excited for what the season will bring for us. In the above student contract we reviewed the fundraisers for the team and how students can fundraise for themselves if they are unable to due to the financial situation at home.

We have a Ticket Booth at the following events - Parents are Highly Needed here
Downey All Comers
John/Myers Downey Relays

The Snack Shack is open at all Downey Home Meets and Middle School Meets.

An online form will be sent out through REMIND when we get closer to the start of the season to sign up for a shift. We ask that each Parent sign up for at least one shift to help out the team. If you can do more than one shift, that is great and we **APPRECIATE YOU**.

We do understand that not all parents are able to take time away from work or home and are unable to help.

Another way we are asking for help is to donate items for the snack shack to help keep the team's expenses down with the purchase of the following items. EACH ATHLETE is asked to donate at least one item.

Items we will need:

- | | |
|-------------------------------------|--|
| ● Cases of Soda -Coke, Sprite, Diet | ● Cup of Noodles - Chicken and Beef & Shrimp |
| ● Case of Gatorade 20 oz | ● Box of Mixed Chips |
| ● Case of Water Bottles | ● Box of Spicy Chips |

Items can be brought anytime during our practices before our meets start, or on the days of the events. Monetary donations can also be made if you would like to help sponsor food for the snack shack.

If you have any questions, please contact Coach Storey through email: dstorey@dusd.net, through the Parent Remind App or on the Track Remind that athletes use.

Thank you to all of you for your help and support this season.

DOWNEY TRACK & FIELD 2025 SEASON

JANUARY 23RD, 2025 - THURSDAY - PARENT/ATHLETE MEETING @ 6:30 P.M. IN DHS THEATRE (FRONT BY MAIN OFFICE)

FEBRUARY 15TH, 2025 - SATURDAY - ALL COMERS @ DOWNEY H.S. @ 9:30 A.M.

Students at Downey @ 7:30 A.M.

Athletes Cost is \$5.00 - CASH - Purchase Wristband Early

Ticket Booth Entrance is \$5.00

FEBRUARY 22ND, 2025 - SATURDAY - COACH JOHN & COACH MYERS DOWNEY RELAYS @ 8:00 A.M.

Students at Downey @ 6:00 A.M at the "D" on the football field.

Ticket Booth Entrance is \$8.00

FEBRUARY 27TH, 2025 - THURSDAY - QUAD #1 - @ DOWNEY H.S. @ 3:00 P.M.

BELL GARDENS/DOWNEY CALVARY CHAPEL/DOWNEY HIGH/ TBD

MARCH 1ST, 2025 - SATURDAY - CONFERENCE TRACK PREVIEW MEET @ DOWNEY H.S

Students at Downey @ TBD

MARCH 5TH, 2025 - WEDNESDAY - QUAD #2 - @ DOWNEY H.S @ TBD

GAHR /LYNWOOD/PARAMOUNT/DOWNEY

MARCH 7TH, 2025 - FRIDAY - REDONDO TRACK MEET

THROWERS AND DISTANCE

Students leave DHS @ TBD

MARCH 8TH, 2025 - SATURDAY - REDONDO TRACK MEET

Students at Downey @ TBD

MARCH 13TH, 2025 - THURSDAY - QUAD # 3 @ DOWNEY H.S.

MAYFAIR/ NORWALK/ BELLFLOWER/DOWNEY

MARCH 15TH, 2025 - SATURDAY - LOCATION TBD

Students at Downey @ TBD

MARCH 26TH, 2025 - WEDNESDAY - QUAD #4 @ DOWNEY @ TBD

DOWNEY/LA MIRADA/TBD

MARCH 29TH, 2025 - SATURDAY - BELL GARDENS RELAYS

Students at Downey @ 6:00 A.M

APRIL 2ND, 2025 - WEDNESDAY @ WARREN HIGH SCHOOL @ TBD

Students leave DHS @ TBD

APRIL 4TH & 5TH - FRIDAY/SATURDAY @TRABUCO HILLS

FRIDAY - DISTANCE ONLY - STUDENTS LEAVE DHS @ TBD

SATURDAY- SPRINTS AND FIELD EVENTS - STUDENTS AT DOWNEY @ TBD

APRIL 8TH & 9TH - TUESDAY/WEDNESDAY - @ DOWNEY H.S. @ TBD**SUBURBAN VALLEY CONFERENCE CHAMPIONSHIPS****APRIL 11TH & 12TH - FRIDAY/SATURDAY****ARCADIA INVITATIONAL @ ARCADIA HIGH SCHOOL**

Students at Downey @ TBD

APRIL 23RD, 2025 - WEDNESDAY - QUAD MEET & SENIOR NIGHT - @ DOWNEY H.S @ TBD

LYNWOOD/MAYFAIR/GAHR

SENIOR NIGHT BANNERS - PURCHASE EARLY - INFO WILL COME OUT ON REMIND**APRIL 24TH, 2025 - THURSDAY - MIDDLE SCHOOL MEET - DOTY VS GRIFFITHS****@ DOWNEY H.S.****APRIL 29TH - CIF QUALIFIER PRELIMS @ WHS 3PM**

Qualified Students leave DHS @ TBD

MAY 1ST, 2025 - THURSDAY - MIDDLE SCHOOL MEET - DOTY VS SUSSMAN @ DOWNEY H.S.**MAY 2ND 2025 - CIF QUALIFIER FINALS @ WHS TBD**

Qualified Students leave DHS @ TBD

MAY 8TH, 2025 - THURSDAY - MIDDLE SCHOOL MEET - DOTY VS STAUFFER @ DOWNEY H.S**MAY 10TH - CIF PRELIMS @ TRABUCO TBD**

Qualified Students at DHS @ TBD

MAY 17TH - CIF FINALS @ MOORPARK HIGH SCHOOL @ TBD

Qualified Students at DHS @ TBD

MAY 24TH - SOUTHERN SECTIONS MASTERS @ MOORPARK HIGH SCHOOL @ TBD

Qualified Students at DHS @ TBD

MAY 16TH, 2025 - FRIDAY - MIDDLE SCHOOL ALL DISTRICT MEET @ DOWNEY H.S**FIELD EVENTS @ 4P.M. RUNNING @ 5P.M.****MAY 19TH, 2025 - MONDAY - TRACK & FIELD BANQUET @ STEVENS'S STEAKHOUSE -****6:00PM - Athletes Cost is \$30.00 and Guest \$35.00 - Tickets can be purchased early.****MAY 30/31 - CIF STATE CHAM @ BUCHANAN HIGH SCHOOL****SCHEDULE SUBJECT TO CHANGE**

**THIS PAGE YOU ARE TO RETURN TO COACH GLEASON OR COACH STOREY WITHIN 4
DAYS OF RECEIVING**

I have read and understand what is expected of my athlete in the way of helping to support the team and in the way of helping to fundraise for the team.

Name of Athlete _____

Signature of Athlete _____

Name of Parent or Guardian _____

Signature of Parent or Guardian _____

Best Contact Number for Parent _____

