

# JMC TRACK & FIELD

## Coaches:



Coach Giovanni Bravo



Coach Stephanie Pacheco



Coach Danny Aguas

## Contact Info:

- **Coach Bravo:** Cell (305) 282-9152; [Giovannibravo15@yahoo.com](mailto:Giovannibravo15@yahoo.com)
- **Coach Pacheco:** Cell (305) 302-3891; [Spach010@fiu.edu](mailto:Spach010@fiu.edu)
- **Coach Aguas:** [Miamielitetc@gmail.com](mailto:Miamielitetc@gmail.com)

**Team Website: [www.miamielite.org/jmc](http://www.miamielite.org/jmc)**

## Practice/Schedule:

Welcome to JMC Track and Field! We look forward to sharing an exciting, challenging season with you. 😊

- **Practices:** Monday, Wednesday, Friday JMC field; 4pm – 6pm. (\*Saturday practices will vary; Felix Varela Sr. High 12PM – 2PM) We practice during the weekdays RAIN or SHINE. In the case of bad weather we will do an exercise routine inside the school.
- **Attendance:** Attendance at practices and meets is mandatory. The following is a list of acceptable absences: Please do your best to schedule doctor appointments on days that we do NOT have practices.
  - Absent from school.
  - Family emergency.
  - Medical/Dental appointment.
  - Please do your best to communicate with your coaches if you know you are going to be gone from a practice or meet.
  - Missing practices on a regular basis will result in suspension from the team indefinitely. If you miss practice the week of any competition at the coaches discretion you may be suspended for that competition.
- **Meets:** You are required to stay until the end of meets unless there are unusual circumstances.
  - You are responsible for waking up and making it on time on competition days.
  - Pack your gear the night before and put it next to the door so you will remember it.
  - For some competitions we will have a bus, for the majority of events **PARENTS WILL BE RESPONSIBLE for taking their kids and picking them up.** When we provide a school bus the athletes will know 1-2 weeks beforehand. The bus will depart from the school at the time

given at the weekly team meetings we have at practice. We will leave on time to ensure maximum preparation time at the meet site. Only those participating in an event will go to these meets.

- Pay attention to the order of events and be ready when your event is called. If you don't report at the required time, you will miss your event and hurt the performance of the team.
- There is to be no horseplay during the meet. You should spend the time before the meet mentally and physically preparing for your event so that you can perform your best.
- Those failing to adhere to this rule may be dismissed from the team.

- **General:**

- Stealing or fighting will result in immediate removal from the team and will be reported to the school.
- Listen to directions from your coaches the first time they are given.
- Maintain a positive attitude about yourself, your sport, your team, and your school. A positive attitude is the first building block to being successful at anything.
- Drink a lot of water throughout the day/eat well-balanced meals.
- Do not assume that "sprinters" won't run certain distances, or field event participants won't have to run. All participants will be expected to run at practice.
- We ask that you always give 100 percent for yourself and for the team.
- Learn about your sport. The more knowledgeable you have about your event the better athlete you'll be.
- **Remember, your primary reason for attending JMC is to get an education. Participation in a sport is a privilege of academic success. School must come first. Keep up your grades. You are a student-athlete and must balance both athletics and academics.**

**Parents:**

Please Visit [www.miamielite.org/jmc](http://www.miamielite.org/jmc) to fill out Emergency contact information online for the 2016 Track & Field Season. Our main method of communication will be through email so please include a working email that is checked regularly.

**We are preparing to be one of the top teams in the county. With good preparation, consistent practices, discipline & hard work we can all achieve great results.**



***"The will to win means nothing without the will to prepare"*** (Juma Ikangaa)