

# TRACK 2018

## **RULES**

### **1. Consistent Practice Attendance.**

Each athlete is expected to attend ALL practices. Athletes must avoid conflicts with daily practice. If the athlete has a valid reason (explained below) for missing practice, the athlete **MUST** notify a coach prior to the practice that will be missed. **ATHLETES FAILING TO FOLLOW THIS PROCEDURE MAY BE HELD OUT OF COMPETITION AT COACH DISCRETION.** You are not to leave the track without a coach's permission. Moreover, any athlete missing **more than 13 practices/weekday meets whether excused or unexcused will be removed from the team** barring extreme circumstances at coach's discretion.

### **2. Punctuality.**

Each athlete is expected to arrive at practice and at competitions **ON TIME** and prepared. **NO EXCEPTIONS.** Injuries should be dealt with in the training room from 2:30 to 3:55. If lateness becomes chronic, you will be dropped from the team.

### **3. Practice Apparel.**

Each athlete is required to wear running shoes, shorts, tops, and sweatpants to all practice. ***Bring warm clothes every day***, Ohio weather can change quickly and it might be nice when you leave for school but snowing by the time you go to practice. We will go out as much as possible so always assume that practice will be held outside.

All athletes will wear sweat pants and a sweatshirt no matter what the weather is cold, warm or hot **to warm-up at all practices.** Anyone that shows up without them will be sent home.

### **4. Meet Apparel.**

Team uniforms and warm-ups are to be worn at all competitions (regardless of whether the athlete is competing or not). Athletes are expected to step off the bus wearing school issued track attire.

**All sprinters as well as jumpers and pole vaulters who also have sprinting events will wear their school issued warm-ups and keep them on through the entirety of all track meets, except during competition.**

### **5. Athlete Conduct.**

Sailor track and field team members are responsible for continuing a tradition of exemplary conduct. Please take your commitment seriously and support your teammates, contribute to our sport, and act responsibly in every situation. Athletes are expected to

conduct themselves in a mature and reasonable manner. If a teammate is participating in an event and you are done you are expected to be supporting them. After a meet (home or away) we all clean up our mess before getting on a bus to go home. All athletes, regardless of event, will warm-up and cool-down together for every meet. **ATHLETES SHOULD ALWAYS THANK MEET OFFICIALS FOR VOLUNTEERING THEIR TIME.**

Under no circumstances are athletes allowed to dispute rulings with meet officials. Athletes must retain their composure and let their coaches deal with the situation. **FAILURE TO FOLLOW THIS PROTOCOL IS GROUNDS FOR DISQUALIFICATION FROM COMPETITION AND SUSPENSION FROM THE TEAM.**

## **6. Athletes Classroom Attendance & Behavior**

We as a staff emphasize the fact that you are student athletes which means you are students first. If you are skipping class, doing academically poor, or continually being a disruption in class, then we as a coaching staff will discuss the problem with the teacher and take their recommendation on whether you should be held out of practice or competition **NO QUESTIONS ASKED**. If doing poorly academically in a class then it will be expected for you to attend study tables from 2:45-3:45.

## **7. Attendance.**

If you receive 3 unexcused absences, or miss practice the day before a meet; then you will miss the next meet. Below are some definitions that will help you decide if your absence is excused or unexcused. Always check with a coach to make sure!!!

### **Excused:**

1. Medical
2. Family Emergency
3. School Related Function
4. Illness (must see a parental note)
  - a. If you fall ill while you are in school see a coach **BEFORE** you go home for the day

### **Unexcused:**

1. **WORK** – work this out with your boss ahead of time
2. Being sick without medical or parental notification

## **8. Spring Break/Musical Issue.**

As coaches our first concern is how to handle Spring Break and the Musical. We do have three meets over spring break (**March 30<sup>th</sup> – April 8<sup>th</sup>**). We know that many of you have already made plans; however we encourage you to do what you can to be here as you are planning to make a commitment to this year's track team. We are asking that you make-up the time you miss over spring break before competing in a meet. This is only fair to the athletes that are here working hard over the break. Think of it as make-up work when you are absent from school, it is not a **PUNISHMENT**.

As a coaching staff we encourage our athletes to be involved in other activities; however there must be compromise. We will work with any athlete on practice issues with the musical; whether it means practicing early or staying late. If an athlete has musical practice from 2:45 – 4:15, then expect to come to track practice after, do not use this as an excuse to miss practice. Do not assume we know that you are at musical practice keep all coaches up to date as we are working with over 50 different athletes. Provide for the head coaches a practice schedule for the musical with your name on it.

**Consequences: break track team rules or student code of conduct (all athletic department rules and consequences will be followed)**

1. You will have to stay for a “Coaches Session”
2. Under severe or repetitive circumstances the coach reserves the right to enforce proper consequences and/or dismissal from the team

**Earning a Varsity Letter**

Earning a letter for a varsity sport is a privilege and an honor. It shows that you have put forth the required hard work and efforts to contribute to our sport and that you have strength of leadership amongst your peers. This year the following two **RE-QUIREMENTS** will need to be met to earn a varsity letter for the track team as well as one of the following additional requirements:

1. Participate in 30 practices (**remember if miss 13 practices this is removal from the team**) and 7 track meets
2. Remain as a member of the team in good standing for the full track season (Injured or Healthy)

Provided that the above requirements are met, the achievement of any of the following will earn you a varsity letter:

1. Scoring 30 points during the regular season
2. Scoring in the Sandusky Bay Conference Meet
3. Qualifying for any post season meets (Regionals or State)

**Remember there are always issues that arise during the season that are not addressed in these team rules. All gray areas will be decided upon by the coaches.**