



GLENCOE TRACK & FIELD 2026

GLENCOE HIGH SCHOOL – 2700 NW Glencoe Rd.. – Hillsboro, OR 97124

You will need: 1. An up to date physical 2. To fill out the participation form 3. To pay the fee

TEAM RULES AND EXPECTATIONS

ACADEMIC: Athletes are expected to maintain satisfactory academic standing including:

1. Being enrolled in *at least 5 academic classes (2.5 credits) at all times during* the spring semester. This includes seniors.
2. Having passed 5 classes in the fall semester of the 2024-2025 academic school year.
3. Being “on track to graduate”. *Concerns about this academic expectation can be raised on an individual basis with the athletic office*

SOCIAL (IN PERSON AND ONLINE):

1. Athletes are expected to be good citizens, obeying all school rules including state and federal laws.
2. Athletes are expected to treat peers with dignity and respect and show the highest levels of respect to teachers, administrators, school staff, and the learning process.

TEAM ROLE AND SPORTSMANSHIP:

1. Athletes are expected to give their best effort at both practices and meets.
2. Athletes are expected to treat all teammates, opponents, coaches, and officials with respect and dignity.
3. Athletes are expected to be supportive of their teammates at all times.

ATTENDANCE AND PREPAREDNESS:

1. Athletes are expected to adhere to our **practice policy**.
2. Athletes are expected to adhere to our **attendance policy**.
3. Athletes are expected to be in full team uniform at all meets.
4. Athletes are expected to travel to and from all league meets on a bus with the team unless arranged ahead of time with a coach or unless transportation restraints require it.

Any violation can result in consequences ranging from

	Minimum Consequence	Maximum Consequence
1st Offense:	Verbal Warning	Removal from Team
2nd Offense:	Suspension from Team	Removal from Team
3rd Offense	Removal from team	

Parents must understand these expectations to allow athletes to adhere to our attendance policy.

DAILY PRACTICE EXPECTATIONS

We host practice *every* weekday during the season, including days when school is not in session. (Spring Break is an exception – see note on the next page). Practice begins promptly at 3:45 and generally lasts between one and two hours, depending on an athlete’s chosen discipline/events. Athletes training in different event groups and/or for multiple events will have different departure times. When departure time is a concern, athletes must communicate with their event coaches. As an athlete at practice, you are expected to:

1. Arrive on time, prepared with all required clothing and equipment.
2. Listen to your coaches and complete all assigned workouts.
3. Give your best effort and strive for improvement every day.
4. Be supportive of your teammates.
5. Attend every day.
 - If you are **injured**, attend practice, communicate with coaches, and complete assigned therapy and/or alternate workouts.
 - If you are too sick for school, then you are **too sick for practice**, too. Stay home and communicate accordingly.
6. Communicate with your coaches *before* seeking treatment from training staff and other medical professionals.
7. Have fun!

ATTENDANCE POLICY

Daily track practice attendance is mandatory for team membership. While **Glencoe Track & Field** is a *non-cut/non-tryout* sport, ours is a highly competitive program with equally high expectations. Like other high school sports, expectations go beyond those in middle school sports and/or recreational sports programs. Please familiarize yourself with our expectations, including:

- Attendance at practice means completing the entire workout as assigned by coaches.
- Leaving practice early, without consent of coaches, is considered an unexcused absence.

ABSENCES

SICKNESS/EMERGENCY:

In the event of **sickness** or **emergency**, notify the coaching staff before 2pm via ParentSquare forms: If you are **too sick** to attend a class during the school day, then you are **too sick** to participate in after school activities!



Failure to notify staff prior to start of team practice will result in the absence being labeled “unexcused”

PLANNED ABSENCES:

Please communicate with your coaches with as much advanced notice as possible for a **PLANNED ABSENCE** during the season. Not all reasons for absences will be “excused” (see examples to the right.) Please consider changing plans to accommodate your commitment to Sunset Track & Field. The coaching staff reserves ultimate say about which absences are excused.

There may be other unplanned absences that arise after the season begins. Again, we ask discretion when planning: *is it possible to schedule the conflict outside of the season or outside of practice time?* Please **communicate** in person as well as the ParentSquare form as far in advance as possible with coaches.

Excused	Unexcused
Doctor’s appointments <i>However, we ask that parents refrain from scheduling new appointments during practice time.</i>	After-school job <i>If work is mandatory, adjust your hours. See coaches if you anticipate a conflict.</i>
Grandfather’s 100 th birthday <i>Weddings, memorials, and other family events like these are honored and valued by coaches.</i>	Second cousin’s 7 th birthday <i>And other insignificant family events... we ask you to use judgment when considering their importance.</i>
Model UN tournaments / College visits <i>Coaches encourage the academic pursuits of athletes, SAT and PSAT tests are included here.</i>	Photography Club meeting <i>Clubs take a backseat during the season</i>
Academic help after an extended school absence <i>By arrangement only.</i>	Tutoring, study groups, make-up tests, etc. <i>Academics are important but schedule these items around practice times.</i>

SPRING BREAK: *Spring Break practices are hosted by event group. More details will be provided closer to the date.* All absences over Spring Break will be excused. Absences from practice on **March 30th**, due to extended Spring Break may impact participation in the ensuing meets. **Please consider your commitment to Glencoe Track & Field when making travel plans.**

UNEXCUSED ABSENCES: Unexcused absences are those that do not meet the expectations outlined above. The consequence of an unexcused absences is suspension from a meet. A third unexcused absence during the season will result in an athlete’s dismissal from the team. Two consecutive absences without communication with coaches may result in an athlete’s suspension from the team, pending a conference with parent, athlete, and coaches.

ACADEMIC ABSENCES: (*partial- or whole-day absences from class*) To participate in track & field, class attendance is required. Unexcused absences during the school day could prevent an athlete from being allowed to attend practice or compete in meets on the afternoon of the absence. Athletes who are absent from one of more classes during the school day will be considered “excused” only in the following situations:

- Doctors/Dentist appointments
- Field trips
- College visits
- Family emergencies

DOCTOR VISITS: School district policies require any athlete visiting a doctor (or other medical professional) during the sports season for a sports-related ailment/injury **must return to practice** with a doctor’s note with the medical recommendation. This note must be presented to the school’s athletic trainer before the athlete can return to practice and competition.

SICKNESS: If you are **too sick** to attend a class during the school day, then you are **too sick** to participate in after school activities!

HEALTHY HABITS

SLEEP: Athletes should get **8-10 hours** of sleep each night. Rest is important for recovery, energy, immune function, and mental health. Do your best to get good sleep, including: stay off electronics an hour before bed, avoid doing homework or stressful tasks in bed, avoid stressful activities before bed, and limit your intake of caffeine during the day.

NUTRITION: Athletes expend a great deal of energy at practice and competition therefore they should be eating throughout the day. It is a good idea to pack snacks that you can eat all day including a breakfast and lunch full of nutrients. A good rule of thumb is to pack more than you think you'll need. It is also important to eat both before and after practice. Eating before and after practice/competition is important for recovery, energy, injury prevention, healthy hormone function, immune function and much more. Some suggestions for pre and post training are as follows:

45-60 minutes before - mostly carbs, some protein/fat. Food suggestions: peanut butter and banana sandwich, bagel with cream cheese, granola bar, pretzels and cheese.

10-30 minutes before - all/mostly carbs. Food suggestions: bagel, banana, granola bar, dried fruit, pretzels, Gatorade.

15-30 minutes after - carbs and protein. Food suggestions: bagel with peanut butter, chocolate milk and a banana, granola bar, crackers and cheese, yogurt and granola, pretzels and jerky, sandwich.

HYDRATION: Athletes need adequate hydration for their myriad of needs. You should drink fluids throughout the day. Carrying around a reusable water bottle is a good start, but make sure you are drinking from it. Make sure to increase your fluid intake as your training intensity increases and as the temperature outside increases.

COMPETITION POLICY

Coaches reserve discretion to determine the readiness and preparedness of athletes for competition. The following events have more stringent requirements than "just showing up to practice":

- **Events with minimum clearance standards** (high jump and pole vault)
- **More technical events** (examples include hurdles, triple jump, etc.)
- **Events where safety is a premium** (throwing events and pole vault)
- **Multi-lap track events** (800m, 1500m, and 3000m races)
- **Events with participation limits**
- **Relays** (4x100m and 4x400m, due to practice facility limitations)

EVENT ENTRIES: Event entries are up ultimately up to the discretion of the coaches.

MEET PARTICIPATION:

- **All healthy athletes who have met minimum attendance standards and abided by team rules will compete in League Meets**
- **Participation in Invitational Meets will be determined by event coaches**
- **Participation in Varsity Districts will be limited to athletes who have met minimum event standards**
 - All other athletes will be expected to participated in JV Districts
- **State Qualifiers must finish top-2 in their event at districts or be awarded a wildcard entry**

Athletic.net



FIND OUT MORE ABOUT GLENCOE TRACK & FIELD: —————>

By registering for the 2026 Track Season, you and your parents acknowledge and agree to abide by the team rules and expectations outlined in this packet!

QUESTIONS? Carterj@hsd.k12.or.us OR Vargasma@hsd.k12.or.us



GLENCOE TRACK & FIELD 2026 SCHEDULE OF EVENTS
SEE GLENCOE ATHLETIC.NET TEAM PAGE FOR MORE DETAILS

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 1 Practice at 3:45	2 First Day of Practice 3:45	3 Practice at 3:45	4 Practice at 3:45	5 Practice at 3:45	6 Practice at 3:45	7 Picture Day
Week 2 8 Practice at 3:45	9 Practice at 3:45	10 Practice at 3:45	11 Team Fundraiser	12 Practice at 3:45	13 Practice at 3:45	14
Week 3 15 Practice at 3:45	16 Practice at 3:45	17 Practice at 3:45	18 Practice at 3:45	19 Practice at 3:45	20 Practice at 3:45	21 Crimson & Black Intrasquad
Week 4 22 Spring Break	23 Spring Break Practice TBD	24 Spring Break Practice TBD	25 Spring Break Practice TBD	26 Spring Break Practice TBD	27 Spring Break Practice TBD	28 Spring Break
Week 5 29 Spring Break	30 Practice at 3:45	31 Practice at 3:45				

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Glencoe, Newberg @ Liberty	2 Practice at 3:45	3 Practice at 3:45	4 Titan Track Classic
Week 6 5 Practice at 3:45	6 Practice at 3:45	7 Practice at 3:45	8 Practice at 3:45	9 Glencoe, Sherwood @ Forest Grove	10 Practice at 3:45	11 Need For Speed Invitational / Rob Frank Invitational
Week 7 12 Practice at 3:45	13 Practice at 3:45	14 Practice at 3:45	15 Practice at 3:45	16 Practice at 3:45	17 Sunset Team Challenge / Southridge JV Invite	18
Week 8 19 Practice at 3:45	20 Practice at 3:45	21 Glencoe @ Century	22 Practice at 3:45	23 Practice at 3:45	24 Elden Keller Invitational	25
Week 9 26 Practice at 3:45	27 Practice at 3:45	28 McMinnville @ Glencoe	29 Practice at 3:45	30 Practice at 3:45		

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Practice at 3:45	2 Centennial Invitational
Week 10 3 Practice at 3:45	4 Practice at 3:45	5 Practice at 3:45	6 Practice at 3:45	7 Liberty @ Glencoe Senior Night	8 Practice at 3:45	9 Stayton Invitational
Week 11 10 Practice at 3:45	11 Practice at 3:45	12 Practice at 3:45	13 Practice at 3:45	14 Practice at 3:45	15 JV Districts Varsity Practice	16
Week 12 17 Practice at 3:45	18 District Qualifiers Practice	19 District Qualifiers Practice	20 Pacific Championships	21 District Qualifiers Practice	22 Pacific Championships	23
Week 13 24 Practice at 3:45	25 State Qualifiers Practice	26 State Qualifiers Practice	27 State Qualifiers Practice	28 Depart for State	29 OSAA State Championships Day 1	30 OSAA State Championships Day 2