

## WINTER TRACK TEAM BIBLE 2011-12

You are now a member of the Chantilly Track & Field team, one of the region's best combined boys and girls teams. We have often been the District Champions and constant winners at all levels of competition. We intend to maintain our reputation. The coaches expect you to perform on and off the field as champions, even in the classroom. Do not lose this booklet as it contains important information about both Indoor and Outdoor seasons. The following are areas of concern to the coaches and need to be fully understood by you:

- 1). **ACADEMICS-** You are here to learn! You must have passed the previous semester with at least 5 D's or better and be taking 5 subjects to be eligible. We certainly hope better! Academics take precedence over your social life. You can receive tutoring in all classes if you want or need it. Please do so! With stiffer rules for college entrance, the pressure has increased over the past few years. No college coach wants or will accept an athlete that does not exhibit the ability to succeed. Your job at this point in life is to be a good student. That is what the coaching staff, your parents and you should expect in terms of your classroom performance.
- 2). **ATTENDANCE-** Missing practice tells us that you really do not want to be running track. Making up tests, getting help, and detention are not excuses for **MISSING** practice, just as practice is not an excuse for missing any of these responsibilities. When you are done, you are expected to come to practice, bringing a note when you are late. None of these activities will last throughout all of our practices.
- 3). **PRACTICE-** We will begin stretching at 2:50 each day in the cafeteria or on the track. Be on time and dressed for practice (layer with sweatclothes). Inclement weather- assume there is practice unless announced otherwise. We may stretch, lift weights, or watch films. The team captains (TBA) are responsible for an orderly stretching routine (up to ½ hour) upon arrival of the coaching staff. Only your event coach can excuse you from practice. Doctor and dental appointments should be made with our meet and practice schedule taken into consideration whenever possible. If you give us two hours of dedicated practice, you'll never have anything to worry about.
- 4). **EMERGENCY CARE CARD/ PHYSICAL INFORMATION-** You must have an emergency care card and a physical since May 1<sup>st</sup> in order to practice or compete. In addition, you must have an emergency care card completed in case you are injured and need immediate medial attention. Get these documents taken care of now!!!! **If you use an inhaler, epipen or any other medication that is essential in case of a bee sting, diabetes, etc., we must have the medication in the medical kit.**
- 5). **CONDUCT-** No one is above the team. Fighting, mouthing off, refusing to do the workouts, leaving early, showing disrespect for any adults or your teammates may be grounds for dismissal. This also includes behavior in the locker rooms. You should not leave your valuables in the locker room. Theft from lockers has been a problem in the past. Make sure your locker is indeed locked! Athletic lockers are not to be used during

the day. If you are involved in disciplinary actions with teachers or administrators you can expect that we will be called in promptly. This means trouble for everyone involved, and can result in serious consequences. Act responsibly, behave yourself, and save all your energies for the track. At track meets, it is especially important to be a good sport! This includes exhibiting sportsmanship towards your teammates and opponents alike. Win or lose, you must conduct yourself with class!!!

6). MISSING MEETS- Failure to show up for meets causes problems for everyone. Your relay teammates who must run with someone who has not practiced handoffs, coaches who have to redo lineups, and teammates who see an attitude that the team is not as important as other activities. You have a schedule. Make sure to set your work schedule, SAT testing, appointments, etc., around it. Nothing will cause resentment and bad feelings more than letting down teammates. We point all season towards specific meets and when someone is lazy or does not care, our work can be for naught.

7). UNIFORMS- Every member of the team will purchase a singlet and shorts/briefs. These will be the same throughout Cross Country, Indoor Track and Outdoor Track. In addition, each member will be expected to purchase a team shirt, which will be worn by all members to each competition we attend. Please make sure that you purchase running shoes that will last throughout the season. Spikes/racing flats are recommended but not mandatory, although they will enhance your performance on the track.

8). TEAM DINNER- (Athletes Only)- Everyone is expected to attend our team dinner. This is when we traditionally kick off our drive towards the district, regional, and state championships. This is important. Clear your schedule and be there on time! You will be notified on what to bring to the dinner. The team dinner is considered a lettering requirement.

9). SPORTS AWARD NIGHT- All awards are distributed at this affair. We would like to have your parents or guardians attend. This banquet is for you and your parents, not for the coaches. The sports award night is considered a lettering requirement. **IT IS YOUR NIGHT; BE THERE!!!**

10). INJURIES- All injuries must be reported to your coaches and they should be kept informed of your progress weekly for long term injuries. You will be expected to go to the trainer, ice, and stretch. If you see a doctor, a report should be given to the coach or trainer.

11). EVENTS- Some of you haven't the slightest idea of what you want to do and that's okay! Talk with the coaches. There are 12-15 different running and field events plus the relays. Try different events to find one in which you will be successful. The presumption is that you will work out with dedication. Success does not come easily! Find your event and go after it! **MEMORIZE YOUR EVENTS SCHEDULE-** Ask questions to be sure you are in the right event at the right time.

12). BEHAVIOR/APPEARANCE- You are expected to dress and act appropriately in school, at track meets, and on the bus ride to and from track meets. We will and must stay focused on why we are at the meets in the first place- to compete! When you have completed all of your events for the day, then you are expected to cheer in a positive manner for your fellow teammates in a loud and orderly fashion.

13). BUS TRANSPORTATION- You are expected to ride the bus to and from track meets. **Due to budget limitations, we may need to ask some parents to help for certain meets, or allow licensed seniors to drive THEMSELVES ONLY.** Any other arrangements must be made through the coaches or the athletic director before the day of the meet. **You will not be allowed to ride home with a friend or their parents.**

14). SUBSTANCE ABUSE- The use of drugs, alcohol or tobacco will lead to your immediate dismissal from the team. NO EXCEPTIONS!!! Make the right choice.

15). EQUIPMENT- Those issued or using equipment are responsible for its safe use, care, upkeep and return. Do not leave blocks, etc. out at the end of practice. Do not drag mats; carry them. Put hurdles off the track after practice. Do allow poles to hit the ground when vaulting. Only throw the discus when in the cage. Bring any faulty or dangerous items to the attention of the coaches.

16). CONDITIONING FOR OTHER SPORTS- From time to time, other sports hold conditioning sessions. Please be advised that missing track practice to attend a conditioning session or practice for another sport is NOT an excused absence from track practice. Notify the coach of the other sport that you are participating in track and need to honor that commitment. All coaches would rather that you are upfront and responsible towards your obligations to your current sport. They will understand and not hold it against you. We will be happy to talk to them, if you like. Also, be advised that coaches talk to each other. The other coach will not be happy if you are less than honest with them and your track coaches. If you shortchange us, you will shortchange them.

#### TEAM GOALS

1. Improving your personal performance each time you compete.
2. Strong dual meet season.
3. Qualifying as many athletes as possible for the district, regional and state meets.
4. Placing as many athletes as possible on the All-District and All-Region teams.
5. Always maintain a high level of sportsmanship and have fun.
6. Do your best in practice, meets and the classroom.
7. Coming together as a team and believing in your coaches, parents, teachers and teammates. We are one and we win as one! Everybody on our team is important, no matter how fast or how slow he/she runs. Remember- to be a Charger is to be emblematic of the best.

TRYOUTS: To qualify for participation, we have instituted a tryout system. It is our thought that we wish to limit participation of the track team only to those people who have taken the care to condition themselves, and who are capable of meeting a performance standard. It is important to us as coaches, and indeed, hopefully to you as athletes, that this team be acknowledged as a competitive group, and not simply as a running club that is open to anyone who feels like doing a sport, but not willing to prepare.

The tryouts will be held over a three day period, Monday-Wednesday, November 15<sup>th</sup>-17<sup>th</sup>. You must tryout in two “consecutive” events from: 100m dash, 200m dash, 400m dash, 800m run & 1600m Run.

The minimum standards are:

	<b>100m Dash</b>	<b>200m Dash</b>	<b>400m Dash</b>	<b>800m Run</b>	<b>1600m Run</b>
<b>BOYS</b>	14.5	29.5	65.0	2:50.0	6:15.0
<b>GIRLS</b>	17.0	36.0	82.0	3:28.0	7:15.0

**All Times are Handheld**

You will run one event, for time, on Monday and on Tuesday. For those who do not meet a performance standard on either of the first two days, they will get a last chance in any event on Wednesday.

You must meet a standard in at least one of the events, and will be placed in your group, depending upon which event you qualify in (100m, 200m, 400m= sprinters) & (800m, 1600m= distance runners).

Freshmen athletes will not be cut due to standards, but may be held from competition until a standard is met in practice. In order to make the team, though, they must participate in tryouts. Freshman must also meet the minimum standard prior to competing in their first meet. Upperclassmen who do not make the tryout standard will not make the team. The standards will remain the same this year for both indoor and outdoor track.

For those athletes who are planning on being shot-putters, you will be considered on a probationary status. Due to the technical nature of the event, in order to remain on the team, throwers must demonstrate an ability to compete by hitting a standard by the Jan 6<sup>th</sup> meet of : 23’ 6” (girls), 33’ 6” (boys)

## TRACK TEAM CUT POLICY

Once Tryouts are completed, the track team does not make cuts based on talent, but we do have a cut policy which is based upon certain behaviors which are contrary to our expectations for all of our athletes. This policy is based upon the desire of the coaching staff to limit participation only from those members who display a certain lack of commitment to our team, such that we are less able to extend the appropriate level of attention to those athletes who express, through their actions, a strong commitment to our team and its success.

The high level of participation in our team, while beneficial to our program, has placed additional stress on each of our coaches who have been faced by more athletes than ever before. The coaches are responsible for ensuring the following for each athlete: 1) quality instruction and guidance in their sport, and 2) an appropriate level of supervision to ensure their safety. When athletes who are not committed to our team and its success, they monopolize the coaches' time, attention and efforts. In doing so, those athletes distract the coaches' attention from the group, decrease the ability of coaches to provide instruction, guidance and supervision for their teammates, and therefore diminish quality of the experience for the team.

We are requiring that each athlete display an equal level of commitment to our team in order to be part of this program. The coaches will be evaluating each athlete, on a continual basis, in the following areas:

- Attendance at practices and team functions
- Timeliness to practice, functions, and in completing responsibilities (ie: submitting of paperwork and fundraising materials)
- Effort in practice, from beginning to end
- Sportsmanship
- Teamsmanship

Should the coaches decide that an athlete is not meeting our expectations of commitment, he or she will be given a verbal warning, including an explanation of the expectation that is not being met, and placed on probation. The athlete will then have one week to demonstrate, through action, that he or she is capable of meeting this expectation in order to continue participation in the team. If no changes are observed during the probationary period, the athlete will be dismissed from the team.

Please notice that there are no performance standards that must be met in order to remain a member of the team. This means that an athlete must demonstrate through action that he or she is willing and active contributor to the success and improvement of our team.

Guidelines: Off-Campus Running

III. Guidelines for Athletes Training Off-Campus

These guidelines must be reviewed with all student participants prior to the start of off-campus conditioning programs. Each student-athlete should return a signed copy of the guidelines to his or her coach and receive a copy to keep.

- Run single file facing traffic when there are no sidewalks.
- Stop, look, and listen when crossing key intersections.
- Cross with traffic lights.
- Do not cut diagonally across intersections or streets.
- Always run with a partner.
- Do not run on private property.
- Do not carry discmen/Ipods, Frisbees, tennis balls, or any other distractions.
- Follow the approved specified course.
- Check in with the coach at the end of the day's run.
- Run defensively and anticipate problems.
- DO NOT CHALLENGE MOTOR VEHICLES!!!!

**IN SUMMARY- SAFETY COMES FIRST AND FOREMOST!!!!**

When crossing Stringfellow/Poplar Tree Rds...**ALWAYS USE THE CROSS WALKS AT THE STOPLIGHT!!!!** Always run across the stopwalks, looking for cars, because they are not looking for you. You should always go where the coaches tell you to, and stay w/in shouting distance of a teammate. Please minimize conversations to the point where you can still pay attention to your surroundings.

A FINAL NOTE- When opposing teams see us enter the stadium or field house they know that we have come to compete. When you put on your uniform, you represent all the work that you and a generation of Chantilly runners before you have put forth. We are no ordinary high school team. Everyone expects us to be successful. This year will be no different. We expect each and every one of you to work harder than you ever have before. We expect all of you to maintain academic excellence and to be proud of you are- WINNERS! C-H-A! N-T-I! L-L-Y! Who we be? CHANTILLY!!!!

#### Track Meet Commandments

- 1). MEMORIZE the dual meet order of events! Know what events are before your events. Know when you run so you can warm up properly.
- 2). Get plenty of sleep, fluids, and eat right.
- 3). All field events start at the posted meet time. The triple jump generally follows the long jump. Get plenty of run-throughs or practice jumps, throws, etc.
- 4). You must warm up and cool down for each and every event. If you are running three events, this means you will have three warm ups/cooldowns.
- 5). If your event requires starting blocks, get to the line early to set your blocks on the correct setting.
- 6). If you are running hurdles, make sure you practice going over and over the hurdles until you work up a sweat.
- 7). Know where the clerk of the course is and where to check in and where your event starts and finishes.
- 8). Don't bother officials about your times. Get them from your coach. JV times will be given to you at the finish line in your lane. Turn them into the coach ASAP. Get your sweats and cool down.
- 9). After you run for the first time, put your sweats back on. Don't let us see you lying on the ground. There will be aches and pains if you don't allow your body to properly cool down.
- 10). Stay in our designated or chosen area.
- 11). No one leaves the meet early unless released by either Coach Gilchrist or Franks. Check out must be done only if your parent is taking you, and you have checked out with that coach who is taking attendance on your bus.
- 12). NO RADIOS- IPODS are the only audio devices permitted, provided they do not interfere with your ability to cheer your own teammates on.
- 13). Make sure you have all of your equipment needed on meet day.
  - a). Singlet, shorts/briefs, training shoes, spikes/flats, and socks.
  - b). Team shirt, warm-ups/tights/sweats, t-shirt, extra shorts, extra socks
  - c). Field event markers and tape measures, shot, discus, poles, batons
- 14). NEVER talk back to an official, starter, opposing coach or athlete.
- 15). Never throw any equipment out of frustration or disappointment. This is a good way of getting yourself or your relay disqualified and a quick way to be disciplined for your actions.
- 16). HOME MEETS- (Outdoor)- Everyone is expected to come early and help setup for all home meets. Everyone is expected to stay to the end to help put equipment away. Everyone is expected to help contribute during the meet as needed.

**COACHES' INFORMATION:**

**Dr. Matt Gilchrist- Co-Head Coach, Distance**  
**[MTGilchrst@aol.com](mailto:MTGilchrst@aol.com) (703) 861-9642**

**Jason Franks- Co-Head Coach- Sprints/Hurdles**  
**[Jason.Franks@fcps.edu](mailto:Jason.Franks@fcps.edu)**

**Nick Burgoyne- Asst. Coach- Pole Vault**  
**[nsburg@hotmail.com](mailto:nsburg@hotmail.com)**

**Raymond Gee- Asst. Coach- Sprints/Jumps**  
**[gee3400@msn.com](mailto:gee3400@msn.com)**

**Anver Ansari- Asst. Coach- Throws**  
**[Anver.Ansari@fcps.edu](mailto:Anver.Ansari@fcps.edu)**

**Jimmy Beyeah- Asst. Coach- Jumps**  
**[jbeyeah@gmail.com](mailto:jbeyeah@gmail.com)**

**L.A. Snead, IV- Asst. Coach, Distance/Mid-Distance**  
**[lasnead12@gmail.com](mailto:lasnead12@gmail.com)**

**Danielle Hicks- Asst. Coach, Sprints/Jumps**  
**[DMHicks@fcps.edu](mailto:DMHicks@fcps.edu)**

**Lia DiValentin- Asst. Coach, Distance**  
**[ldivale1@gmu.edu](mailto:ldivale1@gmu.edu)**

**Waleed Mufti- Asst. Coach- Distance**  
**[wnmufti@gmail.com](mailto:wnmufti@gmail.com)**

**OTHER NUMBERS:**

**Terry Brown, Director of Student Activities**  
**[Terry.Brown@fcps.edu](mailto:Terry.Brown@fcps.edu); (703) 222-8161**

**Activities Office- (703) 222-8160**

**Activities Hotline- (703) 448-4909**  
**(Please check this in case of inclement weather)**

**Athletic Trainers- Eric Castor - (703) 222-8170, Kevin Boss**

**CHANTILLY CHARGERS ATHLETICS WEBSITE: [www.chantillysports.org](http://www.chantillysports.org)**

**CHANTILLY TRACK/CROSS COUNTRY WEBSITE: [www.chargercctrack.com](http://www.chargercctrack.com)**

**Please check the website regularly for any announcements, other pertinent information.**

**CHARGER PARENTS:**

PLEASE TAKE THE TIME TO READ THIS INFORMATION PACKET.

Included are rules, regulations, lettering requirements, the schedule, information about volunteering, the off-campus running guide, coach's phone numbers/email addresses, etc.

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**As an athlete and a parent, I recognize that these expectations are valid throughout the entire 2011-12 school year, and are consistent through the cross country, winter track, and spring track seasons. By initialing each of the following, I accept that I have read and understood each of the following pages, and accept any penalties which may come about, through due process, for not adhering to them.**

**Parent Initials**

**Student Initials**

- \_\_\_\_\_ : I have submitted my VHSL Physical Form & my Emergency Care Card
- \_\_\_\_\_ : I have completed my required FCPS Athlete & Parent Concussion Ed Program
- \_\_\_\_\_ : I have submitted my Athlete Info & Parent Info sheets via Online
- \_\_\_\_\_ : Track Team Rules
- \_\_\_\_\_ : Cut Policy
- \_\_\_\_\_ : Off-Campus Running

Student Name & Signature \_\_\_\_\_

STUDENT EMAIL ADDRESS: \_\_\_\_\_

Parent Name & Signature \_\_\_\_\_

PARENT EMAIL ADDRESS: \_\_\_\_\_

## 2011-12 Winter Track & Field Schedule

Date	Day	Event Time	Scheduled Event	Bus Leaves	Meet/Location	For Whom
1-Nov	Tues	7:00 PM	Team Meeting- ALL FORMS DUE!!!	n/a	CHS Cafeteria	ALL
4-Nov	Fri	2:00 PM	ALL FORMS DUE (Absolute Last Day to Join Team)	n/a	Coach Gilchrist	ALL
7-Nov	Mon	2:50 PM	First Day of Tryouts(100m, 1600m, 400m)	n/a	Chantilly Track	ALL
8-Nov	Tues	2:50 PM	Second Day of Tryouts (200m, 800m)	n/a	Chantilly Track	ALL
9-Nov	Wed	2:50 PM	Third Day of Tryouts (Makeups/Last Chance for Non- Qualifiers)	n/a	Chantilly Track	TBD
10-Nov	Thurs	2:50 PM	First Day of Practice	n/a	Chantilly Track	ALL
14-Nov	Mon	2:50 PM	Make-Up Tryouts (for athletes cut from B-Ball or other winter sports only)	n/a	Chantilly Track	TBD
16-Nov	Wed	2:40 PM	Kickoff Meeting for Fundraiser	n/a	Cafeteria	ALL
16-Nov	Wed	7:45 PM	=PR= Team Shoe Night	n/a	Reston Town Center	ALL
22-Nov	Tues	7:00 PM	Winter Sports Parents Meeting	n/a	Auditorium	Parents
28-Nov	Mon	3:00 PM	Track Team Pictures	n/a	Gym	ALL
3-Dec	Sat	7:20 AM	Herndon, CHS, Madison & Edison	5:40 AM	Episcopal HS	ALL
3-Dec	Sat	2:00 PM	Fundraiser Sales Blitz/Money Due	n/a	Gym	ALL
10-Dec	Sat	8:00 AM	South County Vertical Summit	TBA	South County SS	PV/HJ
16-Dec	Fri	6:00 PM	Team Holiday Dinner	n/a	CHS Cafeteria	ALL
17-Dec	Sat	6:00 PM	=PR= Holiday Invitational ***	6:00 AM	PG Cty. Complex	TBA
27-Dec	Tues	8:00 AM	Friends of Indoor Track Invitational ***	6:00 AM	PG Cty. Complex	TBA
6-Jan	Fri	5:30 PM	GCM, CHS, Yorktown	3:30 PM	TJMS	ALL
7-Jan	Sat	8:00 AM	Montgomery Invitational***	6:00 AM	PG Cty. Complex	TBA
13-Jan	Fri	6:00 PM	Flames Invitational ***	9:00 AM	Liberty University	TBA
14-Jan	Sat	9:00 AM	Flames Invitational ***	7:00 AM	Liberty University	TBA
14-Jan	Sat	7:20 AM	GCM, CHS, McLean	5:40 AM	TJMS	ALL
20-Jan	Fri	4:00 PM	Mid- Area Track Classic ***	9:00 AM	Liberty University	TBA
21-Jan	Sat	7:20 AM	Lake Braddock, CHS & Fairfax	5:40 AM	Episcopal HS	ALL
24-Jan	Tues	5:30 PM	Track Team Dinner	n/a	Cafeteria	ALL
26-Jan	Thurs	4:00 PM	Concorde District Championships***	2:00 PM	PG Cty. Complex	TBA
2-Feb	Thurs	4:00 PM	Concorde District Championships***	2:00 PM	PG Cty. Complex	TBA
18-Feb	Sat	8:00 AM	Northern Regional Championships***	TBA	GMU	Qualifiers
24-Feb	Fri	TBA	Virginia AAA State Championships***	TBA	Hampton, VA	Qualifiers
25-Feb	Sat	TBA	Virginia AAA State Championships***	TBA	Hampton, VA	Qualifiers
29-Feb	Wed	7:00 PM	Winter Track Awards	n/a	Gym	ALL
10-Mar	Sat	TBA	National Scholastic Indoor National Championships	n/a	New York, NY	Qualifiers
11-Mar	Sun	TBA	National Scholastic Indoor National Championships	n/a	New York, NY	Qualifiers

\*\*\*- Saturday invitationals only allow a limited number of participants. We will let you know ahead of time if you are or are not competing. Postseason meets also require team limitations and/or automatic qualifying.

Please set ALL of these dates aside right now. You are making a real commitment to this team: for yourself, your teammates, and your school. You are expected to make ALL functions at which you are expect to participate. Only illness or family emergencies constitute excused absences, which must be approved ahead of time by Coach Gilchrist, with written documentation. Failure to show up at team functions may lead to suspensions, loss of lettering, or dismissal from the team.

## *Website Pointers*

[www.chargercctrack.com](http://www.chargercctrack.com)

In addition to/in lieu of the school sports website ([www.chantillysports.org](http://www.chantillysports.org)), we also maintain our own team webswite at [www.chargercctrack.com](http://www.chargercctrack.com). When looking to reference information for track or cross country, it is highly recommended that you go to this site first, as the information will often be more in depth than what is put on the school site, which is primarily used just for schedule, some announcements, and meet writeups.

While we do try to put a lot of information onto our track website, there are a few areas which you may wish to visit regularly, in order (hopefully) to cut down on questions which may have already been answered.

**Schedule-** Please mark down dates on your calendar ASAP. Once the season schedule is posted (w/out the DRAFT notation), it will not be changed w/out any sort of email announcement or other notification. Please set these dates aside at the beginning of the season. Assume at the beginning that you will be competing in every meet; we will let you know if you are not competing.

**CURRENT SEASON-** This button is where you will find most of your pertinent info for this season, as well as announcements for upcoming seasons (ie: tryouts, etc).

1. **Workout Schedules-** these will be posted at the beginning of each week; especially helpful for holiday times, or to determine what you are to be doing on the weekend.
2. **Meet Lineups & Info-** We will post our lineups usually 24 hours before our regular Wednesday meets (on Tuesdays). We do need to consider who has been in practice all week or who may be injured, which is why we do not make them up earlier. These will also be posted on the bulletin board the day before the meet. For invitationals, we will post them as soon as they are entered. For many invitationals, entries are to be made up to 2- 3 weeks in advance, while some are not made until the week of the invitational. Once the entries are made, there is usually no switches or limited changes, thus you are responsible for being available. We will also post any information we have regarding schedules.
3. **Performance Lists-** Each week, I will update our season-long performance list, so you can see how you stand on your team in each event. You will also be able to see if you have letter or qualified for a post-season meet.
4. **Results-** After each meet, I will put up CHS results (individual and team), and for invitationals, I will also post full results of the meet.

**STANDARDS-** For each season, you will be able to reference what the qualifying standards are for: tryouts, lettering, District, Regional & State meets. The post-season meets will change slightly each year, but the tryouts and lettering will only change sporadically.

**FORMS-** For each season, I will post all forms online on this menu. I will also post a spreadsheet so you can sporadically check to see if you are missing anything.

**PHOTOS-** For many meets, we have people taking photos. Tom Foley (parent) is very good about taking photos and uploading them onto their albums. I am also willing to start putting other photos online if you wish to send them to me, preferably on a disc, but via email is fine, too.

**DIRECTIONS-** For meet locations both locally and far away, I will post directions from CHS to the meets.

**ANNOUNCEMENTS-** For most meets, particularly invitationals, I will try to follow up with an meet writeup to provide information for those people who couldn't make it to the meet. In addition, I will also post any pertinent announcements on the front page for easy reference. Most announcements will also be accompanied by an email (these are cut/pasted onto our school site).

**ATHLETE OF THE WEEK/CALENDAR-** On the front page announcements, I will post a listing of the athletes of the week. I will also post our calendar and list of upcoming dates for quick reference.

**eTraXC –** Our other website we will utilize is eTraXC, which is primarily used for communications, and for those who wish, for tracking their workouts. I will send our mass emails for athletes and parents through eTraXC, through the Communication page. Each team member will have a log-in user name and password, and will be able to use these functions. I do request that you let me know ASAP if your email address changes, so that I can update this promptly.

The Facebook logo, consisting of the word "facebook" in a white, lowercase, sans-serif font with a registered trademark symbol (®) to the right, set against a solid blue rectangular background.

## **CHANTILLY HS CROSS COUNTRY/TRACK & FIELD**

**We have come to understand that Facebook is fast becoming the most efficient use of communication, and as such, we have started our own group page. As a coach, I encourage any CHS athlete, parent, or alumni to join this group.**

**We will be using this to post announcements, meet summaries, and we encourage parents/athletes to upload photo albums to share with everyone.**

**This will not replace standard emails or the use of our website, [www.chargercctrack.com](http://www.chargercctrack.com), but to enhance our communication abilities.**

**We encourage team members to have their team members and parents join the group to keep as many people abreast of team affairs as possible.**

**Note: As administrators, the coaching staff requests that any posts which may be made on the wall be directly pertaining to CHS Track & Cross Country, and should be limited. Please keep your language clean and topics of discussion positive in nature, and be aware that this page represents the team as a whole, and should not be used for personal conversations.**