

Dear Parents, Guardians, and Athletes,

Welcome to the Rosa 2018-2019 track and field season. The coaching staff is excited to work with our student-athletes to make the upcoming season fun, productive, and rewarding. This year there will be some changes to the program. We discussed this at length at the parent/guardian sports meeting but we wanted to share it in writing because we understand that the sport is new to many of our parents and athletes and the changes you're about to read about are new to all of us.

The school district has decided that track and field is now a "cut" sport. The number of athletes is now limited to 100. The team will be divided evenly with 50 girls and 50 boys. Rosa has petitioned, and our request was granted, to cut none of our athletes. This news was welcomed as we currently have 175 athletes on our roster. However, there are stipulations. In conversations with our administrative team, the following stipulations will be in effect this season.

1. Every athlete will be included on the team. No athletes will be cut.
2. Our competition team is limited to 100 athletes (50 girls and 50 boys)
3. The 75 athletes who are not a part of the competition team will form what we are referring to as our "developmental" team.
4. The competition team will travel to our competitions and represent Rosa when we compete against other schools. We have 2 buses for each competition.
5. Our developmental team will compete on Saturday, May 4th, along with our competition team. This is permitted because no athletes receive busing on this date. Instead, every team member must be dropped off and picked up at High School East.
6. It is possible for athletes to move up to the competition team during the course of the season, although the number of athletes on the competition team will not exceed 100.

The plan to choose the competitive team and the developmental team is as follows:

- Athletes who demonstrate the following attributes and plan to continue to display these attributes will be considered for the competition team.

1. Availability (attendance at practices and competitions, showing up to practice on time, and departing on time)

2. Positive attitude towards teammates
3. Coachability (following directions and listening)
4. The willingness to work hard at practice and competitions
5. Positive attitude with regards to practicing and competing in all events suggested by the coaching staff (being open to participate in events outside of your best or favorite events)
 - The ultimate decision regarding placement will be made by the coaching staff. In addition to the above-stated attributes, the needs of the team will also be considered. For example, in addition to fielding a competition team that is comprised of high-performing athletes, we are also attempting to field a balanced team made up of runners, throwers, and jumpers.
 - Continue to display those attributes to maintain a position on the competition team.

The second consideration for placement on the competition team relates to performance. These tables contain general performance guidelines that we are emphasizing as goals for our athletes who wish to be considered for the competition team.

Girls

Team	High Jump (Over)	High Jump (Under)	Long Jump (Over)	Long Jump (Under)	Discus (Over)	Discus (Under)	Shot Putt (over)	Shot Putt (Under)	Running (over & under)
Competition Team	3'9"	3'7"	11 ft	9 ft	45"	35"	20'	13'	Run for 10 minutes and below 40 seconds for 200 meters

Boys

Team	High Jump Over	High Jump Under	Long Jump Over	Long Jump Under	Discus Over	Discus Under	Shot Putt (O)	Shot Putt (U)	Running (over & under)
Competition Team	4'	3'9"	12 ft	10 ft	60'	45'	24'	17'	Run for 10 minutes and below 38 seconds for 200 meters