



# Castle High School Track & Field Practice Expectations

## Schedule:

- **Practice will begin at 3:00 PM – NO CELL PHONES ALLOWED AT PRACTICE OR ON THE TRACK!!!!**
  - Practice will start with a brief team meeting – warm-up will begin immediately following.
  - Be sure to check-in and out with your designated coach
  - Attendance will be taken daily. Cell phones will be taken during practice if they are being used – they will be returned at the end of the practice.
  - If you are late you will need to stay after to make up what you missed.
- **All Athletes should plan to be at practice until it is over unless specified otherwise.**
- **Meet protocol will be covered during one of the first team meeting.**

## Warm-up:

All Athletes should take part in the team warm-up as a group. Warm-up is two complete laps outside or a 6 minute run inside. Drills and stretches will be done as a team after the run. Athletes will report to their designated coach or work-out for the day after the warm-up. Multiple event athletes will report to the head coach for their work-out.

## Trainer:

Athletes should visit the trainer for regular taping **BEFORE** the team meeting begins at 3:10. If you plan to ice before practice you must get the ice before the team meeting and ice during that time. If further evaluation is needed the athlete should communicate with the coach after the meeting. **BEING AT THE TRAINER IS NOT AN EXCUSE TO MISS THE MEETING OR WARM-UP.** Coaches will communicate with trainers about the all injuries.

## During practice:

Cell Phones are not allowed to be on the track or with you until your practice is over. All athletes should remain with their group and complete the workout as intended. Athletes should focus on their work-out and be sure not to distract others from theirs. Please remember that we share the track and hallways so be considerate to others that are training.

## End of Practice:

All athletes should check-in with coaches and check-out at the end of the work-out. Every practice will end with a cool down, stretch, and or core strength training. Please be sure to follow your work-out plan. This is not an optional part of the work-out. You are expected to incorporate this as part of your training.

**Failure to comply with the expectations could result in your not competing in events, meets, or if severe enough removal from the team.**

I will adhere to the expectations written above and implied expectations: \_\_\_\_\_  
Athlete's signature



## Castle High School Track & Field General Information & Expectations

All parents are expected to support their child and the coaches. We all want your child to succeed.

- Forms:
  - Your child must have on file, a physical, athletic code of conduct, and concussion form signed and filled out completely.
  - Two emergency cards must be filled out and on file with the coach and athletic office.
  - Booster Club membership. If you have not joined, it is expected that you do. This helps provide athletes with a certified Athletic Trainer and well as to purchase equipment.
- Cost:
  - Each athlete should have a good pair of running shoes for practice. Event specific shoes are not required but can be purchased for the athlete. Please make sure that you talk to the coaches first so they get the correct shoes for their event.
  - Parents who have not become members of the Athletic Booster Club should turn in their \$25.00 membership. Forms are available on the Castle Athletic Website.
- Practice:
  - Practice Begins at 3:00.
  - Please do not bring valuables with you to the track or leave them out. If you need a lock and locker see the coach. NO PHONES!!
  - Meet on the track, dressed and ready to practice.
  - If you are going to be late, leave early, or not in attendance, notify the coach. Do Not send word with another team member. It is the athlete's responsibility to communicate with the coaches prior to an absence, illness, or injury.
  - Times are general and could be modified at the discretion of the coaches. Promptness, attendance, and effort are always expected.
  - Last minute practices could be scheduled – please be flexible.
- Dress Appropriately:
  - We will try to go out during pre-season as much as possible – liquid sunshine will not prevent us from going outside for practice. BE PREPARED!
  - All athletes should be prepared for all types of weather and practices DAILY
    - Outside – Temperature above 40°. Dress accordingly.
    - Inside
    - Rain
    - Pool workouts
- Plan Ahead:
  - If you will not be at any meet for special circumstances you need to notify the coaches well in advanced of that meet.
  - Put the meets in your calendar and check for conflicts. The agenda book may not be correct so please follow the schedule that you were giving.
  - Typically, the meets will be Varsity and JV heats. There are some freshman only events and meets.
  - In general, varsity will be considered the top 3 in each event closer to tournament time

- We will try to have the line-up posted prior to the meet day.
- MAKE TRACK THE PRIORITY.
- Illness, Injuries, and Attendance:
  - If an athlete is absent from school and misses practice five or more consecutive days due to illness or injury, they must have a written doctor's statement indicating they are physically able to return to their sport.
  - Students are required to be in attendance at school all periods the day of the meet in order to participate. Field trips and funerals are exempt from this rule.
  - There are aches and pains involved in all sports. If it is more than an ache or pain then please see the certified trainer and he can evaluate the injury. Our trainer should be consulted first and then can refer athletes if necessary.
  - Athletes that are not in attendance at practice the day before a meet will not be eligible to participate in the meet. Again, field trips and funerals are exempt.
- Make Track & Field the Priority:
  - If you are involved in another sport or activity, make the commitment to track during the season. You need to work around the track schedule. Please provide the coaches with schedules of any other activity that you are involved with – keep the line of communication open. Activities that are not school related must be scheduled around practices and meets.
  - The coaches are willing to work with athletes that want to participate in other activities. If there is any confusion about this please speak to the head coach. MAKE TRACK the PRIORITY – Once the tournament season starts and you have qualified for the tournament teams – MAKE TRACK the number one PRIORITY.
- STUDENT–Athlete – ACADEMICS come first:
  - If you need assistance in a class try to schedule it in the morning. Most teachers will assist you then.
  - Classes that have study groups after school will give passes to you – you must bring it to practice if you are late.
  - Eligibility – you must be passing 5 classes in order to participate. Semester grade reports will be used at the end of the season. Nine week grades at the beginning of the season.
- Varsity Letter:
  - To earn a varsity letter you need to score 15 points in Varsity meets, be on a the SIAC line-up, Sectional line-up, or have a time, score, jump, or throw equal to or better than 8<sup>th</sup> place in the Conference meet or Sectional. Generally, it is the top three in each event. 8 Relay team members.
  - All attendance criteria must be met and all training rules must be followed throughout the course of the season.
  - Athletes must demonstrate a positive attitude and show progress throughout the season.
  - The coaches may waive any or all lettering requirements on occasion, and has the final say in all matters regarding the awarding of a varsity letter.
- Represent Castle and the Track & Field team with PRIDE.
- When in doubt, do the right thing – if you have to ask if it is the right thing – it probably isn't.
- Common sense should rule – it is our hope that we don't always have to write everything down.
- Failure to comply with the expectations could result in you not competing in events or meets. If severe your removal from the team might be necessary
- **COMMITMENT** is not just for the athletes but for the parents as well. Practices can be exhausting, but if we remember the discipline we are instilling in these young adults it will

make the commitment easier. **Athletics are not just about practices and competitions; they are about learning responsibility, teamwork, and sacrifice.**

- Miscellaneous items:
  - Bus Trips ~ all athletes are expected to ride to and from meets with the team and coaches.
  - Uniforms ~ are NOT taken home ~ Coaches will wash the uniform after each meet. Make sure you have a change of clothes. This includes away meets.
  - Non-participants ~ If you are not participating in a meet you are still expected to go. Some meets will have alternates and are expected to be ready to compete. There will be some meets that non-participants will not be expected to go.
  - Athletes are expected to stay until the completion of the meet. There will be a team meeting at the end of each meet. Athletes should be prompt and quiet to expedite the meeting.
  - Hydration & Nutrition ~ your athlete must keep fluid (water) in them all day. They also need to eat healthy. If you are not sure about what healthy is - please see a coach.
  - Sleep ~ Athletes need plenty of rest ~ this is difficult given the age. If we tag team this issue, they may eventually give in!!
  - Social Media ~ anybody and everybody can see what you post - How do you want to be represented? ~ Just remember it stays in cyber space forever.
  
- ❖ It is impossible to include everything we expect into one handbook. Please note the coaches have made every effort to cover the major issues. If you do have an issue that arises and is not addressed in the handbook, please make sure to contact a coach.