



George C. Marshall High School Cross-Country & Track and Field Policies and Rules Packet

Welcome to the cross-country, winter and spring, track and field seasons. The coaches are here to assist you to achieve your goals whether it is fulfilling a dream, becoming a better athlete, taking your athletic abilities to the next level or just for the pure pleasure of competition. What we require of you is your commitment, support and respect. We would like to emphasize that this sport is fun and competitive and we want you to view it as such. Even though we are here to have fun some rules are necessary. Therefore, we want you to take a few minutes to read the following guidelines, explaining FCPS and GCM regulations, the team's rules and the coaches' expectations.

Mission Statement and GCM Philosophy

We, as coaches and athletes, promise to strive daily to reach our highest potential as instructors, student-athletes, team members and citizens of our community. We will strive to create a positive, harmonious environment, which will be based on mutual respect and support for everyone including competitors. We will strive to represent Fairfax County, Marshall High and ourselves with respect and dignity. ***Team goals will always supersede individual aspirations.***

These necessary Forms must be completed before you can practice.

1. VHSL Physical/Eligibility form.
2. Emergency Care Card.
3. Student Athlete Information Sheet (Included in this Packet).
4. Extra-curricular Participation Policy with your signature and your parent/guardian's signature.
5. Your signature and your parent/guardian's acknowledgement that you and your Parent/Guardians have read and understand the rules and policies Cross-country and Track and Field Packet.

Note: VHSL forgery rule – One calendar year suspension from all High School Activities. This rule applies to student signature, parent signature, insurance company and policy number.

Substance Abuse Policy

We shall adhere to all school and county regulations governing the use of illegal substances. Any use or possession of drugs, tobacco products, or alcohol are strictly prohibited and will be dealt with in accordance to stated rules and regulations as dictated in the students' rights and responsibility handbook. Punishments may include dismissal or suspension from the team, in addition to any administrative or legal actions.

George C. Marshall Injury/Illness Policy

Our goal is to have healthy players performing at the highest possible level throughout the season. However, we recognize that injuries are part of any athletic activity. Injured individuals must demonstrate their ability to play at a competitive level in practice prior to participating in any contest. You are responsible for notifying the coaches of any injury immediately. You will be referred to the Certified Athletic Trainers (ATCs) for evaluation and treatment. Mr. Reynolds and his staff are allied health care professionals and we trust their judgment. We know they will do everything possible to get you back as quickly and safely as possible. If you or your parents are concerned that a visit to the doctor may be necessary, we encourage you to see the athletic trainers first when possible. Whether you see a physician or not, the final determination of your readiness to participate will be made with input from the ATCs, physician, coaches, parents, and yourself and is based on your functional ability. If you have questions or concerns, please contact the coaches or Marshall's ATCs at (703) 714-5492.

All injury rehabilitation and treatment must be completed BEFORE practice. You are responsible for reporting to the athletic training room in a timely manner after school (ideally before 2:30pm).

Again, the final decision regarding a return to participation will be made with input from the ATCs, physician, coaches, parents, and the individual athlete. The coaching staff supports the decisions rendered by the ATCs.

Fundraisers & Invitationals

Everyone is expected to participate in the annual **Marshall Booster's Christmas Tree Sale (Thanksgiving Week)** and the annual **Mulch Sale (last weekend in March)** fundraisers. Each member is also expected to participate in the team fundraiser. The money collected as part of the team fundraiser is use to pay for the invitationals, uniforms, t-shirts and the end of the season award dinner. Supporting the fundraiser is the first step to attending the invitationals. The second step is meeting the meet performance standards.

Expectations/Goals

1. Be good sportsmen and women.
2. Set goals for yourself and go beyond them.
3. Give your best effort.
4. Be respectful and disciplined.
5. Use practice to prepare you for the meet.
6. Improve yourself both as a person and an athlete.



Website & Group Page

All updates to this package and all announcements will be posted on the team website (www.gcmtrackandfield.com). Member of Fairfax Public School System and athletic member of the Liberty District, Northern Virginia Regional and Virginia High School League (VHSL).

Coaches: Clifford C. Wong, Head Coach
301-793-2900 (Cell)
Email: headcoachwong@yahoo.com

Darrell General
202-528-1378
Assistant Coach, Distance
Head Cross Country Coach
runbrotherman@yahoo.com

Theodore Robinson
703-509-3155
Assistant Coach, Jumps

Jose Portillo
Assistant Coach, Throwing
Jose.portillo@fcps.edu

Mindy Harman
540-219-0135
Assistant Coach, Sprints & Hurdles
mharman@sportandhealth.com

Steven Friend
703-489-1783
Assistant Coach, Sprints & Jumps
Steven.l.friend@gmail.com

Director of Activities
Joe Swarm
Joe.Swarm@fcps.edu
703-714-5411

Administrative Assistant, Student Activities
Mirella Sanford Arroyo
Mirella.arroyo@fcps.edu
703-714-5409

Attendance Policy

- Participation in an extra-curricular or athletic contest requires that you must attend a full day of school. Only students with prior notification (in writing) and approval by the activities office will be given consideration to this rule.
- **All track and field practices and meets are MANDATORY.** All schedule conflicts need to be addressed in writing to the head coach prior to the first day of practice.
- Practices can begin as early as 2:45 p.m. and will last between 2 and 3 hours. All members of the team will warm-up and stretch together. Please make arrangements for transportation.
- The student athletes should see the athletic trainers between 2:30pm and 3:00PM before the start of practice. Showing up at 3:00pm to the athletic trainer is unacceptable.
- Unexcused absences will not be tolerated. **List of excused absences – funeral, wedding, doctor's appointment, or school sponsored activities.** Written notice via email should be provided prior to the missed practice.
- To be eligible to compete in your next meet, you must be at practice a **minimum of three days** during that week. Two unexcused absences will result in suspension from the next meet. Four unexcused absences equals suspension for two meets. The fifth unexcused absence will result in dismissal from the team. ***Repeated absences of any variety hurts your teammates, and may lead to suspension or dismissal from the team.***

Transportation Policy

- The school or coaches will provide transportation for all competitions the team attends.
- All athletes are required to ride the team bus. **Any athlete missing the scheduled transportation bus will not be allowed to drive and compete at the meet.**
- No athlete will be permitted to drive to the meets, unless under unusual circumstances with the proper paperwork and approval of the head coach and the activities office. The approval must be in writing and requested at least two days in advance.
- No student is permitted to ride with another student or parent from the meet without prior approval by the head coach and activities office.
- Athletes are fully expected to stay throughout the entire meet in order to support their teammates who supported them earlier.
- Athletes may only leave with their parents or guardians and must have prior notification from the Student Activities Office and the head coach.
- **NO CELL PHONE USE ON THE BUS OR AT PRACTICE.**

Lettering and Awards Policies

- All students who participate and complete the season will receive a certificate of participation.
- For students to be awarded Varsity lettering status, they have to finish the season in good standing, be selected to compete at the District Championship and return their school issued uniforms.
- To be eligible for the championship, athletes have to meet event standards set by the coaching staff. These standards will be posted on the website prior to the first meet.
- In addition, athletes who are outstanding beyond participation on and off the track and field, will receive other awards selected by the coaches.
- To be in good standing with the team – athletes are expected to display effort and a positive attitude in their events and towards their coaches, teammates, and competitors.
- Letters are symbols of adherence to team goals and respect for the program, teammates, coaches, school and the sport. You will be evaluated on more than just performances on the track and on the field.

Grading Policy

- VHSL regulations require a passing grade in a minimum of five classes in order to be eligible for participation. **Any student with a D or F will have two weeks to show improvement, or will sit out from competition pending the raising of their grades or showing they are taking steps to improved their grades.**
- Coaches have the option to require weekly grade sheets as a requirement of participation. Failure to submit them will result in suspension from competition.

George C. Marshall High School

2009 - 2010 Winter Track and Field Schedule

Meet	Start Date	Site	Type of Meet
Statesmen Jubilee	Saturday, December 05, 2009	Marshall	Fundraiser
Mclean vs GCM & LANG	Saturday, December 12, 2009	EHS	Tri-meet
Holiday Invitational	Saturday, December 19, 2009	PGCSLC	Invitational
Friends of Indoor Track Invitational	Wednesday, December 30, 2009	PGCSLC	Invitational
GCM vs Wakefield & O'Connell	Friday, January 08, 2010	TJMS	Tri-meet
Montgomery Invitational	Saturday, January 09, 2010	PGCSLC	Invitational
Yorktown vs GCM & TJSST	Friday, January 15, 2010	TJMS	Tri-meet
Flames HS Invitational	Friday, January 15, 2010	Lynchburg, VA	Invitational
FUMA Invitational	Saturday, January 16, 2010	Fork Union, VA	Invitational
Virginia Tech Invitational	Friday, January 22, 2010	Blacksburg, VA	Invitational
Jefferson vs GCM & Chantily	Saturday, January 23, 2010	EHS	Tri-meet
Liberty District Championship	Friday, January 29, 2010	PGCSLC	District
Liberty District Championship	Thursday, February 04, 2010	PGCSLC	District
Northern VA Regional Championship	Saturday, February 20, 2010	George Marson U	Regional
VA AAA State Championship	Friday, February 26, 2010	TBA	STATES

**Please check the team website (www.gcmtrackandfield.com) for the most update changes to this schedule.

George C. Marshall Track & Field

Spirit Pack - Winter 2009

LS Red shirt w/roster on back	Price	Quantity	Total \$
Small	11.00	0	0.00
Medium	11.00	0	0.00
Large	11.00	0	0.00
X-Large	11.00	0	0.00
XXL	13.00	0	0.00
<hr/>			
Blue Spike Bag	8.00	0	0.00
<hr/>			
SS Black Tie-Dye shirt w/name on back			
Small	14.00	0	0.00
Name:			
Medium	14.00	0	0.00
Name:			
Large	14.00	0	0.00
Name:			
X-Large	14.00	0	0.00
Name:			
XXL	16.00	0	0.00
<hr/>			
Sweat Shirt w/name on back			
Small	22.00	0	0.00
Name:			
Medium	22.00	0	0.00
Name:			
Large	22.00	0	0.00
Name:			
X-Large	22.00	0	0.00
Name:			
XXL	24.00	0	0.00
Name:			
<hr/>			
Sweat Pants			
Small	18.00	0	0.00
Medium	18.00	0	0.00
Large	18.00	0	0.00
X-Large	18.00	0	0.00
XXL	20.00	0	0.00

* Name:

* Make checks payable to **MARSHALL BOOSTERS**

* All forms due to Coach Harman by **Monday November 23, 2009**



Total Due = **0.00**

****Excel version of this order form will be on the team website.**

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Student Signature _____ Parent Signature _____

George C. Marshall High School
7731 Leesburg Pike
Falls Church, VA 22043
703-714-5414
www.gcmtrackandfield.com

Complete this form and bring it with you when you come for the meeting on Tuesday.

Athlete Name: _____

Nickname: _____

Cell Number: _____

Date of Birth: _____/_____/_____

Graduation Year: _____

Email: _____

(VERY IMPORTANT)

Parent/Guardian Names:

Mother Name: _____

Mother Email: _____

Best Number: _____

Father Name: _____

Father Email: _____

Best Number: _____

What are your goals for the up-coming season?

Please list your personal bests: Times, Height, or Distance (Throwers).

Event: _____ Event: _____

Event: _____ Event: _____

Event: _____

Student-Athlete's Signature: _____

Parent/Guardian's Signature: 1. _____ 2. _____