

# **2023 EAGLE TRACK & FIELD**

Boys and Girls

# HEAD COACH: MIKE POWERS



- I am an Alumni of SMCHS, '03, and UCSB, '08. I was a cif SS champion in high school and a An D1 All American in College.
- I've coached for 6 years at SMCHS.
  - 4 school record holders
  - 1 individual CIF Champion, '21
  - 2021 Boys CIF XC Runners Up
- I hope to instill the virtues of discipline, hard work, and sportsmanship, so that Students can apply these principles to their lives outside of sport.
- My philosophy approaches each athlete as an individual, hoping to help students set and reach their athletic goals, resulting in a lifelong love of running and fitness.



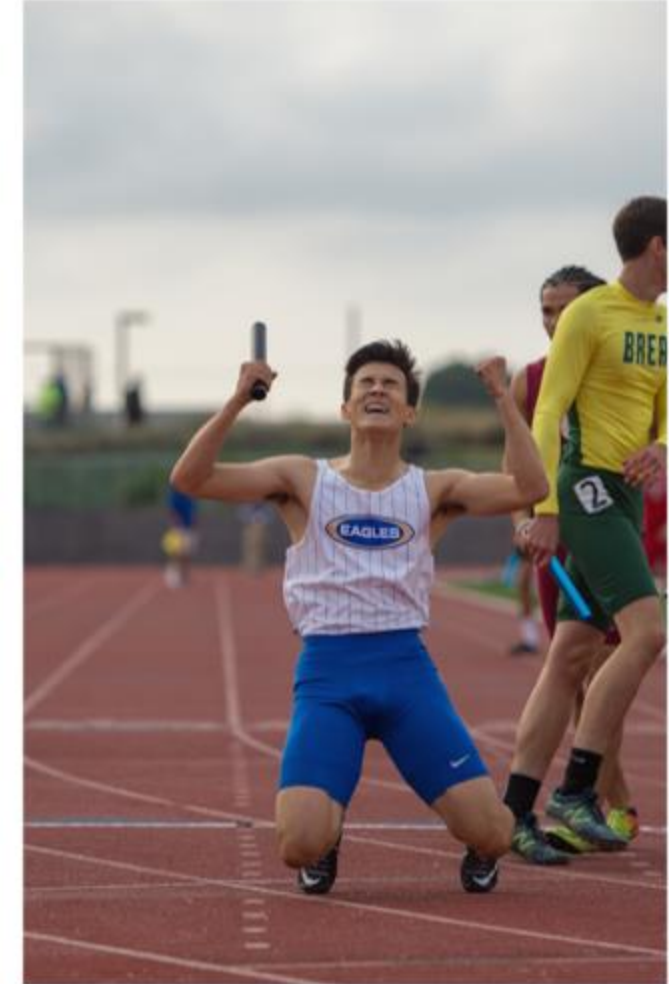
## **DIRECTOR MATT GIRARDIN**

- Coached At SANTA MARGARITA FROM 1994-2003. IN BETWEEN, HE COACHED AT THREE DIFFERENT NCAA DI SCHOOLS (UNIV. OF LOUISVILLE, UNIV. OF VERMONT, & BELLARMINE UNIVERSITY) AS WELL AS SPENDING TIME COACHING HIGH SCHOOL IN KENTUCKY.



# EAGLE TRACK & FIELD MISSION STATEMENT

The mission of the Eagle Track & Field program is to take a collective group of individuals and teach them how to become a team. Eagle track and field athletes will all be held to the same standards and expected to up uphold the Catholic-Christian values of the school and the program. Our goal is to teach these young men and women the value of hard work, patience, sacrifice, and teamwork, all of which will be used well beyond high school.





# CORE VALUES

## EFFORT

A vigorous or determined attempt

## INTEGRITY

The quality of being honest and having strong moral principles

## ACCOUNTABILITY

The fact or condition of being accountable; responsibility



# HOW TO SIGN UP

What you need:

1. Scan QR code and fill out team registration info
2. Athletic Clearance:
  1. Register on Home Campus for Track and Field, add TF even if registered for another sport.
  2. Upload your Physical Form to Home Campus

Scan here for the 2023 Track and Field Sign Up






# HOW TO SIGN UP

## Athletic Clearance:

[Sports Medicine - Santa Margarita Catholic High School \(smhs.org\)](https://www.smhs.org)

This website will guide you through the process of athletic clearance.



### QUICK LINKS

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▼ INFORMATION FOR VISITORS

The Athletic Training Office is located in the first floor of the Eagle Athletic Center (R109), just across the service road from the entrance to the pool. We are here to ensure the health and safety of Santa Margarita Catholic High School and visiting student-athletes, coaches, spectators, and officials.

A Certified Athletic Trainer will be on site for all SMCHS home contests. Please contact the Athletic Training Office ahead of time to assure assistance or with any questions.

[vegaa@smhs.org](mailto:vegaa@smhs.org), [frischh@smhs.org](mailto:frischh@smhs.org), & [burnsm@smhs.org](mailto:burnsm@smhs.org)  
(949) 766-6000 Ext. 2212  
Fax: (949) 766-6066

Santa Margarita Catholic High School  
ATTN: Athletic Training Room  
22062 Antonio Parkway  
Rancho Santa Margarita, CA 92688

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► OUR STAFF

► TEAM PHYSICIAN

► PHYSICAL THERAPY

### ATHLETIC CLEARANCE

ATHLETIC CLEARANCES FOR THE 2022-2023 SCHOOL YEAR  
ARE NOW OPEN! PLEASE SEE BELOW FOR ALL REGISTRATION  
INFORMATION.

Every student-athlete is required to be cleared through <https://www.homecampus.com/>. The athletic clearance process includes all the necessary forms required by the NFHS, CIF, state of CA, Diocese, and school. You must upload your current physical as part of this process. Physical forms are valid for 365 days from the original date of service.

- When selecting the school, we are listed as "Santa Margarita"
- STUDENT ID INFORMATION: For incoming freshman: type "unknown" in the "Student ID" field. For returning SM athletes: type in your SMCHS Student ID in the "Student ID" field.
- Physical must be completed by a MD or a DO. Physician Assistant is ok with a doctor's office stamp. All others will NOT be accepted.

TO BEGIN THE PROCESS [CLICK HERE](#) ►

DOWNLOAD PHYSICAL FORM [CLICK HERE](#) ►

Some things to keep in mind as you complete the clearance process via [homecampus.com](https://www.homecampus.com)...

# 2023 SEASON KEY DATES

- **January 11** – 2<sup>nd</sup> Online Shop Opens. Meet & Practice uniforms.
- **January 25**– Online Shop Closes.
- **January 18** – Invoiced for \*Participation Fee (\$1050)
- **January 30** – 1<sup>st</sup> Official Practice for: All non-Varsity returning athletes and all new athletes to track & field
- **February 17** – \*Participation Fee (\$1050) collected online through F.A.C.T.S
- **February 18** – Eagle Invite (Top 3 Var, JV, and FS for boys and girls). THOSE NOT COMPETING ARE REQUIRED TO WORK THE MEET.
- **February 23** – Olu/JSerra(Home). First meet for all lower levels! 😊
- **March 14** – Team Picture Day
- **April 7-16** - Easter Break, OC Champs Saturday April 15
- **April 21** – Frosh-Soph League Finals (Home)
- **April 28** – Varsity League Finals (Mater Dei)
- **April 29** – Team Awards Picnic
- \* *Families with siblings on the team, pay full for one student (\$1050), half for the second and third (\$525)*



# EASTER BREAK

- **Easter Break April 7-16.** Top varsity athletes have the Arcadia Invitational on Saturday April 8 and top Varsity and Frosh-Soph athletes have the OC Championships on Saturday April 15. The following Friday is Trinity League Frosh-Soph Championships. In order to compete, athletes need to attend at least two practice days that week, both of which must be Mon and Wed.

# INVITATIONALS VS. DUAL MEETS

(SEE MEET SCHEDULE ON TRACK WEBSITE)

- **Dual/Cluster Meets** - Everyone is permitted to compete.
- **Invitationals (Friday's or Saturday's)** - Top 2-3 Var and FS athletes per event.

## Dual Meet Entries

- **100-meters** – Unlimited Entries
- **Lane Races** (200, 400, 100 & 300H) – Top 4 per level (Home), Top 3 per level (Away)
- **Distance & Field Events** (800-3200m, All Field) – Unlimited Entries

*\*Lower level athletes sign up Monday and Tuesday for the events they want to compete in. If they don't sign up by the end of practice Tuesday, they do not compete. Allowed 4 events per meet. Athletes that miss the Monday practice do not compete in the upcoming meet.*



# TRAVEL TO MEETS

- **Home Dual Meets** - All athletes are required to stay from beginning to end of the dual meets to support the team. Attendance will be taken at the beginning and end of the meet. Home Meets. 3:15-6:30. Away meets sometimes longer.
- **Away Cluster Meets** – Wednesday March 9 (St John Bosco) and Wednesday April 5 (Mater Dei). 2-3 busses will take athletes to meet, 1 bus will return. You are encouraged to take your son/daughter home from the dual meets. Athletes can only go home with their own parents, not other parents. Attendance will be taken at the end of the meet.
- **Invitationals** – Athletes are responsible for getting themselves to and from invitationals. They are permitted to leave after their final event, but must check out with head coach or field event coach.

# WHAT DO I NEED TO BUY?





# GIRLS MEET UNIFORM

- All Girls Purchase a Jersey and Short (Online Shop). JV will use a similar uniform as last year and will be the same next. Thought there? Buy once, use multiple years. When our varsity team is determined, they will be issued an additional jersey which will be returned at the end of the season.
- One Top, and either a tight or short.

## Meet Uniform Cost

- **Jersey Top:** \$34.99
- **Short or Tight:** \$30.99



# GIRLS JV UNIFORM



**\$34.99** Nike Women's  
Yoga Layered  
Tank



Nike Women's Dry Core City Short  
NK1897024



Nike Performance Women's Game Shorts  
NK108720





# BOYS MEET UNIFORMS

- All boys are issued their meet jersey top. You purchase the shorts (You Keep). When varsity is determined, they will be issued an additional jersey which will be returned at the end of the season. All jersey tops are returned for boys. Meet shorts from last year can be used this year. Tights are not available through the team store.
- **Short (\$30.99)**





# PRACTICE GEAR

- Our 2023 Gear will be available tonight! It is mandatory that athletes are in Eagle Track & Field Gear at every practice and competition. IT CAN BE FROM ANY YEAR. If you have practice gear from years past, YOU DO NOT NEED TO BUY ANYTHING NEW.
- Shop Link on our Team Website
- Orders Close Tuesday Jan. 25
- Product will ship to school and arrive 6 - 8 weeks after orders close





# TRACK & FIELD TEAM STORE

ORDER BY  
**DECEMBER 21**

**SANTA MARGARITA CATHOLIC HS  
SMCHS 2023 TRACK & FIELD SHOP**

 <p><b>\$53.99</b> Nike Brasilia 9.5 XL Backpack</p>	 <p><b>\$22.99</b> Nike Swoosh 2.0 Bra Available in 2 other colors.</p>	 <p><b>\$20.99</b> BSN SPORTS Phenom Short Sleeve T-Shirt Available in 1 other color.</p>	 <p><b>\$20.99</b> BSN SPORTS Women's Phenom Short Sleeve T-Shirt Available in 1 other color.</p>	 <p><b>\$23.99</b> BSN SPORTS Phenom Long Sleeve T-Shirt Available in 1 other color.</p>
 <p><b>\$23.99</b> BSN SPORTS Women's Phenom Long Sleeve T-Shirt Available in 1 other color.</p>	 <p><b>\$20.99</b> BSN SPORTS Agility 2 Pocket Short</p>	 <p><b>\$30.99</b> Nike Fast 2 in 1 Short</p>	 <p><b>\$30.99</b> Nike Pro Women's 365 5" Short</p>	 <p><b>\$30.99</b> Nike Women's Dry Tempo Short</p>

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⬆ UPCHARGES APPLY FOR LARGER SIZES    T ITEM INCLUDES ADDITIONAL LETTERING



MTS Customer Support - ref # 9430796  
1-800-749-3813 | myteamshop@bsnsports.com  
Team Coordinator MIKE POWERS powersm@smhs.org



Access Code  
**RZCSHrjrj2**  
www.bsnteamsports.com

Click Here To

**SHOP NOW**

Order 12/6 to 12/21

No orders will be accepted after the deadline.

ORDER BY  
**DECEMBER 21**

**SANTA MARGARITA CATHOLIC HS  
SMCHS 2023 TRACK & FIELD SHOP**

 <p><b>\$33.99</b> BSN SPORTS Men's Cotton Rich Fleece Joggers</p>	 <p><b>\$33.99</b> BSN SPORTS Women's Cotton Rich Fleece Joggers</p>	 <p><b>\$39.99</b> BSN SPORTS Men's Cotton Rich Fleece Hoodie Available in 1 other color.</p>	 <p><b>\$39.99</b> BSN SPORTS Women's Cotton Rich Fleece Hoodie Available in 1 other color.</p>	 <p><b>\$37.99</b> BSN SPORTS Men's Cotton Rich Fleece Crew Neck Available in 1 other color.</p>
 <p><b>\$29.99</b> BSN SPORTS Men's Cotton Rich Fleece Shorts</p>	 <p><b>\$34.99</b> Nike Women's Yoga Layered Tank</p>	 <p><b>\$64.99</b> BSN SPORTS Men's Cotton Rich Fleece 1/4 Zip</p>	 <p><b>\$64.99</b> BSN SPORTS Women's Cotton Rich Fleece 1/4 Zip</p>	

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Access Code  
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www.bsnteamsports.com

Click Here To

**SHOP NOW**

Order 12/6 to 12/21

No orders will be accepted after the deadline.

# ATTENDANCE POLICY

- Each student-athlete will be permitted a total of **12 absences/tardies** during the season. These absence/tardies include but are not limited to: sick days, medical, appointments, afternoon detentions, leaving practice or dual meets early, work projects, vacations, missing any scheduled practice (school day or not), family gatherings, retreats or any other reason you can think of. There is no difference between an excused absence and an unexcused tardy. Each athlete is allowed to miss attendance 12 times. The 13<sup>th</sup> miss will result in dismissal from the team. If an athlete is dismissed from the team, he/she forfeits their P.E. credit. No refunds will be given if an athlete is dismissed from the team.
- 48 Official Team Practices to the final Trinity Cluster Meet April 5 (@ Mater Dei) Missing 12 practices equates to 25% of the entire season missed. Very rare this occurs, but consider the workload before making the commitment to the program.



# CLUB SPORTS (CLUB/ACADEMY)

- We pride ourselves in being flexible with Club schedules, all I ask is to communicate club games/tournaments that can't be missed (Showcase, Vegas), so I can plan accordingly and give that spot to another athlete(s). We love multi-sport athletes at SMCHS.





# COMMUNICATION

## TWITTER & FACEBOOK - @SMCHSTRACK TEAMSNAPE

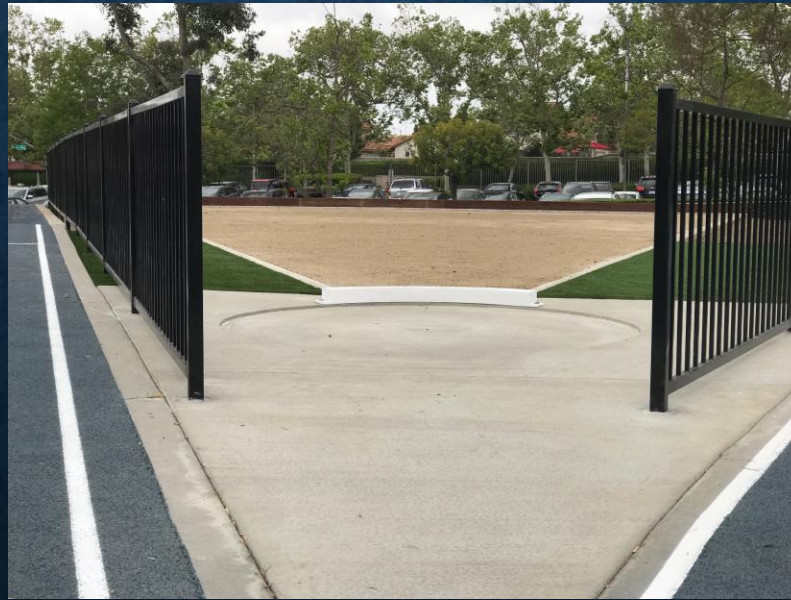
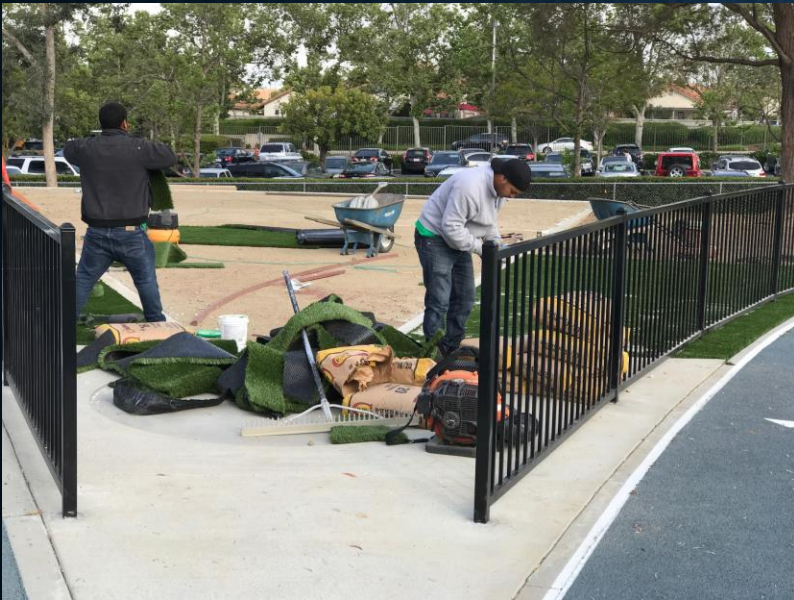


Social Media is not only a way to “relay”  
important information, but  
also gives exposure and recognition to  
prospective college and universities



# WAYS TO GET INVOLVED

- **GolfTourmant** – Ball Drop – Each student-athlete will sell 10 balls for the ball drop.
  - 2018 Funds (Boys only) - New shot put arena. Raised \$11,000 (\$9,832.00);
  - 2019 Funds (Boys and Girls) - Monument addition. Raised \$22,339
  - 2020 & 2021 Funds (Boys and Girls) – COVID
  - 2022 – Updated technology in track shack and updated training equipment





# PAST SEASONS PASSION PROJECT TRACK & FIELD MONUMENT ADDITION





# FINAL TRACK & FIELD MONUMENT ADDITION





# GOAL OF THE SEASON

- We want the kids to learn the value of hard work, sacrifice, discipline and dedication.
- My hope is that each student-athlete ends their season having gained a new found respect for the sport, and appreciation for all of their hard work.
- Gain a new family in their team and develop a shared bond over the course of the season.
- End the season with a positive experience and to look forward to the next season.



**QUESTIONS?**