

GCM Winter T&F 19 – 20 Packet

All student-athletes who submit all their paperwork by the November 16th, 2019 will be part of the team pending the completion of the 1600m time trial at the Team Fund Run fundraiser on Sat. Nov. 23rd. All others wishing to join the team after the 16th will need to make the event performance standard set by the event coaches. All pieces of paperwork below need to be verified before you will be allowed to be added to the roster. No one will be allowed to participate without all paperwork completed and verified by the Coach Wong.

- ❖ Communication
 - We have a very large team, average over 150 athletes per season in the last 10 years, so emailing is difficult because it is sometimes view as spam. So, please visit the team website – www.gcmtrackandfield.com, follow us on Twitter, join Remind and sign up to voluntary on this internal page (it is cannot be viewed from the main page – only with this link) - <http://www.ccwllc.net/GCMTF/id94.html>
 - The Calendar is update on the website – www.gcmtrackandfield.com with 99% of the events, important dates and track and field meets.
 - If, you do not have Twitter – the feed is posted on the website.
 - The www.gcmstatesmensports.com track and field page is operated and update by the school.
- ❖ Team & Activities Contacts
 - Member of Fairfax Public School System and athletic members of the Conference 13 / National District, 6A North Regional and Virginia High School League (VHSL).
- ❖ Coaches (Season's at Marshall):
 - Clifford C. Wong (20th Season), Head Coach T&F, 301-793-2900, gcmtrack@gmail.com headcoachwong@yahoo.com
 - Darrell General (20th Season), Head Cross Country Coach, Distance, 202-528-1378, runbrotherman@gmail.com
 - Theodore Robinson (18th Season), High Jump, 703-509-3155, Black_sky_2000@yahoo.com
 - Jose Portillo (15th Season), Throwing, Spanish Teacher, 571-426-8565, jose.portillo@fcps.edu, japortillo75@gmail.com
 - Alex Arteaga (4th Season), Triple & Long Jump, CC, arteagasjo@gmail.com
 - William "Alex" Haugh (4th Season), Distance & CC, 703-627-8311, wahaugh@gmail.com
 - Courtney Herbolshimer (3rd Season) Distance & CC, courtherb@gmail.com
 - Keaton Cintorino (2nd Season) Sprints, keaton.cintorino@gmail.com
 - Rita Buckley (1st Season) Administrative
- ❖ Administration:
 - Principal, Jeff Litz, DJLitz@fcps.edu 703-714-5402
 - Director of Activities, Joe Swarm, Joe.Swarm@fcps.edu 703-714-5412
 - Assist. Director of Activities, Cornel Williams, cwilliams@fcps.edu 703-714-5411
 - Administrative Assistant, Student Activities, Kathy Veoni KMVeoni@fcps.edu 703-714-5409
 - Assist. Director of Activities, Michael Brown, mtbrown2@fcps.edu 703-714-5443
- ❖ Paperwork Requirement
 - VHSL Physical Form
 - This form needs to be on file with the Activities Office or Athletic Trainers.
 - All physicals needs be verified by Athletic Trainers or Activities.
 - Concussion Education for Parents & Student Athlete Online
 - Please bring the sign copy and submit to the Activities Office & Athletic Trainers
 - If, you complete it in the fall – you do not need to complete it again.
 - Emergency Care Card
 - A new copy will be needed for the track and field team even if you did Cross-country or track and field with Coach Wong in the past season.
 - Student Athlete Information Form
 - The form is on the team website – www.gcmtrackandfield.com – this form expires on Nov. Sat, 23rd at 11:30PM.
 - If, it is not completed by then – you will be allowed to be part of the team.
 - New Requirement
 - Everyone who get their completed paperwork in by the first week of the season will make the team.
 - Anyone wishing to join on the 2nd week will need to make the time standards set by the event coach in which the student is interest in competing. Standards will be published on the team website.
 - Exceptions will be dealt with case by case and will need to be reviewed only by the Head Coach.
 - Final Requirement
 - Everyone is required to complete the 1600m time trial.
 - Athletes will be practicing leading up to the time trials
 - 100% of athletes who complete their paperwork and do the 1600m runs will make the team.
 - There is no "tryout" like basketball, soccer, Field Hockey
 - Time trial will be completed as part of the Team Family Fun Run on November 23rd, 2019.
 - If, you cannot make this event – your last chance to complete it will be on the Mon, Nov 25th however, it will be a 3200m.

- ❖ Attendance Policy
 - Participation in an extra-curricular or athletic contest requires attendance in school the day of. All track and field practices and meets are MANDATORY. All schedule conflicts need to be addressed in writing to the head coach as soon as possible.
 - Practices can begin as early as 3:15PM and will last between 1.5 to 2 hours. There will be other practices for sprinters, jumpers and shot putters addressed by those Coaches. The student athletes should see the athletic trainers as soon as school ends to minimize miss practices.
 - Before the first meet there will be no team practice on Thursdays. After the meet starts, we will have Fridays as the off day. We highly recommend student athletes schedule all appointments on those days. Athletes staying after school for TOK and other school related reasons are required to come to practice after. There will be a coach there late, so they can get their workout in for that day. Repeated absences of any variety hurt your teammates and may lead to suspension or dismissal from the team.
 - Unexcused absence from any meet in which you are entered to compete will result in you missing the next schedule meet. An unexcused absence from an invitational in which you are entered, automatically means you miss the next invitational.
 - One absence of any kind during the week, equal two absences because you have Thursday or Friday off and it will be the Head Coach's Decision if you will compete that week. Four (4) unexcused absences will equal probation, five (5) unexcused absences equal Suspension from the meets and an unexcused Sixth absence will equal Dismissal from the team.
- ❖ Lettering and Awards Policies
 - Certificate of Participation
 - Complete the season in good standing. 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. Competing at the last meet quad or invitational meet they are entered by the coaches including the championships. Return their school issued uniforms a week after their final competition. Compete in at least 3 meets. Does not mean as soon as you hit 3 meets – you quit coming to practices and meets.
 - Varsity Lettering
 - There are few ways to earn your letter. Athlete must finish the season in good standing, they can better the lettering standards, return their school issued uniforms a week after their final competition, compete in at least 3 meets, compete in the last meet quad or invitational meet they are entered by the coaches.
 - Championship Eligibility
 - Athletes can meet the lettering standards set by the coaching staff. These standards will be posted on the website prior to the first meet, better the Conference/District, Regional and State standards set by VHSL, they must compete in at least 3 meets, compete in the last meet quad or invitational meet they are entered by the coaches.
 - Awards
 - In addition, athletes who are outstanding beyond participation on and off the track and field will receive other awards selected by the coaches, 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. Coaches and Activities Office have the option to require weekly grade sheets as a requirement of participation. Failure to submit them will result in suspension from competition and eventually the team.
- ❖ Injury/Illness Policy
 - 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 by Mr. Eric Mathis and his staff. All injury rehabilitation and treatment must be completed BEFORE the schedule practice start time. You are responsible for reporting to the athletic training room in a timely manner after school.
- ❖ Substance Abuse Policy
 - We will 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.
- ❖ Transportation
 - These rules will be strictly enforced. Anyone not willing to adhere to these rules will be asked to forfeit their place on the team or will be terminated from the team.
 - All athletes will sign in when they get on the bus going to the meets or be check off by a coach.
 - We will then do a check off on the way back from the meet.
 - If, anyone needs to leave from the meet with a parent. I need the submission by 12 noon the day of the meet and we will make a note on the checklist and then the parent/guardian will need to sign the athlete out before leaving the meet.
 - If, it is an emergency and parent/guardian need to take an athlete from the meet. I will need an email plus the parent/guardian will need to need to sign off on the checklist.

- Any parent/guardian who would like for their student/athlete to leave from the meet with another parent – need to give advance notice via email copying and giving permission for the parent/guardian to sign out your student/athlete from the meet.
- Athletes who are driving to meet – needs to let me know by 12 noon the day of meet, they need to sign in once they get to the meet and then sign out before they leave the meet.
- Athletes driving to the meet with their parents – need to sign in once they get to the meet and sign out before they leave the meet by their parents.
- No athletes will be allowed to ride with another student-athlete without permission from their parent and notification of the driver's parent/guardian. The athlete will need a riding form and driver need to complete the insurance information form.
- Anyone leaving the meet without signing out will be suspended for two meets the first time it happens, if it happens again – the athlete will be dismissed from the team.

❖ Attendance

- We will strictly be enforcing the attendance at practices and meets.
 - It is the responsibility of each athlete to sign in for practices each day. I will have a book for each Class – please find it and sign in.
 - The list will be checked each day and recorded – anyone who does not sign will be marked absent. If an athlete is sick or cannot make practice they need to email me – Coach Wong at headcoachwong@yahoo.com to be marked as excused for the day. Excused does not guarantee you will be allowed to compete – it just ensures you are accounted for the day.
 - Too many absences will result in suspension and dismissal from the team as listed in the rules and policies
 - If you need to see the trainer and cannot practice – you need to sign in and note it in the attendance book, so we account for you and we do not add you to meets.
 - If you miss practices – it is the coaches' choice if they allow you to compete.
 - Completing the online form on your availability is a requirement. It is your responsibility to complete the form. If you do not complete it – the assumption is, you are not available for the meet and will be left off.
 - Quad & Tri-meets – I need the form completed by Tuesday Nights (link on the internal page).
 - Invitational
 - I need the form completed 5 days in advance. Entries are usually due 3 to 5 days before the meet.
 - I will always post the entries ahead of time to allow for corrections. If you forgot to complete the form and attend practices – your participation will be based on space on the bus or in that event.
 - Any errors with the entries need to be submitted via email by the deadline set by the coaches.
 - Unless told otherwise by the coaches – you are expected to compete in all events assigned by the coaches each meet.

❖ Team Fundraisers

- Budget
 - We need to \$2,000.00 for the invitational meets especially this year – Quad and Tri-meets were cut by one.
 - We would like to also keep buying more uniforms, warm ups for the team
 - We are constantly adding better training equipment
 - We have to restock – batons, spikes, pins, awards and supplies
 - Therefore, we need to raise another \$1,000.00.
 - We usually have 120 to 150 athletes. @100 athletes raising \$30.00 will allow us to make our budget Target.
- Booster's Christmas Tree
 - Saturday, November 30th and Saturday, Dec. 21st
 - All member of the team is required to participate, this is most important Booster's fundraising event. Athletes will be working 1-hour shifts. Please use the sign up on the team website to pick your shift. We will need parents to supervise the students. If, the sign up is not filled out by November 24th. I will be assigning shifts.
- Road Runner Team Night – Thursday, November 21st – 6PM to 8PM
 - 1120 W Broad St, Falls Church, VA 22046
 - This event is set up for the athletes to get educated on equipment mainly shoes needed for the season. The staff at Road Runners will serve pizza and drinks and present products, conduct shoe fittings and answer any questions. The team will get money for the number of attendees and for sales. Team members are required to attend, and parents are expected to attend however, no one is required to purchase anything. Showing up signing in and listening to the presentation is all that is needed.
 - If, you have never run track before – it is a great chance to get fitted for the correct shoes.
- Team Fund Run – 1600m Time Trials
 - Athletes will be asked to seek a sponsor (family, friends) to support them for this event. Each member is asked to raise at least \$30.00. Each member is required to participate in the team fundraiser. All funds collected will be used to pay for invitational track and field meets, uniforms, field and track maintenance, and end of the season awards.
 - Everyone needs to complete their 1600m time Trials as the final requirement to become a member for the team, so this is a mandatory event.
 - We will be giving up prizes such as most fundraised will win a Booster Pass, someone will win a uniform and other surprises.

- Spirit Pack Store - Online
 - All spirit pack will be order through the online store; it will be listed on the team website – www.gcmtrackandfield.com The deadline for Monday, November 25th at 5PM. All spirit pack items are completely voluntary – there is no requirement to buy. However, we highly recommend athletes purchase the competition uniforms (top and bottom) and the blue warm up sweat shirt. PARENTS – YOU ARE ALLOWED TO ORDER FOR YOURSELF.
- ❖ Track Meets
 - 3rd David Cannon Polar Bear Meet
 - Saturday, December 7th, 2019
 - Need 40 to 50 Parent Volunteers
 - Field Event Help, Concession, Ticket taking, Clerk
 - Food Donations
 - We will have a signup genius for this meet on the internal page.
 - This is a required meet for all members of the team.
 - This is the only meet everyone is guaranteed to compete.
 - All other meets on our schedule have limitations
 - TJMS meet – limited distance running, jumps
 - EHS Meet – limited Sprinting
 - Invitational Meet – limited amount of entries
 - Invitational Track Meet
 - These meets are highly competitive and limited entries
 - They are necessary for championship qualifications and preparation
 - These meet cost money, the school or boosters do not pay for these, that why we must fundraise.
 - Everyone will be eligible to attend based on
 - Performance at Meets and Practices
 - Attendance at practices and meets
 - Special arrangement will be made for meet with overnight stay.
 - VA Showcase & VMI Invitational
 - Higher competition, national ranked meet
 - Athletes attending this meet will have to pay a little more extra out of pocket.
 - Only 12 to 16 athletes will be attending
 - Some entries are due a month before, so commitment is very important and early meet performances have a big impact
 - Quad & Tri-meets & Polar Bear Meet
 - Entries will be based completely on attendance and availability
 - So, it is very important that you sign in at practice
 - Complete the meet Availability form on the internal page by Tuesdays
 - Parents – volunteering to help at these meets is a guarantee that kid will compete (assume they attend practices)
 - We are limited to 98 athletes on the buses – so important that you take of attendance and sign up
 - Thomas Jefferson Middle School (TJMS)
 - Friday, Jan. 3rd & Friday, Jan. 17th
 - No spikes, only rubber bottom shoes (I will have a link on the internal page)
 - Jan 3rd – Students will still be on vacation. So, you will need to sign up.
 - We will have practices during the winter break.
 - Episcopal high School (EHS)
 - Saturday, Dec. 21st
 - Everyone will be competing – so spot will be valued.
 - You can wear competition spikes at this meet
 - We will need parent volunteers
 - Long & Triple Jumpers – make sure you make this meet –
 - this is where our championships will be held.
 - Polar Meet (Dec. 14th & Jan. 25th)
 - Chantilly Polar Bear – Dec. 14th
 - Bowie Invitational will be limited
 - This meet is optional but highly recommend for athletes who does make the invitational
 - If, you do make the cut for Bowie or Dec. 21st and your out of town during the break
 - Your next meet will be Jan. 17th – so please sign up for this meet
 - Edison Polar Bear – Jan. 25th
 - This meet is pending.
 - It will be limited with the running events.
 - Most of the focus will be for jumpers
 - No relays

GEORGE C. MARSHALL WINTER T&F SCHEDULE 2019 - 2020

Name	Date	Location	Type	Note	Venue	Meet Start Time	Departure	Meet End Time	Buses
3rd David Cannon PB Invitational	Saturday, December 7, 2019	George C. Marshall HS - Falls Church, VA	Polar Bear	Mandatory	Outdoors	9:30PM	N/A	2:30PM	Home meet
Chantilly Chargers Polar Bear Meet	Saturday, December 14, 2019	Chantilly HS - Chantilly, VA	Polar Bear	Optional	Outdoors	9:00AM	7:30AM	2:30PM	1
Ed Bowie Invitational	Saturday, December 14, 2019	PGSLC - Landover, MD	Invitational	Selected Athletes	Indoors	9:00AM	7:00AM	5:30PM	1
Quad Meet - TCW - GCM - WP - YKT	Saturday, December 21, 2019	EHS - Alexandria, VA	Quad Meets	All Athletes	Indoors	7:00AM	6:15AM	TBA	2
FIT Invitational	Thursday, December 26, 2019	PGSLC - Landover, MD	Invitational	Selected Athletes	Indoors	9:00AM	7:00AM	5:30PM	1
Marine Corps Holiday Classic Day 1	Friday, December 27, 2019	Armory - New York, NY	Invitational	Pending	Indoors	10:00AM	TBA	TBA	Carpool
Marine Corps Holiday Classic Day 2	Saturday, December 28, 2019	Armory - New York, NY	Invitational	Pending	Indoors	8:00AM	TBA	TBA	Carpool
PR Holiday Invitational	Saturday, December 28, 2019	PGSLC - Landover, MD	Invitational	Selected Athletes	Indoors	9:00AM	7:00AM	5:30PM	1
Quad Meet - ANN - GCM - OAK - WEST	Friday, January 3, 2020	TJMS - Arlington, VA	Quad Meets	All Athletes	Indoors	5:30PM	4:30PM / 4:45PM	9:30PM	2
Montgomery Invitational	Saturday, January 11, 2020	PGSLC - Landover, MD	Invitational	Pending	Indoors	9:00AM	7:00AM	4:30PM	1
VTCA Indoor Invitational	Saturday, January 11, 2020	VMI - Lexington, VA	Invitational	Selected Athletes	Indoors	9:00AM	TBA	4:30PM	Carpool
Tri Meet - CHAN - GCM - LEE	Friday, January 17, 2020	TJMS - Arlington, VA	Tri-meet	Majority of Team	Indoors	5:30PM	4:30PM / 4:45PM	9:30PM	2
VA Showcase 2019 Day 1	Friday, January 17, 2020	Liberty University - Lynchburg, VA	Invitational	Selected Athletes	Indoors	TBA	TBA	TBA	Carpool
VA Showcase 2019 Day 2	Saturday, January 18, 2020	Liberty University - Lynchburg, VA	Invitational	Selected Athletes	Indoors	8:30AM	TBA	TBA	Carpool
Edison Polar Bear Meet	Saturday, January 25, 2020	Edison HS - Alexandria, VA	Polar Bear	Pending	Outdoors	9:30AM	7:15AM	2:30PM	1
Last Track to Philly	Saturday, January 25, 2020	Georgetown Prep - Bethesda, MD	Invitational	Selected Athletes	Indoors	9:00AM	7:30AM	4:30PM	1
National District Championship Day 1	Tuesday, January 28, 2020	EHS (Alexandria,VA) & TJMS (Arlington,VA)	District	Qualified Athletes	Indoors	5:30PM	4:15AM	9:00PM	1
National District Championship Day 1	Wednesday, January 29, 2020	EHS (Alexandria,VA) & TJMS (Arlington,VA)	District	Qualified Athletes	Indoors	5:30PM	4:15AM	9:00PM	1
National District Championship Day 2	Friday, January 31, 2020	EHS (Alexandria,VA) & TJMS (Arlington,VA)	District	Qualified Athletes	Indoors	5:30PM	4:30PM	9:30PM	1
6A Northern Regional Champs Day 1	Monday, February 10, 2020	PGSCL - Landover, MD	Regional	Qualified Athletes	Indoors	TBA	TBA	TBA	1
6A Northern Regional Champs Day 2	Wednesday, February 12, 2020	PGSCL - Landover, MD	Regional	Qualified Athletes	Indoors	TBA	TBA	TBA	1
6A State Meet Day 1	Friday, February 28, 2020	Boo Williams Sportsplex - Hampton, VA	States	Qualified Athletes	Indoors	11:00AM	8:15AM	7:30PM	Carpool
6A State Meet Day 2	Saturday, February 29, 2020	Boo Williams Sportsplex - Hampton, VA	States	Qualified Athletes	Indoors	8:30AM	TBA	4:30PM	Carpool