

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road - Fort Worth, Texas 76114, (817)-252-2070



Athlete & Parent

Information Packet

Boys & Girls Track

2021

Coach Information

Head Coach Boys Coach

Juan Silva Jr.
silvaj@castleberryisd.net
817-252-2076

Head Coach Girls Coach

Dena Atzenhoffer
atzenhofferd@castleberryisd.net
817-252-2170

Assistant Coaches

Tim Gillespie
gillespiet@castleberryisd.net
817-252-2075

Cameron Hartson
hartsonc@castleberryisd.net
817-252-2100

Zachary Taylor
taylorz@castleberryisd.net
817-252-2075

Jason Greenwald
greenwaldj@castleberryisd.net
817-252-2288

Strength & Conditioning Coordinator

Ty Edwards / edwardst@castleberryisd.net / 817-252-2075

Athletic Trainer

Taylor Ogden / ogdent@castleberryisd.net / 817-252-2074

Castleberry Independent School District

Athletic Code of Conduct



STATEMENT OF PURPOSE

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

ATHLETIC CODE OF CONDUCT

- Violation of the Athletic Code of Conduct will be considered on an individual basis.
- You will be treated fairly.
- You are an athlete year-round.
- Comply with school policy
- Conduct yourself as a lady/gentleman at all times.
- Always tell the truth
- Do not steal.
- Do not make excuses
- Do your best in the classroom
- Respect your teammates
- Do not participate in other non-school related sports while your sport is in season.
For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball
- Do not use tobacco, alcohol, drugs or any mood-altering chemical.
- If you have a concern, talk to your coach in private



Multi-Sport Student Athletes



We take great pride at Castleberry in the fact that our students participate in many different extracurricular activities. As coaches, we will always encourage our student athletes to participate in anything and everything they choose. Along with that, however, comes a responsibility of the student to manage his time correctly and be where he is supposed to be when he is supposed to be there.

Example:

Student Athletes that want to run track and play baseball / softball. The student will go to track practice directly after offseason. The track coach will ensure that the athlete is done by 4:30pm so he or she can move to baseball / softball practice.

The most important aspect is the communication between athlete and coaches. We need to be aware of their time commitments in order to make it work. Thus, if you are in any other activity, please visit with us and we will find a way for you to participate in both track and other chosen activity.

Parents/Guardians - As with all programs at CISD, the coaching staff will always communicate with you and your child on way of improving their fundamentals & skills, but the following will not be discussed:

- Playing Time
- Play Selection
- Personnel

Summary of Make-Up Practices

Excused:

1. Medical: Doctor's Note + Notification to Head Coach (Boys – Coach Silva, Girls – Coach Atzenhoffer)
2. Illness: Notification to Head Coach (Boys – Coach Silva, Girls – Coach Atzenhoffer)
3. MUST BE IN ATTENDANCE AT SCHOOL FOR 3 OF THE 4 PERIODS TO BE ELIGIBLE TO PARTICIPATE IN PRACTICE OR COMPETE AT A MEET
4. Death in Family: Notification to Head Coach (Boys – Coach Silva, Girls – Coach Atzenhoffer)
5. Family Emergency: Notification to Head Coach (Boys – Coach Silva, Girls – Coach Atzenhoffer)
6. Tutorials / STAAR Related / School Related: Notification to Head Coach (Boys – Coach Silva, Girls – Coach Atzenhoffer)

Unexcused:

1. Absences due to vacation of any kind
2. Any of the Excused absences that require notification to Head Coach (Boys – Coach Silva, Girls – Coach Atzenhoffer)
3. Absent from Practice

Any Excused Absence:

Athlete will be expected to make up the practice they missed in full.

Any Unexcused Absence:

Athlete will be expected to make up the practice they missed in full, AND, will run an additional running workout that will consist of 10 timed 200 meter dashes with 30 seconds rest under the supervision of Head Coach (Boys – Coach Silva, Girls – Coach Atzenhoffer)

Note: More than two days missed in a week, the student-athlete will not be eligible for that week's track meet. Extenuating circumstances may exist and are grounds for coaches' review.



Castleberry High School

Boys & Girls Track

Schedule

2021



Date	Day	Meet	Location	Time
February 11	Thursday	Bobcat Relays- <i>Var Only</i>	Krum	1:00 PM
February 20				
February 27	Saturday	Lion Relays	Castleberry HS	8:00 AM
March 4	Thursday	Gayle Pruett Relays	Alvarado HS	4:00 PM
March 12	Friday	South Hills- <i>Var Only</i>	South Hills HS	3:00 PM
March 15-17	Mon. – Wed.	Spring Break Practice	Castleberry HS	9:00 AM
March 25	Thursday	Lion Relays	Castleberry HS	3:00 PM
April 5	Monday	District 7 – 4A Meet—JV ONLY	Springtown HS	TBA
April 7	Wednesday	District 7 – 4A Meet—VAR ONLY	Springtown HS	9:00 AM
April 8	Thursday	District 7 – 4A Meet—VAR ONLY	Springtown HS	5:00 PM
April 14	Wednesday	Area Meet District 7/8 4A	Springtown HS	9:00 AM
April 23-24	Fri. – Sat.	UIL Region I Meet	Texas Tech University	TBA
May 7-8	Fri. – Sat.	Texas UIL State Meet	UT Austin	TBA

Head Coaches: Juan Silva (Boys), Dena Atzenhoffer (Girls)

Assistant Coaches: Timothy Gillespie, Cameron Hartson, Jason Greenwald, Zachary Taylor

Principal: Cathy Williams

Executive Director of Student Services: Lenny Lasher

Superintendent: Dr. John Ramos



CASTLEBERRY HIGH SCHOOL BOYS & GIRLS TRACK SCHEDULE 2021



DATE	DAY	MEET	LOCATION	TIME
February 11	Thursday	Krum (Varsity Only)	Kum	1:00 PM
February 20	Saturday	TBA	TBA	TBA
February 27	Saturday	Lion Relays	Castleberry HS	8:00 AM
March 4	Thursday	Gayle Pruett Relays	Alvarado HS	4:00 PM
March 12	Friday	South Hills	South Hills HS	3:00 PM
March 15-19	Mon.-Fri.	Spring Break Practice	CHS	9:00 AM
March 25	Thursday	Lion Relays	Castleberry HS	3:00 PM
April 5	Monday	District 7-4A Meet (JV Only)	Springtown	TBA
April 7	Wednesday	District 7-4A Meet (Varsity Only)	Springtown	9:00 AM
April 8	Thursday	District 7-4A Meet (Varsity Only)	Springtown	5:00 PM
April 14	Wednesday	Area Meet (District 7/8 4A)	Springtown	9:00 AM
April 23-24	Fri. - Sat.	UIL Region I Meet	Texas Tech University	TBA
May 7-8	Fri. - Sat.	Texas UIL State Meet	UT Austin	TBA

Head Coaches: Juan Silva (Boys), Dena Atzenhoffer (Girls)

Assistant Coaches: Tim Gillespie, Zach Taylor, Jason Greenwald, Cameron Hartson

Principal: Cathy Williams-Ridley

Executive Director of Student Services: Lenny Lasher

Superintendent: Dr. John Ramos

January 2021

						1		2
3		4				6		7
10		11A				13A		14B
	Practice Until 4 30		Practice Until 4 30		Practice Until 4 30		Practice Until 4 30	Student Holiday OFF
17		18				20B		21A
	Student Holiday Practice 3-4 30		Practice Until 4 30		Practice Until 4 30		Practice Until 4 30	Practice Until 4 30
24		25A				27A		28B
	Practice Until 4 30 (Soccer AM)		Practice Until 4 30		Practice Until 4 30 (Soccer AM)		Practice Until 4 30	Practice Until 4 30
31								

February 2021

	1B	2A	3B	4A	5B	6
	Practice Until 4 30	Practice Until 4 30	Practice Until 4 30	Practice Until 4 30 (Soccer AM)	Practice Until 4 30	
7	8A	9B	10A	11B	12A	13
	Practice Until 4 30 (Soccer AM)	Practice Until 4 30	Practice Until 4 30 (Soccer AM)	Krum Track Meet 8 am	Practice Until 4 30	
14	15B	16A	17B	18A	19B	20
	Practice Until 4 30	Practice Until 4 30	Practice Until 4 30	Practice Until 4 30	Practice Until 4 30	
21	22A	23B	24A	25B	26A	27
	Practice Until 4 30 (Soccer AM)	Practice Until 4 30	Practice Until 4 30 (Soccer AM)	Practice Until 4 30	Practice Until 4 30	Castleberry Lion Relays Meet CHS 8 am

March 2021

	1B	2A	3B	4A	5B	6
	Practice Until 4 30	Practice Until 4 30	Practice Until 4 00	Alvarado Track Meet	Practice Until 4 30	
7	8A	9B	10A	11B	12A	13
	Practice Until 4 30 (Soccer AM)	Practice Until 4 30	Practice Until 4 30 (Soccer AM)	Practice Until 4 00	South Hills Track Meet	
14	15	16	17	18	19	20
	Practice 8 30-10am	Practice 8 30-10am	Practice 22 9 00-11am	Spring Break	Spring Break	
21	22B	23A	24B	25A	26B	27
	Practice Until 4 30	Practice Until 4 00 IMMS Track Meet	Practice Until 4 30	Castleberry Track Meet	Practice Until 4 30	

April 2021

				1B	2	3
				Practice Until 4 30	Good Friday	
4	5A	6B	7A	8B	9A	10
Easter	Practice Until 4 30	Practice Until 4 30	District Meet Springtown	District Meet Springtown	Practice Until 4 30 Area Qualifiers	
11	12B	13A	14B	15A	16B	17
	Practice Until 4 30 Area Qualifiers	Practice Until 4 30 Area Qualifiers	Practice Until 4 30 Area Qualifiers	Area Meet Springtown	Area Meet Springtown	Area Meet Springtown
18	19	20A	21B	22A	23B	24
	Practice Until 4 30 Regional Qualifiers	Practice Until 4 30 Regional Qualifiers	Practice Until 4 30 Regional Qualifiers	Practice Until 4 30 Regional Qualifiers	Regional Meet Texas Tech	Regional Meet Texas Tech
25	26A	27B	28A	29B	30A	
	Practice Until 4 30 State Qualifiers	Practice Until 4 30 State Qualifiers	Practice Until 4 30 State Qualifiers	Practice Until 4 30 State Qualifiers	Practice Until 4 30 State Qualifiers	

May 2021

						1
2	3B	4A	5B	6A	7B	8
	Practice Until 4 30 State Qualifiers	Practice Until 4 30 State Qualifiers	Practice Until 4 30 State Qualifiers	Leave for State Meet	UIL State Track Meet UT Austin	UIL State Track Meet UT Austin
9	10A	11B	12A	13B	14A	15
16	17B	18A	19B	20A	21B	22
23	24	25	26	27	28	29

Castleberry Independent School District

Department of Athletics

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STANDARD REQUIREMENTS FOR LETTER JACKET RECIPIENTS (GRADES 9 - 12)

When determining letter jacket recipients, sponsors will observe the following standard requirements:

1. The student and parent/ guardian must sign the organization's extracurricular participation agreement.
2. The student must be considered a participant from the first until the final date of the season.
3. The student must remain academically eligible from the first until the final date of the season.
4. The student must demonstrate an attitude of commitment while exemplifying the philosophy of the organization.
5. The student must be recommended by the sponsor of the organization and approved by the principal and appropriate director.
6. Student letter jackets will be provided by the district for approved organizations. Students will receive only one jacket with one varsity letter during their high school career. An additional symbolic award will be presented to a student who earns an additional letter(s) by the corresponding organization. Additional patches will be the financial responsibility of the student.

In addition to the above standard requirements, the sponsor may request that additional requirements be identified for his/her program.

Organization	Dates	Additional Requirements
Football	Aug.-Oct.	Play in a minimum of eight (8) quarters at the varsity level.
Cross Country	Aug -Oct	Participate in three (3) varsity meets and the District Cross Country Meet.
Volleyball	Aug.-Oct.	Participate in ten (10) games at the varsity level.
Basketball	Nov.-Feb.	Participate in ten (10) games at the varsity level.
Soccer	Nov.-Mar.	Participate in seven (7) games at the varsity level.
Track	Feb.-May	Earn 10 points in the season or 1 point at the District Track Meet.
Baseball	Feb.-May	Compete in (innings) as total number of games. Example 28 games = 28 innings
Softball	Feb -May	Compete in (innings) as total number of games. Example 28 games = 28 innings.
Tennis	Feb -Apr.	Participate in two (2) varsity meets and the District Tennis Meet.
Athletic Training	Aug.-May	Standard Requirements (see above).

DESCRIPTION OF AWARDS GRADES 9-12

A participant school or member school district may give an award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in U.I.L. interschool competition. Each year a participant school or member school district may present additional awards, not to exceed \$20 each, for participation in each additional interschool organization.

The major award (\$70) presented to a student participating in the organization in grades 9-12 is a jacket with an attached 5" letter. This award will be presented to the student in the sport in which he/ she first earns a letter. An additional symbolic award will be presented to a student who earns an additional letter/ s. The additional award shall not be given to a student for an activity during the same school year that a major award is earned, if the total award exceeds \$70.

GRADES 7-8

A participant school may not give and a student may not accept awards for participation in interschool competition in excess of \$8 per year (total for all U.I.L. activities). A student may accept a symbolic award in recognition of his/ her achievement in an interschool contest if it is given by the organization conducting the contest (all tournament awards, ribbons, plaques, and medals).

Individual certificates of achievement will be presented to students in grades 7 and 8 for each sport in which the student participates and fulfills the Standard Requirements for Award Recipients as identified in this section.

I have read the above information and consent to the responsibilities outlined in the Standard Requirements for Letter Jacket Recipients.

Student Signature

Date

Parent/ Guardian Signature

Date

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 (817) 252-2071



CASTLEBERRY HIGH SCHOOL TRACK & FIELD ATHLETE/ PARENT AGREEMENT AND CONSENT FORM

Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the Castleberry High School TRACK Athlete/Parent Handbook. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Printed Name of Player

Signature of Player

Date

Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the Castleberry High School TRACK Athlete/Parent Handbook. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Name of Parent/Guardian (please print)

Relationship to Player

Signature of Parent/Guardian

Date