





# **I Love Track and Field**



**Playing Time**





# Measuring Improvement

A black and white photograph of two female athletes in a celebratory mood. They are high-fiving each other, with their arms raised and hands meeting in the center. The athlete on the left is smiling broadly, looking towards the right. The athlete on the right is also smiling, looking towards the left. They are wearing athletic gear, including tank tops. The background is blurred, showing other people and what appears to be a sports field or arena. The text "How Success is Measured" is overlaid in the center in a large, bold, red font.

# **How Success is Measured**



**Determination, Persistence...**

**Grit**

**Success in life is  
all about getting  
the most out of  
what you have  
been given.**

# Athletics and Life

- ‘a commitment to pursue something they love, believe in and value...(if at Harvard) the person gets hurt, or does not make the team...all that energy, drive and commitment—that grit—that was developed through athletics can always be transferred to something else.’  
–Bill Fitzsimmons, Dean of Admissions, Harvard University
- ‘I know a lot of CEOs who are looking for three- to four-year varsity athletes -- not necessarily because these people are going to be doing pushups or spiking volleyballs in the workplace, but because they’re looking for that continuity, that person who was gritty about something.’ –Angela Duckworth, author of *Grit*





A long way to say....

**I believe this  
team is  
important**



**Expectations**

**A good teammate  
does not let you  
quit on your  
worst day.**

## **Expectations**

**Show up every  
day and work  
hard.**

- You will not be cut because you are not a gifted athlete.
- You may be cut due to your attitude and effort.
- RESPECT: for yourself, your teammates, your coaches, your competitors...

A photograph of a coach in a black cap and purple shirt hugging a young athlete in a purple jersey. The coach is smiling and has his hand on the athlete's shoulder. In the background, another man in a white cap and sunglasses is visible, along with a blurred outdoor setting. The text "I will love you if you come to practice every day and give your best." is overlaid in red.

**I will love you if you  
come to practice every  
day and give your best.**



# Earning PE Credit

## Minimum Requirements

- No more than five absences.
  - Leaving early or arriving late is an absence.
  - If you are in a Winter sport, starts when your Winter sport season ends.
- Must compete in all league meets.
  - If you are injured you must still be at the meet.
- Must compete in the RustBuster invitational & 400 Shoot Out.
- Must compete in League Finals (or volunteer to work Finals and SCVALs if you don't qualify).
- **This is not a complete list, remember you can be cut based upon the coaches' judgment of your attitude/effort**

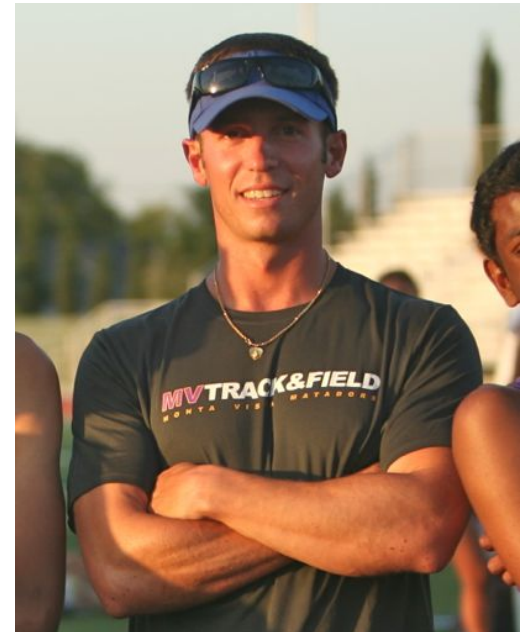
**Earning PE Credit is easy if track is a priority for you, hard if track is not a priority.**

If you are a senior and need one more PE credit...  
**the easiest and safest way to graduate is  
to take a PE class.**



# Coaches

- Ray Cornell, Hurdles
- John McKeeman, Sprints/Relays
- Rick Blomquist, Jumps
- Irina Stiasny, PT
- Adam Herald, Throws



# ACHIEVE YOUR BREAKTHROUGH

GET SCREENED, IDENTIFY THE WEAKEST LINK AND CORRECT IT



The Functional Movement Screen™ is an innovative system used to evaluate movement pattern quality for clients and athletes.

The FMS screen takes as little as 20 minutes and evaluates your ability to perform seven movement patterns that require balance, mobility, and stability. Awareness of your body's limitations helps:

1. Prevent injuries
2. Reduce Pain
3. Maximize Athletic Performance



## Join us Saturday January 7, 2017

TO TAKE ADVANTAGE OF OUR INTRODUCTORY RATE

Introductory Rate

**\$40**

Regular Price

**\$80**

### Call to reserve your seat now!

263 N Mathilda Ave. Sunnyvale, CA 94086 **408-736-7600** [www.BreakThroughPT.com](http://www.BreakThroughPT.com)



# Schedule

- On-Line
- Handout
- **The schedule WILL CHANGE!**

# The RustBuster



- We will be hosting our own invitational!
- 8 teams:
  - Evergreen Valley, Fremont, Gunn, Half Moon Bay, Lynbrook, Menlo-Atherton, Milpitas...and us!
- Everyone competes (or helps)
- Lots of medals, t-shirts... should be fun!

A photograph of four young women, likely athletes, standing together and smiling. They are wearing matching purple tracksuits with white and yellow accents. The woman on the far left has a headband. The woman second from the left wears glasses. The woman third from the left has her arm around the woman on the far right. The background is dark and out of focus.

**Questions?**

**See you on Monday,  
January 30!**

**(with all your paperwork and  
physical complete and signed off!)**