

## **2020 Nike Redondo Invitational El Toro Boys and Girls Track & Field**

### **Friday, March 13th**

Departure: 11:50 am in front on the ET gym  
Arrive at Redondo Union HS ~1:00 pm  
1 Sea Hawk Way, Redondo Beach, CA 90277  
First Race: 3:00 pm, check schedule  
Depart for Hotel: 8:00 pm to Marriott Torrance  
Dinner at the Hotel catered by Buca di Beppo included  
Lights Out: 10:30 pm

### **Marriott Torrance/Redondo Beach**

3635 Fashion Way, Torrance, CA 90530, Tel: 310-316-3636

### **Saturday, March 14th**

5:45 am Continental Breakfast at the Hotel included  
6:15 am depart to West Torrance HS (F/S) & Redondo Union HS  
First Race: 8:00 am  
Lunch catered by Jersey Mike's included  
Departure: 8:30 pm for home

**Trip Cost:** \$200 covers transportation, hotel, 3 meals and meet fees. You should bring additional money for incidentals.

**Permission Form:** Signed by a parent or guardian and your teacher. Must be turned in by Friday, Mar 6, 2020.

**What to Bring:** Packed lunch for the trip up. PJs, warmups, uniform and additional clothes (bring layers) running shoes, spikes, sunscreen, snacks etc. and any medication you need.

**Remember this trip will be fun, but our main focus is to compete and bond as a team. Please come ready to compete with a willing and eager attitude. NO DRAMA!!! Anyone not following team rules will be sent home. NO EXCEPTIONS!!**

Meet schedule and other information will be updated on our team website. [eltorotrack.com](http://eltorotrack.com)

### **Emergency Contact Number**

Coach Chai: 949.973.0703

## Guidelines for Overnight Trip

### I will obey all the rules set down by the coaches

#### Rules for all athletes:

- I will stay in my room after “lights out”
- I will be on time
- I will not have a person of the opposite sex in my room
- I will remember to be respectful of all other hotel guests (remember your voice carries through the thin walls of a hotel. Be quiet in the halls and no running)
- I will not willfully damage anything
- I will not leave the RUHS campus, **absolutely no trips to the beach!** (You may leave to go to a local store near by with a group of at least 4 if you have permission from a coach)
- I will abide by any other team rules not listed here, if mandated by a coach

### I will obey all the rules set down by SVUSD and ET Track & Field

#### Rules for all athletes:

- I will not be in possession of or use alcohol, tobacco, drugs, firearms, knives or other weapons of any kind.
- I will dress according to the standards of the SVUSD.

**Remember you are representing El Toro High School!  
Show Respect to Others to Earn Their Respect!**

I have read the above rules and will abide by all of them. I realize that not adhering to these rules could result in severe discipline. **This discipline may include being sent home immediately at the parent’s expense.** Disobeying some of these rules may result in being expelled from the ET Track and Field and/or SVUSD.

Signed Student \_\_\_\_\_

Date \_\_\_\_\_

Signed Parent \_\_\_\_\_

Date \_\_\_\_\_