

Griffith Middle School Track and Field Rules and Expectations 2020

Important:

Your grades should be your number one priority at all times. All our coaches have a high level of expectations pertaining to your academics and so should you. All grades must be in accordance with school policy. Failure to do so will result in suspension from team. Eligibility is checked every 2 weeks. Remember that STUDENT comes first in student athlete.

PRACTICE

- **Monday-Friday 3:45-5:00. Practice begins on March 16th.**
 - **You MUST have a physical before you can practice.**
1. Attendance is mandatory unless it has been communicated before practice and it has been approved by your coach.
 2. Communication is defined as parental contact through phone, phone message, email, instant messenger, or our facebook page.

“Griffith Middle School Track and Field” “Griffith Athletics”

3. Communication is NOT telling your friend or teammate to tell coach you can't make it today. It doesn't matter the reason.
4. You must provide your own transportation to and from practice. Please arrange for your ride to pick you up no later than 5:00pm. Student athletes should be arranged to be picked up at the track area. Arranging to ride with a teammate is ok as long as it has been approved by the proper guardians.
5. Student athletes who miss practice because of other school activities must inform your coach beforehand, indicating which days and times you will be missing.
6. Missing practice for more than one detention will result in removal of the team. Consider your first offense your warning. Everyone makes mistakes. Don't make the mistake again.

7. There is no leaving practice early unless it has been approved by your coach. Communicate with them.
8. If an athlete must report to practice late, please provide a written explanation as to why. You will be considered absent and it will be ruled as missing practice if not.
9. No listening to music during practice. No electronics allowed. Leave them in your lockers or at home.
10. If you are going to keep belongings in a locker, please have your own lock. Do NOT allow teammates or friends to share with you under any circumstances. You are responsible for your own personal items.
11. Please make sure to dress in appropriate practice attire. Have a set of extra clothes for all types of weather. This means workout pants, gloves, hats, long sleeve shirts, and anything else you feel you might need.
12. All student athletes should have RUNNING SHOES for track and field. It is up to you whether or not you will purchase competition spikes at the middle school level.

Track and Field MEETS

1. All student athletes are required to attend all meets on our schedule. Coaches register athletes in races many days prior to the meet and are counting on your to be there for your team.
2. Gear will be available for purchase starting on the first day of official practice. It will close at the end of our first week of practice. You must order before it closes or you will NOT get a competition shirt for meets. This is more than enough time to make your decision.
3. All athletes must compete in the team issued singlet and black shorts.
4. You are expected to follow all rules stated in the Griffith Athletic Code and in the Griffith Public School Student Handbook. It is important to be respectful to all coaching staff, teammates, and competing teams. Cooperate with coaching staff and officials at all times. You must always be in good behavioral standing with your school. You represent Griffith and this team at all times.
5. All athletes are required to ride the bus home from meets.
6. If it is going to be a late evening, we might stop for fast food. Coaches will inform athletes to bring money in this case.

GENERAL INFORMATION

1. No cursing/swearing or inappropriate gestures at any time.
2. No form of bullying will be tolerated as outlined by the handbook
3. You must always have a shirt on during practice.
4. You may wear a watch during practice and meets if desired.
5. You may bring your own water bottle to practice if desired
6. All rules and expectations apply at all times and are subject to change daily.

Contract for Griffith Middle School Track and Field 2020

Please sign and return on the first day of practice.

I agree to the Griffith Middle School Cross-Country Rules and Expectations.

Parent/Guardian's Signature: _____ Date: _____

Student Athlete's Signature: _____ Date: _____