

# Downey High Track & Field 2026 - Program Information

Revised January 2026

## Downey Track & Field Families,

Welcome to the Downey High Boys and Girls Track & Field Team. Included in this packet is an explanation of the vital program information, team policies, and athletes' responsibilities.

## The Main Goal for Downey Boys and Girls Track & Field Program

Downey High Girls and Boys Track & Field wants all athletes to have a positive, rewarding experience that will create memories that last a lifetime while striving to do our very best both individually and as a team. Things we will strive to do to make this happen:

- Make the physical, mental, and emotional well-being of each student-athlete our top priority.
- Foster an environment where all athletes feel comfortable and confident being themselves.
- Create an atmosphere of positive teamwork and camaraderie.

## Academic Standards

- All student-athletes must maintain academic eligibility throughout the season by earning at least a 2.0 grade point average, with no more than two D's or F's on quarter or semester report cards prior to and during the athlete's scheduled season. These are the minimum academic requirements to participate. We hold our athletes to much higher expectations.
- Varsity athletes who earn a 3.5 GPA or higher during the first part of the semester will be recognized with a Scholar Athlete Award at the end-of-season banquet.
- An "A" grade in the course is not automatically given. Athletes are expected to attend practice on time and come prepared, which includes wearing Downey T/F or XC-issued gear. Two incidents of non-participation without a doctor's note can result in a lowering of the athlete's grade.

## Athletic Clearance

All athletes are required by Downey High administration to gain athletic clearance by accessing [athleticclearance.com](http://athleticclearance.com). To upload them, go to the DHS website, and under Athletics - look for the yellow tabs and get the form, and you upload them. A Coach **CANNOT** take your Physical Paper. Also, watch for when your Physical expires. **Don't let it expire.**

## ASB Card Requirement

- All athletes are required by school administration to purchase a \$45 ASB card as a condition of eligibility to participate in an extracurricular sport. ASB card funds are used to help cover the cost of officials for scheduled events, as well as other expenses related to school-sponsored athletic activities.
- Every effort will be made to secure donations for athletes whose families may be unable to afford the cost of an ASB card. If this is a concern for you or your athlete, please feel free to contact Coach Gleason.
- Athletes are expected to have their ASB card completed as soon as possible (ASAP).

## Social Media

- All athletes are required to use proper care and responsibility when using social media. Any behavior including, but not limited to, bullying, insulting or foul language, inappropriate or lewd content, or the sharing of unethical or illegal activities may result in removal from the program.

- Athletes are strongly encouraged to use common sense and good judgment before posting or sharing any content on social media platforms.

### **Rules and Expectations for Athletes**

- Don't do anything that would do damage to yourself, your family or the program.
- Be on time!
- Wear **Downey** T&F/XC gear to practice. Monday to Thursday
- **Friday- All DHS and Invitational gear acceptable**
- Bottoms need to be Downey colors(Cardinal, Gold, Black, Grey, White, Pink)
- If you are going to be late or miss any team activity, you must text through SQUARE to Coach Gleason ahead of time.
- **An absence without prior communication will result in missing a meet.**
- Lack of responsibility will affect meets and can result in dismissal from the team.
- Support decisions made by your coach.
  - Embrace your role on the team.
  - Be positive even if you don't compete.  
Negativity is not welcome, constructive criticism is
  - Communicate with the coach directly if you have any questions.
- Be a good teammate.
  - Cheer for your teammates.
  - Show enthusiasm when your teammates succeed.
  - Encourage your teammates when they are frustrated.
  - Communicate with your teammates.
  - Communicate with your coach if there is an issue on the team.
  - No pouting.
- Display sportsmanship.
  - Be positive and kind in your interactions with others.
  - Be aware of your body language.

### **Hazing**

Downey High School administration has issued a zero-tolerance policy in reference to hazing activities. Any player found to have participated in activities deemed to be hazing will be removed from the program immediately and subject to whatever punishment administrators investigating the incident deem appropriate, up to and including suspension and/or expulsion from school based on the severity of the event.

### **Summer and Off Season Activities**

- Participation in off-season activities (spring, summer, and fall), including practices, meets, workouts, and running, is required. Athletes may miss off-season activities for excusable reasons such as excessive homework, medical appointments, church commitments, or vacations.
- Please keep in mind that frequent absences from off-season activities may affect an athlete's standing on the team. Athletes are encouraged to participate in other school sports, and we will work with them to accommodate those commitments.
- Think about Your Summer Commitment Option- Summer Options: Elite Class (Passing the Program) or Team Financial Commitment. More Information will be available at the end of the school year.
- Please speak with Coach Gleason about family and other commitments that would prevent you from participating during the summer months.

## **Coaches Information**

Head Coach: **Robert Gleason** - rgleason@dusd.net

Assistant Coaches:

- |                                     |                                       |   |
|-------------------------------------|---------------------------------------|---|
| • <b>Coach Myers</b><br>(Jumps)     | • <b>Coach Casillas</b><br>(Distance) | • <b>Coach Storey</b><br>(Director of Operations) |
| • <b>Coach John</b><br>(Distance)   | • <b>Coach Puga</b><br>(Distance)     | • <b>Coach Armon</b><br>(Pole Vault)              |
| • <b>Coach Nevarez</b><br>(Hurdles) | • <b>Coach Salinas</b><br>(Distance)  | • <b>Coach Ambriz</b><br>(Throws)                 |
| • <b>Coach Chavez</b><br>(Throws)   | • <b>Coach Chris</b><br>(Pole Vault ) | • <b>Coach Redfox</b><br>(Sprints)                |
| • <b>Coach Williams</b><br>(Jumps)  | • <b>Coach Bravo</b><br>(Hurdles)     | • <b>Coach Matt</b><br>(Jumps)                    |
|                                     | • <b>Coach Munoz</b><br>(Distance)    | • <b>Coach Eddie</b><br>(Timer)                   |
|                                     | • <b>Coach Marsetti</b><br>(Sprints)  | • <b>Coach Bob</b><br>(Strength & Conditioning)   |

Please feel free to contact the coaches with any questions or concerns. **Coach Gleason is in B205** and **Coach Storey is in Z6**.

## **Communication**

Athletes are expected to join **SQUARE or their event Remind**

- Student/Coach Communication should be done over the team communication line(Square or individual events REMIND APP)
- A quick "like" lets coaches know you received and read the message
- Parents are encouraged to join the parent square
- Parent Remind Group is available - texting the number 81010 and in the message write @dhstrf26



## **Practice Schedule**

- Athletes are expected to be on time and attend every practice.
- Circumstances that prevent attendance or participation should be discussed with Coach Gleason as soon as possible before the practice. Before School or at Snack Preferred.
- Lack of communication will lead to disciplinary action, including potential dismissal from the team.
- Practice could end sooner but rarely will go past the estimated end time.
- **Signing out at the end of practice with Coach Gleason is required.** Failure to do so will result in being marked absent.
- MISSING PRACTICE WILL AFFECT MEET PARTICIPATION.
- In season training with people outside the program is prohibited, unless approved by Coach Gleason.
- Practice attire is Downey Track & Field/Cross Country gear for top and Downey colors for bottom (Cardinal, Gold, Black, Grey/Silver, White, Pink) and wear proper training shoes everyday. Failure to do so could result in injuries.
- **You're welcome to wear all DHS and Invitational Gear on Fun Fridays.**
  - Lanes 1, 2, and 3 are for workouts
  - Lanes 4, 5, and 6 are for recovery pace
  - Lanes 7, 8, and 9, recovery and walking
- Feel free to politely teach guests and athletes from other sports the rules of the track

## **Practice Times**

	Mon	Tues	Wed	Thurs	Fri	Sat
Start Time	2:40 PM	2:40 PM	3:15 PM	1:30 PM	2:40 PM	Pre-Season TBA by Event Coaches
Estimated End Time	5:15 PM	5:15 PM	5:45 PM	4:00 PM	5:15 PM	

## **Home Meets**

All athletes are required to attend from **SET UP TIME TO COMPLETION OF THE EVENT FOR ALL HOME MEETS.**

- You will be dressed in Downey Track & Field attire including sweats, warmups, tee shirts and uniforms. Failure to comply will result in penalties possibly including suspension of participation.
- Coach Gleason must be notified of any conflicts as far in advance as possible including absence, tardiness or leaving before the end of the meet.
- This includes the Middle School Meets at the end of the season. **Two of the three meets and the District Meet are required.**
- Home Meet Dates: (\*) Middle School Meets
  - 2/14
  - 2/21
  - 2/26
  - 2/28
  - 3/28
  - 4/1
  - 4/16
  - 4/23 (\*)
  - 4/24
  - 4/25
  - 4/30(\*)
  - 5/7 (\*)
  - 5/8
  - 5/15 (\*)

## **Away Meets**

Transportation will be provided to all away meets.

- All athletes should leave with the transportation provided for the meet with your teammates, dressed in Downey Track & Field Attire Warm - Ups only.
- All athletes who have committed to financially supporting the team will be provided transportation to and from away meets.
- If an athlete would like to leave the meet with their parent or guardian and it is **not** their assigned Team Equipment Commitment Day, they must check out with Coach Gleason or another assistant coach before leaving. If an athlete plans to leave with another athlete's parent or guardian, a written note must be submitted to Dr. Fowler (Administrator) **prior to the meet.**
- Each athlete will be assigned a **Team Equipment Commitment Day** and is expected to assist with setting up, managing, and packing up team equipment at meets. This includes helping with items such as easy-ups, coolers, snacks, drinks, and other team supplies

## Team Fee

$$\begin{aligned}
 & \text{Total Team Fee} = \\
 & \left( \begin{array}{l} \text{Team} \\ \text{Donation} \\ (\$300) \end{array} - \begin{array}{l} \text{Chocolates} \\ (\$20/\text{box}) \\ 5 \text{ box max} \end{array} - \begin{array}{l} \text{BLAST} \\ \text{Online Fundraiser} \\ (84\% \text{ Credit}) \end{array} - \begin{array}{l} \text{Snack Shack} \\ \text{Donation} \\ (\text{Up to } \$50) \end{array} - \begin{array}{l} \text{Snack Shack} \\ \text{/Ticket Booth} \\ \text{Volunteering} \\ (\text{Parents Only}) \\ (\text{Up to } \$100) \\ (\$25/2 \text{ hr shift}) \end{array} \right) \\
 & + \begin{array}{l} \text{ASB Card} \\ (\$45) \end{array} + \begin{array}{l} \text{DHS TF} \\ \text{Attire} \\ \text{Online Store} \end{array} + \begin{array}{l} \text{Uniform} \\ (\$85-120) \end{array} + \text{Banquet}
 \end{aligned}$$

A Minimum payment is \$100 to the ASB Bookkeeper or raised on BLAST is due before the START OF THE SEASON on February 14th, 2026.

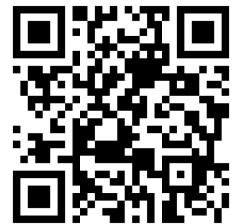
Here is a Break down of the above Team Fee - Team Donation: \$300 minimum

HERE ARE YOUR OPTIONS ON HOW YOU CAN FUNDRAISE -

### Donation

Make your \$300 donation to the bookkeeper and bring Coach Storey the Receipt (If you pay by credit card at the school there is an additional \$3.00 charged by the school )

- **The Bookkeeper has set up an online payment system for the team if you wish to pay directly at home. (Please note there are some additional fees)**
  - Here is the link to the webstore:  
<https://downeyhs.myschoolcentral.com> or QR CODE
    - The item listings will be in the **SPORTS TAB** - Boys or Girls Track & Field



### Chocolate Candy Fundraiser – FEBRUARY

- Athletes must **sign up** to lock in how many boxes they would like to sell.
- **Maximum of 5 boxes per athlete**, and athletes must take **all 5 boxes at pick-up**.
- Each box sold will earn an athlete **\$20.00 credit** to their account.
- You will have **two weeks** to sell the boxes. Please only commit to the number of boxes you are confident you can sell within that time.
- If the money is not turned in after the two-week period, **\$60.00 will be charged to your ASB account**.



## **BLAST is OPEN and READY!**

This is our online fundraising program where you can easily text or email family and friends near and far to ask for donations. It's quick, easy, and helps support our season!

- Blast Takes 16% of your donation online



## **Snack Shack Donation**

- Can receive up to a \$50 credit - items need to be donated by February 28th or sooner.
  - GOLD, SILVER, BRONZE Donations - you can combine donation
  - Reach out to Coach Storey [dstorey@dusd.net](mailto:dstorey@dusd.net) on square or on parent remind if you have questions

### **GOLD \$50.00 Credit**

(Pick 2 items and bring in)

- Cases of Soda - 12oz  
- Coke, Sprite, Dr. Pepper, Diet - Count 35 pkg
- Case of Gatorade (20 oz) 24 QTNY
- Box of Variety Chips - 50 packages
- Box of Chocolate or Candy - Variety Box of Full Size

### **SILVER \$35.00 Credit**

(Pick 3 items and bring in)

- Case of Cup Noodles - 24 Pack - Chicken, Beef, Shrimp
- Box of Fruit Snacks - Qty 72 or higher count
- Box of Granola Bars - Qty 35 or higher

### **BRONZE \$15.00 Credit**

(Pick 2 items and bring in )

- Case of Water Bottle 12oz - package of 24 or above
- 2 Boxes of Capri Suns
- Smaller count of fruit snacks or granola bars

**Athletes – You're welcome to bring in additional items! Any extra contributions can also count toward community service hours.**

## **Snack Shack & Ticket Booth Volunteering**

Parents/Guardians (Age 24+) are encouraged to volunteer and help at our home meets by working in the **Ticket Booth** or **Snack Shack**.

- Sign up to work a **2-hour shift** at one of our **ten (10) home meets**
- For **each 2-hour shift worked**, the athlete will receive a **\$25.00 credit**
- A maximum of **4 volunteer sign-ups per athlete** (up to **\$100.00 total credit**)
- **More dates coming soon on the form**



Athletes can work the shack shack for community hours but not towards receiving credit towards account

## **Additional Athletes Fee**

### **ASB Card Requirement**

All student-athletes are required to purchase an **ASB Card (\$45)** as a condition of eligibility to participate in any extracurricular sport.

- ASB card funds help cover the cost of **officials for scheduled events**, as well as other expenses related to **school-sponsored athletic activities**.
- Please be sure your athlete has a valid ASB card prior to participation.
- Show Coach Storey your ASB Card before our first away meet.

### **DHS Track & Field Attire**

- **Warm-Ups**  
Warm-ups/Sweats are ordered online and are required to ride the bus to meets. Please be sure to order them if you do not already have a set.
- **Team Shirts**  
Coach Storey has a limited supply of shirts available in her classroom at a great value. New team shirts can also be purchased online.
- **Seasonal Shirts**  
Additional team shirts will be available throughout the season, including Relays, Season Championship, and other special events.

### **Uniform Information-** Each athlete's uniform is theirs to keep.

- Estimated cost: \$85.00–\$120.00
- Uniforms will be issued in Coach Storey's classroom.
  - A billing paper will be issued by Coach Casillas or Coach Storey
  - Take the billing paper to ASB to complete payment
- New uniform designs are allowed to be proposed by senior athletes, so every year there will be a possibility of buying an additional uniform, **but not required**
- **Uniforms are non-refundable**

### **End of the Season Banquet**

Our End of the Season Banquet will be held on Monday, May 18th, 2026 at Stevens Steakhouse in Commerce.

- Track & Field Athlete Ticket: Estimated \$25 Senior, \$30 Track & Field Athlete \$35 Guest
- More details regarding ticket sales and timing will be shared as the date approaches
- Tickets are purchased at the Bookkeeper Window and Receipt and number attending to Coach Storey

### **Senior Banner (Optional)**

Senior Night is on Thursday, April 16th, 2026, where we honor our seniors on the field along with their honored guests.

- Seniors have the optional opportunity to have their photo taken during the season by the team photographer. Photos will be placed on a banner that is displayed on the fence during Senior Night.
- Estimated Cost is \$65
- More details regarding banners and timing will be shared as the date approaches.

### **Team Photos**

- Apple Photography comes to DHS and takes photos of the team and individuals
- Athletes have the opportunity to order Photos
- Date to be announced

## **Spring Expenses**

In an average year the **Downey High Boys and Girls Track & Field Team** program requires an estimated over \$90,000 to run and maintain.

- Meet Fees/Results/Announcers
- Senior Night
- ASB/Payroll for Coaches
- Equipment
- Food/Drinks for Away Meets
- Invitational/Relay Medals
- Updating Technology
- Supplies
- Banquet Awards
- Miscellaneous Expenses

## **Expectations for our Track & Field Parents**

- Support your student-athletes by helping them get cleared, raise money, and helping them to be committed to the team hours as they are working with the coaches who are there for them.
- Be an example of good sportsmanship by refraining from talking to officials.
- Cheer for our team.
- Our athletes have a lot of things to think about while they are running. We work on specific things in practice and we will correct things in practice as well. Athletes need to have a clear mind to implement the adjustments made by the Coach.
- One of our fundraisers for the team is our Snack Shack and Ticket Booth where we are in need of parent volunteers to help. Without parent support we will not have the opportunity to be open or will have limitations.
- If you have a concern, please reach out to Coach Gleason. If you feel your concern is not being resolved adequately, please reach out to Athletic Director Mark Rand at [mrاند@dusd.net](mailto:mrاند@dusd.net)

## **Student Athletes Information**

Staying Current with Track & Field (Athletics!!)

Watching track and field events on TV or online is a great way for athletes to:

- Learn new techniques from top competitors
  - Stay inspired and motivated
- Understand strategies and pacing for different events
  - See what it takes to compete at the next level

**Our Official Instagram account is [downeycctrackfield](#)**

**Our team website is <https://www.dhsxctf.com/>**

## **Senior Information**

If you are a senior, please complete the Google Form below so we can learn

A little more fun information about you.





## **DOWNEY TRACK & FIELD 2026 SEASON - TENTATIVE SCHEDULE**

### **FEBRUARY 14TH - SATURDAY - DOWNEY ALL COMERS @ DHS**

Athletes at Downey @ 7am

FEBRUARY 16TH TO 20TH - MORNING PRACTICE DURING BREAK

### **FEBRUARY 21ST - SATURDAY - CONFERENCE PREVIEW @ DHS**

Athletes at Downey @ TBD

### **FEBRUARY 26TH - THURSDAY - QUAD MEET @ DHS 3PM**

### **FEBRUARY 28TH - SATURDAY - COACH JOHN/COACH MYERS DOWNEY RELAYS @ DHS**

Athletes at Downey @ 6am

MARCH 7TH - SATURDAY - **COLT CLASSIC @ COVINA HS**

MARCH 13TH/14TH - FRIDAY/SATURDAY - **REDONDO TRACK FESTIVAL @ REDONDO UNION HS**

MARCH 21ST - SATURDAY- **AZUSA MEET OF CHAMPIONS** (Distance only)

### **MARCH 28TH - SATURDAY- DOWNEY INVITATIONAL @ DHS**

Athletes at Downey @ 6am

### **APRIL 1ST - WEDNESDAY- QUAD MEET @ DHS @ 3PM**

APRIL 3RD/4TH - FRIDAY/SATURDAY- **TRABUCO HILLS INVITATIONAL**

APRIL 5TH TO APRIL 10TH - SPRING BREAK -MORNING PRACTICE

APRIL 10TH/11TH - FRIDAY/SATURDAY - **ARCADIA INVITATIONAL**

### **APRIL 16TH - THURSDAY - QUAD MEET & SENIOR NIGHT - @ DHS @ 5PM**

APRIL 17TH/18TH - FRIDAY/SATURDAY - **MT SAC RELAYS**

APRIL 23RD - THURSDAY - MIDDLE SCHOOL MEET #1

### **APRIL 24TH/25TH - FRIDAY/SATURDAY - CONFERENCE CHAMPIONSHIPS @ DHS**

APRIL 28TH - TUESDAY - **CIF QUALIFER PRELIMS @ WARREN**

APRIL 30TH -THURSDAY - MIDDLE SCHOOL MEET #2

MAY 1ST - FRIDAY - **CIF QUALIFER FINALS @ WARREN**

MAY 7TH - THURSDAY - MIDDLE SCHOOL MEET #3

### **MAY 8TH - FRIDAY - DISTANCE CARNIVAL @ DHS**

MAY 9TH - SATURDAY- **CIF PRELIMS @ TRABUCO HILLS**

MAY 15TH - 2025 - FRIDAY - **MIDDLE SCHOOL ALL DISTRICT MEET**

MAY 16TH - SATURDAY- **CIF FINALS @ MOORPARK HIGH SCHOOL**

MAY 18TH - MONDAY- **TRACK & FIELD BANQUET @ STEVENS STEAKHOUSE @ 6PM**

MAY 23RD - SATURDAY- **CIF MASTERS @ MOORPARK HIGH SCHOOL**

MAY 29TH & 30TH - FRIDAY/SATURDAY **STATE PRELIMS/FINALS @ BUCHANAN HIGH SCHOOL , CLOVIS(FRESNO)**

**SCHEDULE SUBJECT TO CHANGE**



**THIS PAGE YOU ARE TO RETURN TO COACH GLEASON OR COACH STOREY  
WITHIN 24 HOURS OF RECEIVING**

**“I, as the athlete, have read and understand what is expected of me as an athlete, both in supporting the team and in participating in team fundraising efforts.”**

Name of Athlete \_\_\_\_\_

Signature of Athlete \_\_\_\_\_

Date \_\_\_\_\_

**“I, as the parent, acknowledge that I have read and understand the information regarding what is expected of my athlete. I also understand that my athlete has a financial commitment to the team.”**

Name of Parent or Guardian \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

Best Contact Number for Parent \_\_\_\_\_

Date \_\_\_\_\_