**Team Rules and Expectations**

**2018-2019**

**Head Coach**

Devonte Williams

dtwilliams@ccboe.com

**Assistant Coaches**

Kayla Truesdel, Emily Waggoner

**Expectations**

As a member of the La Plata High School Indoor Track and Field Team, I understand that it is an honor and privilege. With this opportunity I will conduct myself in a manner worthy of this team as well as a student of La Plata High School.

While in school, I will:

* Follow all school rules and regulations
* Treat all faculty, staff, and students with the utmost respect
* Work to the best of my ability and be on time for class

While on the track, I will:

* Give my total attention and effort
* Attend all practices, meets, and team functions
* Show good sportsmanship
* Respect and support all teammates and coaches
* Show up to all practices and meets on time

While in the community, I will:

* Obey the law
* Treat all citizens with respect
* Strive to create a positive image of my team, school, and myself

Any athlete that is found in violation and receives a referral or ISI will result in disciplinary action which may include extra conditioning, suspension from the next meet or in severe cases dismissal from the team at the discretion of the coaches. Punishment will be done individually and will be based on the severity of the incident.

Drugs and/or alcohol will not be tolerated and I understand that the use of these items will result immediate dismissal from the team and administrative action.

I understand that athletes are expected to make academics a priority and maintain passing grades in all classes. If an athlete is having issues in any class, it is their responsibility to pursue academic help and inform coaches if help is needed in maintaining grades. I also agree to only place my family and schoolwork ahead of Track.

**Practice**

Practice will be held Monday thru Friday from 2:30-4:30 PM. Distance Runners will practice until 5 PM.

* Athletes are to be in the Commons Area dressed and ready for practice prior to 2:30 PM.
* If an athlete is tardy to practice two or more times in one week, they may not compete at the next meet at discretion of the head coach.
* If an athlete has one or more UNEXCUSED absence, they may not complete at the next meet at the discretion of the head coach.
* If an athlete must miss practice, they are to inform coach prior to the start of practice.
* Weather permitting; at the coaches discretion practice may occur outside on the track. Athletes should bring extra clothes accordingly.

**Uniforms**

Uniforms will be issued to all track athletes. Uniforms are to be kept clean and washed following every meet. Athletes are responsible for their uniforms at all times from the time of issuance until they are turned back in. Uniforms must be turned back in at the completion of Indoor Track Season and reissued for Outdoor Track Season. Failure to return your uniform will be handled accordingly.

Athletes are expected to dress up during school on meet days. If a meet falls on a Saturday, athletes are to dress up the Friday prior.

I am also asking that each athlete purchase a warm up suit that will be on the team store to be worn at meets. Other gear will be available for purchase, but not required.

**Training Room**

All athletes that need to see the Athletic Trainer for any injury must inform coaches ahead of time.

Injured players that are not participating in practice that day as deemed by the AT are still expected to attend practice.

**Communication**

Coaches will communicate with athletes via Hudl for any important updates regarding schedule changes, practices, meet information, etc.

**I understand that as a member of this team, I will follow all of the above as well as make a personal commitment to the team, coaches and myself. I accept these terms as a student-athlete of LPHS and if I do not abide by them then I will be punished or dismissed from the team.**

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**Athlete Printed Name Date**

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**Athlete Signature**

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**Parent Printed Name Parent Signature**

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**Parent Email Address**

**Tentative Meet Schedule**

Friday, December 7th, 2018 @ 4PM PG Sports Complex

Wednesday, December 12th, 2018 @ 4PM PG Sports Complex

Friday, January 11, 2019 @ 4PM PG Sports Complex

Saturday January 26, 2019 (SMAC) @ 8AM PG Sports Complex

Monday, February 4, 2019 @ 2:30 PM (Regionals) PG Sports Complex

February 18, 2019 @ 11 AM (States) PG Sports Complex

\*Invitational Track Meets will be added to this list\*