

2010 Minersville Area Track policies

Success in track requires a great deal of discipline and accountability. Please read the team policies below and discuss them with your parents. Please sign and return the accompanying form immediately. This is your first act of responsibility towards the team. The number one rule of track is that you get out of it exactly what you put into it.

1. Daily attendance at practice is extremely important and is recorded by one of the coaches. This means you are ready by 4:30, and you do not leave until you are dismissed by a coach. We expect you to be at training every day, on time! Sometimes, scheduled appointments or planned events may cause a need to leave practice early. You must let your coach know the day before, if you are leaving early or not attending. Hand a note to the coaches with your name, date, and reason, the note is to be written by you. Do not assume that inclement weather will prevent us from getting in a workout. Always have sweats or warm-ups handy. These help to insure a proper warm-up and prevent injury. Especially on colder days and on wet days have warm dry clothes to change into after practice and meets.

2. Track meet attendance is critical. Families should arrange personal matters so as not to conflict with meets.

This is still a team sport and absences are detrimental to the entire team. Absences MAY be approved if we are notified before the season begins. Absences will not be approved for the District Championship meet for athletes who are scheduled to compete. Family emergency and illness absences are always approved, of course.

3. Because academics are paramount, keeping up one's grades is a top priority.

See your coach if you need help in this area. See school handbook for details on eligibility.

4. There is ZERO tolerance as regards to tobacco, alcohol, illegal substances or offensive language/behavior. Non-compliance with this policy results in immediate dismissal from the team.

5. 100% effort is expected in practice and meets. If you are ill or injured, see your coach immediately.

6. Any problems with coaches or peers will be brought to a coach's attention immediately.

8. All team issued uniforms MUST be returned (clean) promptly at the end of the season with your name attached.

9. You can expect to be with the team at meets from beginning to end. If you must be late or leave early, that will require a note from your parents at least one day in advance. If it is an away meet and you want to leave the meet with your parents instead of riding the bus home you must hand a note into the school office at least a day before the meet. It will be approved by the school and forwarded to the coaches. If I do not have an approved note prior to leaving for the meet you must ride the bus.

10. VARSITY LETTER REQUIREMENTS: In order to earn a Varsity letter you must:

Qualify for the District Championships. Or attend every mandatory practice (you may have 2 misses) The coaches may award discretionary letters for exceptional conduct, leadership or attitude.

PRINT NAME _____

SIGNATURE _____ DATE _____