**Summerville Track and Field**

***Expectations and Guidelines***

***Program Philosophy***:

Our philosophy is to create a competitive and character driven program for track and field at Summerville High School. We hope each student-athlete will remember their experience in Track and Field which made them a champion on and off the track.

 The greatest rewards that an athlete will gain on the team will be the rewards that come from being a part of the Summerville Track team. We want each student-athlete to see improvement that comes from consistent hard work and dedication and to value the importance of commitment.

***Student-Athlete Responsibilities:***

Being a part of a TEAMrequires great commitment and sacrifice. Those individuals who are not willing to sacrifice for the team will never be successful at what they undertake. All student-athletes are expected to conduct themselves with responsibility both on and off the track.

1. **Rules for commitment to the TEAM**
* Each athlete must be on time to every practice and not leave early (If you are late or miss a practice a note must be provided).
* Each athlete must attend every practice and meet
* Each athlete must bring the proper attire to practice (Running shoes, spikes, wristwatch with stopwatch, running clothes, sweats, and water…no other drink is allowed)
* Each athlete is highly recommended that you remain at the whole meet (If you have to leave please let the HEAD COACH know and sign out)
* Each athlete must stay after practice to help put away equipment when necessary.
* Each athlete will compete in the events that the coaches’ feel will be the most beneficial to the team, not necessary in the events of the athletes choosing.
* No athlete will be allowed to have out a cell phone, mp3 player, video game, other electronic device or magazines during practice. An mp3 player or Ipod with head phones will be allowed before the meet as long as it’s not a distraction.
* Each athlete must check in with the HEAD COACH before and after practice/meet.
* 3 unexcused absences for practice will result in being let go from the team
* If a student/athlete misses practice ***for any reason*** they will not compete in the upcoming meet that week!

Any athlete who violates one of the above rules will be dismissed from practice for that day and receive an unexcused absence. An athlete with an unexcused absence will be suspended from the next meet. Three (3) unexcused absences will result in dismissal from the team!

1. **Rules for Student-athlete conduct:**
* Each athlete MUST treat all coaches with proper RESPECT. Talking back, arguing, fooling around when the coach is talking to the team, or refusing to do what is asked will not be tolerated.
* Each athlete will treat teammates with respect and friendship. There will be no talking bad about, harassing, or making fun for any reason.
* Profanity will never be tolerated.
* Athletes will not cut corners or cheat in any drill or workout.
* Athletes will NOT WALK when they are supposed to be running/jogging.
* Athletes will be respectful to all teachers and administrators.
* Athletes will excel in the classroom and be an example to their peers.
* No use of tobacco, alcohol, or other illegal drugs. (Any athlete found violating this rule will be dismissed from the Track and Field team permanently)

It is impossible to list every possible rule that athletes are expected to follow. The most important thing to remember is that you represent a 1st class program. We expect all athletes to demonstrate maturity and good judgment in all their actions!

If any athlete violates the above rules he/she will face one or more of the following consequences depending on the severity of the incident (up to the coach).

1. Extra work at practice
2. Dismissal from practice and an unexcused absence
3. Suspension from one (1) or more meets
4. Dismissal from the team

***Parent Expectations*:**

We understand that all parents want to see their child succeed. The success of the athletes will require the support of the parents/guardian in addition to the support of teammates and coaches. Here are some expectations that the track and field program has for the parent of athletes

* Be encouraging to your child
* Be respectful and supportive of coaches and other athletes on the team. It is important that a positive atmosphere is fostered at home about your child’s role on the team. Many successful teams are destroyed at home when parents are not supportive of fellow athletes or coaches.
* Be encouraging to fellow parents. Never criticize a coach or another athlete in front of another parent.
* Refrain from using profanity at any track meets or in front of any athletes, coaches, or officials.
* Lend a helping hand at all fundraisers. We need everyone’s HELP.
* Make sure your son/daughter has a ride home and that they are picked up ON TIME. If you cannot be there please make arrangements with someone to provide a ride.
* Plan your vacations so your child can attend every practice and meet. You will receive the schedule In advance (also will be on the website). We want each athlete to be committed to the team, and that means being at every practice and meet
* Be willing to help. We always need help with recording times and measurements and appreciate the help we receive.

We appreciate all that you do to ensure the success of your children. We cannot be a successful program without your help and support. We understand that you may disagree with some of the policies and decisions of the coaching staff. However, you will do more good for your son/daughter be being supportive than you will by being critical.

***Coaching Staff Responsibilities:***

We, the coaching staff of Summerville, desire to create a program that builds champions on and off the track. We sacrifice our time because we believe that each of you can be a champion. We also sacrifice our time because we enjoy what we do. We will strive to make track and field an enjoyable experience for all. We will also up hold each rule by abiding them ourselves. We will be prepared each day and be respectful to all parents and athletes. We will make decisions based on what is best for the team and for each athlete on the team.

***Schedule Conflict (practice starts at 4:15-5:45/6:00):***

In February, all athletes will receive a calendar with all meets and practices. Look over this schedule with your family and make sure there are no conflicts (Family vacation, DR/dentist appointments, weddings, etc.). You will be required to turn in a calendar with any conflicts in to your Head Coach. You will be required to attend all meets and practices that you don’t mention on your calendar.(also check the website: summervilleathletic.com)

***Physicals:***

All athletes are required to have a current physical in order to participate on the team. Physical are effective for one (1) year. As long as they are after April 1st of this year; are the South Carolina High School League requirements.

***Earning a Varsity Letter:***

Earning a varsity letter in a varsity sport in High School should be achievement (earned) rather than just given for participating. Ways to earn a letter (up to coach’s discretion):

* Earn 100 points throughout the season
* Break a school record in an event
* Make it to lower state (meaning placing in the top 4 at the region meet)
* Be on the TEAM for 3 consecutive year (shows commitment)

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| EVENT | BOYS | GIRLS |
| SHOT PUT | 45-0 | 30-0 |
| DISCUS | 130-0 | 110-0 |
| HJ | 5-10 | 4-10 |
| LJ | 19-5 | 16-0 |
| TJ | 42.5 | 35-0 |
| PV | 11-0 | 9-0 |
| 100/110 HURDLES | 14.5 | 15.7 |
| 400 HURDLES | 59.0 | 1:08 |
| 100 | 11.2 | 12.9 |
| 200 | 23.0 | 25.5 |
| 400 | 51.5 | 58.0 |
| 800 | 2:07 | 2:25 |
| 1600 (MILE) | 4:45 | 5:30 |
| 3200 (2 MILE) | 10:30 | 12:00 |
| 4X100 | 42.8 | 51.1 |
| 4X400 | 3:28 | 4:10 |
| 4X800 | 8:12 | 9:59 |

* Meet or exceed the standards below

***Points that are received:***

Saturday meets: (10, 8, 6, 5, 4, 3, 2, and 1) lower state champion: 30 pts

Region champ: 30 points School record (end of season): 20 pts

Make it to State Quals: 20 pts Fundraiser participation: 25 pts

Make State meet: 35 pts

Win state: 100 pts, 2nd-3rd: 50 pts, 4th-8th: 40 pts

***Injury clause***: *If injured during season you must have at least ½ the points or achieve the above.*

***Contact Info: (ANY problems/questions please contact the head coach)***

Head Boys/Girls Coach: Kevin Bellush (843)532-2927

 kbellush@dorchester2.k12.sc.us

Coach Kelly Hazel: Distance/Mids./4x800

Coach Herbert Johnson: Throws

Coach Oliver Savela: Sprints/Mids./4x400

Coach Michael Rella: Hurdles

Coach Natasha Green High Jumps

Coach Mikey Thomas Sprints

Coach Sam Blanton Pole Vault