



# Castro Valley High School

## 2009

### Track & Field Schedule



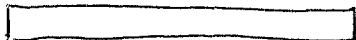
2/28	Sat	DeLaSalle Invite	Diablo Valley College
3/5	Thu	scrim: American & Moreau Catholic	Castro Valley
3/7	Sat	Mt. Pleasant Relays	Mt. Pleasant HS
3/14	Sat	CV Invite	Castro Valley
3/21	Sat	Dublin Distance Fiesta	Dublin HS
		West Valley Relays	Westmont High School
3/26	Thu	HAAL: A, CV, ME	Castro Valley
3/27-28	Fri-Sat	Stanford	Stanford
4/2	Thu	HAAL: BOD, CV, H	Hayward HS
4/4	Sat	St. Francis Invitational	St. Francis High School
4/10-11	Fri	Arcadia Invite	Arcadia HS
4/23	Thu	HAAL: CV, MC, SLZ	Castro Valley
4/24-25	Fri-Sat	James Logan Top 8	James Logan HS
4/30	Thu	HAAL: CV, SL, T	Castro Valley
5/2	Sat	Castlemont FS Championships	Castlemont HS
		Sacramento Meet of Champions	Sac City College
5/13	Thu	HAAL Trials	Castro Valley
5/16	Sat	HAAL Finals	Castro Valley
5/23	Sat	NCS Bayshore	Castro Valley
5/29-30	Fri-Sat	NCS MOC Trials & Finals	UC Berkeley
6/5-6	Fri-Sat	State Meet Trials & Finals	Buchanan HS, Fresno

## Coaches Expectations

- 1) Practice schedules due every other Thursday (for workouts starting the following Monday)
- 2) Excused athletes must be cleared by Matt Rainwater
- 3) Coaches need to be present if they are scheduled
- 4) Positive environment present at all times
- 5) Support all coaches at all times (in front of athletes)
  - a) When you have a disagreement with another coach deal with it in a professional manner and in private. If you can not resolve the issue see Matt Rainwater
  - b) The same holds true with athletes
- 6) Use proper, professional language at all times
- 7) Uphold team rules and conduct at all times
- 8) Coaches schedule their athletes events for each meet

## Athletes Expectations

- 1) What it means to be on the Castro Valley Track and Field Team
  - a) Be respectful to everyone at all times
  - b) Academics first, track second and third sleep
  - c) Negative classroom behavior will result in negative consequences on the track
- 2) Representing CVHS at other schools
  - a) Your uniforms need to be clean and presentable
  - b) Act mature at all times
- 3) Appropriate attire at all times
  - a) Shorts can not go past the top of knee
  - b) Athletic pants (warm-ups/tights) can be worn
  - c) Attire from other sports is not allowed
- 4) No cell phones or MP3 players during practice or meets
- 5) Missed practice
  - a) First offence: five day suspension from practice and any meets during that time
  - b) Second offence: removal from team
  - c) If you are sick, contact Mr. Rainwater in person or via email before practice or meet
  - d) If you are injured come to practice each day and see the trainer
  - e) If you are ineligible come to practice and do homework
- 6) Tardy to Practice
  - a) First offense: warning
  - b) Second offense: 5 day suspension from practice and any meets during that time
  - c) Third offence: removal from the team
- 7) Missing a meet
  - a) Removal from the team; validity of excuse will be evaluated by Mr. Rainwater only if submitted prior to the meet and in extreme conditions
- 8) Drugs and Alcohol
- 9) Fights
- 10) Bus travel
  - a) Be early to the bus or you will risk being left behind
- 11) Team unity/practice comps



# Castro Valley Track and Field Coach Roster

Name	Events	Level	Phone Number	Email
Mel Ashford	Hurdles	Girls	(510) 910-4634	
<b>Peter Brewer</b>	Sprints/ High Jump/ Hurdles	All Levels/ Frosh-Soph	(510) 919-4769	
<b>Dino Cardiasmenos</b>	Distance	Boys		
Mike Fehely	Throws	All Levels	(925) 766-9442	mfehely@netzero.com
Miflin Jones	Long and Triple Jump	All Levels	(510) 393-9368	
Barbara Klews	Throws	All Levels	(510) 305-3466	bklews@aol.com
Jeff McGallian (H)	Pole Vault	All Levels	(510) 432-7120	jmcgallian@comcast.net
<b>Raoul Perez</b>	Distance	Girls		
<b>Matt Rainwater</b>	Distance	Boys	(714) 609-1521	mrrainwater@gmail.com
<b>Michael Spencer (H)</b>	Mid Distance	All Level		
<b>Maurice Valentine Sr. (H)</b>	Hurdles/Sprints	Boys	(510)772-9811	

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From: Matt Rainwater [mrrainwater@gmail.com] Sent: Wed 5/27/2009 3:58 PM  
Badash5946@earthlink.net; mfehely@netzero.com;  
To: Blaqnes1blq@aol.com; bklews@aol.com; jmcgallian@comcast.net;  
Spencer.michael86@yahoo.com; mozvo@aol.com;  
acardio@gmail.com; Peter Brewer  
Cc:  
Subject: Track  
Attachments:

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Coaches,

I just got out of a meeting with Jason Whiteman regarding the girls 4x400m at the NCS Bayshore meet. After the team was disqualified I was talking with the members of the 4x400 team and I said, "Screw you," to Celeste. My comment was unwarranted, unprofessional and there are no excuses for such actions. I have since apologized to Celeste, the entire 4x400m team and Celeste's mother. After conducting a thorough investigation Mr. Whiteman made the decision to suspend me for one week starting today. I let him know that I did not agree with the suspension and if that was his decision I was done for the season. I am very sad to say that this is the first sport that I have quit mid-season my entire life. I sent in my letter of resignation exactly two months ago today. I will not be coaching again at any school. You all have been a great team to work with and I wish you the best of luck in the future. Congratulations on a great year.

Sincerely,

Matt Rainwater

Matt:

In previous years I have undertaken the following preparation steps for the upcoming season. In addition, I have listed the necessary precursors to the season on a time line. This is only a partial list, without all of the details. Hopefully this is enough of an overview for you to consider.

#### September:

- Build the schedule

  - Communicate with NCS re hosting Bayshore

  - Check with other invitational directors to avoid date conflicts with CV Invite

- Check equipment for refurbishing

  - arrange with woodshop for hurdle repair

  - check condition of starting blocks, pads, standards, tables, canopies, chairs

- Inventory consumable items for re-ordering:

  - meet management forms

  - batteries for stopwatches, printers, walkie-talkies, bullhorns

  - pens, pencils, erasers, staplers, tape, notepads

#### October:

- Recruit and establish staff

  - get confirmations

  - check on authorizations & credentials

  - assign assistants to workout areas e.g. sprints, hurdles, jumps etc.

- Order necessary equipment and supplies

#### November:

- set up voluntary winter workouts

  - open track

  - open weight room

- start recruiting

  - posters

  - lunchtime table

  - signup meeting

#### December

- confirm and finalize schedule

  - give to A.D. for calendaring and bussing schedule

- start planning for overnight invitational trips -- Arcadia Invitational & Mt. SAC Invitational

  - District authorization forms

  - hotels advance group rates

  - bus reservations

  - restaurant invitationals

#### January

- continue with voluntary winter workouts

- accelerate recruiting efforts; additional promotion of team

- finalize installation of steeplechase barriers

- start planning invitational

  - send out flyers

  - get promo spots on running websites

  - secure parent volunteers

  - secure timing service

- secure online registration service
- start planning fundraising efforts
  - invitational race sponsorships -- continue talks with Mizuno representative
  - invitational program ad sales
  - invitational snack bar proceeds
  - parent sponsorships of travel expenses
  - et cetera

Continue to talk with Junior Olympic representatives about possibly hosting NorCal championship series in July

#### February

- season starts -- no turning back

#### June

- season ends
- awards banquet
- inventory, assess, and store track equipment