

Bayport-Blue Point

Girls Spring Track

Dear Parents and Guardians,

Your daughter is now a part of the Bayport-Blue Point Varsity Girls Track Team. While many view track as an individual sport, the girl vs. the clock, I can assure you it is just as much a team sport as anything else. It is hard to train and push yourself past the point you think your body is capable of. When the mind starts to doubt itself, one of the major ways it can overcome the desire to quit, is to remember that the runner is not doing this for herself. Remembering that their teammates are counting on them is what can get girls through many races and achieve the goals they have set for themselves. For that reason, both myself and Coach Burke will be fostering the growth of the team as well as the development of each individual runner. Keeping that in mind, there are several things I would like to make you aware of:

Student Athlete- Our student-athletes are viewed as students first and then as athletes. In order for your child to keep the privilege of participation in interscholastic athletics, they must first fulfill their responsibilities in our school and in their classrooms. Any disciplinary and/or academic problems may impact your child's status on the team. I view Track and Field as an extension of the classroom, however I can assure you, every girl must be a student- I want them all to be athletes. If a girl must go to extra help, that is a priority and lateness to practice will be excused. If you or your daughter has any concerns about this, please don't hesitate to contact me.

Attendance- In order to be able to compete in the first contest, Section XI rules state that each athlete must have ten practices before the first meet. Our district requires that students be present during school in order to participate in the day's practice or track meet (Have to be in school for at LEAST 5 periods). Any athlete that is absent the day before a meet may not be able to participate in the meet. If an athlete is not able to practice due to an injury, she will not be able to participate in practice or compete in any meet until a doctor's note is presented to the coach clearing that girl to run. The season is at least 12 weeks long; therefore **any more than seven missed practices will result in disciplinary actions** being taken with the ultimate penalty being released from the team. Be aware that any vacations taken during the Spring Recess or Memorial Day Weekend will take away any "wiggle room" your daughter has the rest of the season. Any athlete that qualifies for a post season meet is expected to compete in that meet. Failure to participate in team championship races could result in the athlete's position on the team being jeopardized. Any athlete that qualifies for the State Qualifying Meet and the New York State Championships will have to compete into the second week of June. Practices start at 2:45 P.M. on school days and usually at 8 A.M. on Saturdays. Students should be aware that many teachers offer extra help before school and during free/lunch periods. They are encouraged to attend these sessions before having to miss practice.

Pickups From Away Meets- Bus transportation will always be provided to and from all meets. If for any reason, you would like to pick up your child from an away meet, the athlete must provide a note to her coach the day prior to the meet written by the parent/guardian who will be there to pick up them up (**signed by the athletic office as well**). Athletes will not be released out of the supervision of the coach to another athlete's parent or guardian. At the meet, there will be a maroon colored team binder that will have a sign out page inside. Simply print your daughter's name, the date and time you are leaving and sign your name (Please leave the signed note in the binder if I have not already taken it). While there are always unexpected events that pop-up, every athlete is encouraged to stay with her team and support them. Being picked up for work or something along those lines would be considered a lack of support for the athletes' teammates and can jeopardize the athlete's status on the team. As with all things, the better the communication between your daughter and the coaching staff, the easier it will be to keep things working as smoothly as possible.

Philosophy- This is a varsity level program and every year we are looking to score as high as possible in league and county standings. For that reason, I expect every girl to put in 100% towards making herself faster or jump/throw farther, not just for herself, but for her team. I promise to do my best to get every girl to improve, keep them injury free and take the team as far as they can go. The team has many girls on it, however no one person is more important than anyone else. Every girl will have the full dedication of the coaching staff and every other team member's support. At the beginning of every season, I ask the girls to let me know what their goals are. As long as the girls are doing what they are supposed to do during practice and putting in the effort that they hope their teammates put in for them, there is no reason all goals cannot be met.

A few other random things:

- There are always scheduling conflicts during the long spring season. The earlier the coaching staff is alerted to these problems, the easier they are to fix. There are a few meets that we cannot be flexible on: the county championship meet, state qualifier meet and the state championship meet. If your daughter qualifies for those meets, she is expected to be there.
- A good pair of sneakers and proper clothing is the best way to avoid injuries and sickness throughout the season. Especially early on in the season, the weather is still very cold and many layers of clothes should be worn.
- For all home meets, the girls will have to set up all of the events before the opposing team shows up. While many of them are busy, more than one will always have work, homework, a family obligation, dance, etc... For that reason, I would like all girls to stay after to help clean up all the equipment at the conclusion of the meet. Obviously, emergencies take precedence, but for the extra five to ten minutes it will take, we can use all the help we can get.
- We always have practice/meets. Do not EVER assume that something is cancelled. If anything is ever going to be cancelled, it will be listed on this site and I will email you directly. Do not listen to rumors about cancellations.

• **COMMUNICATION IS KEY**

If you would like to contact me:

Vin Ungaro
Head Coach- Girls XC + T&F
Email- coachungaro@coachungaro.com
School Phone # - 472-7800
Emergency contact # on overnight trips- 987-5715

To ensure that all parents and guardians are aware of the team's efforts, I ask that you sign this letter and have your child return this letter signed to me. Please also check the following website for the schedule, the attendance policy, necessary parent/athlete information (including this information page) and just about anything else:

www.coachungaro.com

It is my hope that this letter will clarify our expectations and responsibilities as a team, but if you still have questions or concerns please feel free to email me at:

coachungaro@coachungaro.com.

Thank you in advance for your support and I look forward to seeing you at the meets.

Sincerely,

Vincent Ungaro
Head Coach

Chris Burke
Assistant Coach

(Please Fill out, tear off and return to Coach Ungaro)

By signing below you acknowledge that you have read and signed both this information packet as well as the Bayport-Blue Point Extracurricular Eligibility packet.

Student's Name

Parent/Guardian's Signature

Parent/Guardian Email