



Castro Valley High School

2009

Track & Field Schedule



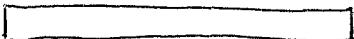
2/28	Sat	DeLaSalle Invite	Diablo Valley College
3/5	Thu	scrim: American & Moreau Catholic	Castro Valley
3/7	Sat	Mt. Pleasant Relays	Mt. Pleasant HS
3/14	Sat	CV Invite	Castro Valley
3/21	Sat	Dublin Distance Fiesta	Dublin HS
		West Valley Relays	Westmont High School
3/26	Thu	HAAL: A, CV, ME	Castro Valley
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	
Peter Brewer	Sprints/ High Jump/ Hurdles	All Levels/ Frosh-Soph	(510) 919-4769	
Dino Cardiasmenos	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
Raoul Perez	Distance	Girls		
Matt Rainwater	Distance	Boys	(714) 609-1521	mrrainwater@gmail.com
Michael Spencer (H)	Mid Distance	All Level		
Maurice Valentine Sr. (H)	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 to ~~now~~. 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