

2026 LCC TRACK & FIELD RULES, ATTENDANCE and BEHAVIOR EXPECTATIONS

Athletes AND Parents: Please read through this entire document carefully before agreeing via Google Form at <https://forms.gle/PjZM4TKVRP1n7mvg8> by MAR. 06, 2026.

THIS MUST BE ON FILE FOR STUDENT ATHLETES TO BE ELIGIBLE TO PARTICIPATE IN ANY TRACK & FIELD MEETS OR PRACTICES.

LCC PHILOSOPHY:

High school track and field is not only about striving to do one's best as an individual athlete, but also about being part of a team. It is also about accepting all of the challenges, successes, and failures that come with that responsibility. It is not just about winning and losing; rather, track and field is about how one reacts to victory and defeat and how to incorporate those valuable lessons into one's life.

ATTENDANCE:

Attendance will be monitored and recorded daily with an understanding that there is a strong correlation between practice, performance, and minimizing risk of injury. Therefore, team members are expected to be at practice, on time, dressed and ready to go, each day. If you have an unexcused absence and/or incidents, you may not be allowed to compete in the next track & field meet. Incidents include behavior (see below), leaving early, and excessive tardiness.

After 5 unexcused absences, your event coach and/or Coach Moore will talk with you, after 6 unexcused absences, you will be dropped from the team. You are expected to inform your event coach regarding your absence at least a day in advance. If you do not inform the coach, your absence will be considered unexcused, with the exception of a true emergency (death in the family, severe illness, relative's severe illness, you get the picture).

WAYS TO INFORM COACHES THAT YOU WILL BE MISSING PRACTICE OR A MEET:

- **Submit an absence request via Google Form <https://forms.gle/y9eKV2Ebbt2kqpQi7> at least 24 hours in advance, unless it's an emergency, sudden illness, or injury.**
- Notify Coach Moore and your event coach at least 24 hours in advance, unless it's an emergency, sudden illness, or injury.
- We enter athletes into Invitational meets a couple of weeks in advance. Please look over the schedule and inform us (using the above absence request Google Form) of any meets your child cannot attend. We pay entry fees, and these are non-refundable.

THREE WAYS NOT TO INFORM COACHES THAT YOU WILL BE MISSING PRACTICE/MEET:

- Have a friend or teammate tell them
- Tell them right before practice, unless it is an EMERGENCY, illness or injury
- Tell them the next day

ABSENCES INCLUDE (but are not limited to, keeping in mind that you chose to be a part of this team):

- Missing practice and/or track & field meet
- Leaving practice and/or track & field meets early

EXCUSED ABSENCES INCLUDE:

- Doctor/ Dental appointments - You must bring a Doctor's Note/Receipt
- Parent or guardian requests their child's presence for family function or event. Must notify coaches of the absence in advance.
- If you are injured, you must still report to practice unless excused for medical reasons by your event coach and verification through your doctor's note. Please show up in your practice gear ready to help, unless told otherwise by one of the coaches.

IMPORTANT:

Missing school due to illness or injury is an excused absence and will not result in you having an absence that counts towards your 6 allotted absences, nor will family emergencies. Please bring an excused absence print-out from the attendance office.

TARDY:

Each athlete is expected to be dressed, ready to practice at 4:00 P.M. daily, unless notified earlier of a different time. Excessive tardiness is considered an incident. If you are injured, you are still expected to report to practice and/or track & field meets and help out when possible.

PRACTICE TIME:

Practice goes from 4:00-6:00 PM every day (except pre-meet days). Athletes are NOT permitted to leave practice early. Coaches may dismiss their event group early, but you are expected to be available until 6:00 PM, so do not ask to leave early. Doing so may result in your being marked absent for that particular day.

Student athletes who are not able to practice or compete in a track & field meet may be asked to sign up to help out at either the Youth Meet, Middle School Meet, or the League Meets as volunteers if you're physically able. This is a responsibility to support our team and League. All seniors not competing at the League Meet need to help volunteer.

PE CREDIT FOR TRACK AND FIELD ATTENDANCE REQUIREMENTS:

In line with District requirements, if a student athlete is participating in a team sport for PE credit, attendance policy rules are a little different. A 90% attendance is required at all team activities. Team activities include practice and dual meets for PE credit. The team schedule before post-season is 54 days long, so only 5 days of practice or dual meets can be missed, for any reason. In addition, PE credit student athletes must compete in at least 75% of the dual meets in at least one event unless excused by your coach. This is a minimum of 5 Dual meets. Failure to meet these requirements will result in not receiving credit for a PE class. No Exceptions.

BEHAVIOR:

All student athletes will participate with pride and class when they step onto the track and field. Student athletes are ambassadors for our school/team. We expect the highest standards from our team members at school, in competition, and in the community. We expect good sportsmanship at the stadium, to all those in attendance and their belongings. The same respect must be shown toward the competition, coaches, officials, teammates, and fans. Derogatory names and curse words will not be tolerated. These will be identified by the coaching staff, before or after the infraction. The reputation of La Costa Canyon High School Track and Field is critical and will be with us forever. Any athlete who places that reputation in jeopardy will face (severe) reprimand, including possible expulsion from the team. It only takes a single moment for one student athlete to destroy what we have all worked so hard to build. PLEASE represent LCC well!

Student athletes are expected to bring a positive attitude each day and follow the practice set for each day. Follow direction from your coaches. Failure to do so on more than one occasion is cause for removal from the team.

Individuals who use drugs, tobacco, alcohol, vaping or banned substances, whether at school or in the public arena, are not only subject to the district policies, but will be removed from the team immediately for the season. Think about your actions, for yourself, your family, and your school.

It is expected that all athletes act appropriately during the school day and school activities at all times. Any athlete who is brought to our attention for any disciplinary reason, either by an administrator, teacher, or other faculty member, will be dealt with appropriately. Athletes who do not immediately rectify the problem or are a perpetual disciplinary problem will be removed from the team.

Violence or bullying toward any individual will not be tolerated and may result in being removed from the team. This includes any type of abuse: verbal, physical, sexual, cyber, or hazing activities.

This is not a complete list of inappropriate behaviors we deem detrimental to the team, its members, and that may result in being dropped from the team.

MEET DAY RULES:

- All competing student athletes must ride the bus to and from away track meets.
- All athletes must show up in sweats for meet days.

- If compression bottoms/shorts are worn, they MUST be solid black with no visible logos.
- Relay competitors must wear the same uniform, including compression shorts if worn.
- Coaches need 24-hour notification by e-mail from a parent to leave an away meet with a parent when buses are provided.
- Know in advance what events you are entered in and what time you are to check in for each event.
- Do not bring any footballs, tennis balls or other balls to play with to practice and to track meets, this is an incident that counts towards dismissal.
- We enforce the rules required through CIF in San Diego, the State level.
- **ALL team members are required to stay until the end of dual meets for an all-team meeting on the infield, and to help with clean-up for both home and away meets.** Leaving early for an unexcused reason, as already mentioned above, will result in an unexcused absence, and can result in not being able to compete in the next meet and being dropped from the team.
- NOTE: We take roll at the end of dual meets.

PROBLEM SOLVING HIERARCHY:

All coaches in this program are more than willing to discuss any problem that may arise during the course of the season, we recommend following the proper channels. If there is harm or danger involving the student athlete, contact the head coaches immediately.

1. All discussions will begin with the **student athlete** talking with the **event coach** first.
2. If the problem is not resolved, then the **student athlete and/or parent** may request a meeting with the **event coach and student athlete** present.
3. If the problem is still not resolved, then the **parent and student athlete** should speak to both **head coaches**.
4. If the problem is still not resolved, then the **parent and student athlete** should request a meeting with the **athletic director**, Kari Digiulio.

VARSITY LETTERING:

Athletes will receive a varsity letter for earning 5 points over the course of a season. Points are awarded as follows:

- Points based on varsity meet scores (dual meets go 5-3-1, for 1st -3rd place; invites go 5-4-3-2-1... for 1st -5th place; for a relay, points are split by four)
- Not finishing the season in good standing will eliminate all of the described 5-point scoring.

Automatic letters are given to those athletes who compete in the League Finals, and finish in the top 5 for individual events, or top two in relay events (not alternates), as long as they complete the season in good standing. Any athlete competing at CIF prelims or farther will automatically receive a varsity letter (including alternates). Athletes will be asked in advance of League Finals if they are

available for the remainder of the post season. Those who are not will be dropped from competition in League Finals and subsequent events and may not receive letters due to not finishing the season in good standing.

Seniors who did not earn 5 points but competed as a varsity athlete for three-fourths of the dual meets may earn a varsity letter and in good standing.

Athletes must complete the season in good standing, which requires competing in all competitions that the student athlete qualifies for, including League, CIF prelims and CIF Finals, and returning all uniforms and equipment at the end of the track & field season.

The lettering process is also at the coaches' discretion.