

## Rules and Information

Dear Parents and Athletes,

We are looking forward to a great track season this year. If at any time you have questions or concerns please contact one of us during school hours. We ask that you take some time and go over the following track policies with your student athlete. Please sign and return the form before the first practice on Thursday, March 17<sup>th</sup>. All paperwork and fees must be turned in by **Wednesday, March 16<sup>th</sup>**.

Coach Polera, Coach Mitchell, Coach Lee, and Coach Hartman

### **PICK UP YOUR STUDENT FROM PRACTICE AT 4:45 DAILY at SMS**

**Attendance:** It goes without saying that attendance at practice is a must. A team will only be as good as the individuals on the team. If you are not there, you are not contributing and thus become a liability. Absences will be excused at the discretion of the coaches. **(Excused absences do not include other extracurricular practices and/or competitions).** Unexcused absences include disciplinary actions such as detentions and suspensions.

- 1<sup>st</sup> unexcused absence = miss next meet
- 2<sup>nd</sup> unexcused absence = miss next meet
- 3<sup>rd</sup> unexcused absence = removal from the team
- Notes for excused absence **must be** turned in at least one day before the absence: in cases of illness, you must be excused from school and return with a note from your parent.
- You will need a note for leaving early (such as doctors appt. NOT baseball, soccer, or ballet practice), plus all clothing and books need to be brought out of the building with you- **No one will be allowed back into the building early!**
- If you miss the bus for a meet, you will miss the meet. A parent may not drive you to the meet.

**Injury: If you sit out of a practice for 2 consecutive days because of an injury, you will not participate in the next meet unless you have a doctor's note clearing you for competition.**

**Behavior:** As a part of the SMS track team you will be expected to represent the school in a positive way. Behavior in school, at practice, at the meets, and in the community is to be above reproach. You have chosen to put yourself in a leadership role as an athlete. You are expected to act like a leader!

- **You will follow all directions given to you by any coach- no talking back, complaining, or swearing. (Consequences will be given if any of these occur.)**
- There will be no sitting around during practice- if you are hurt let a coach know immediately.
- We are a team, and we need to support each other in our words and in our actions.
- No one goes on the bus until there is a coach on the bus.
- You will show respect to all officials/coaches from every school that are running events at all track meets.
- You will show respect to all athletes from all schools we compete against.
- **Inappropriate behavior will result in your removal from the team.**
- No electronics at any practices or meets- this includes but is not limited to MP3 players and cell phones. (You may have your phone in your bag, but it must be turned off until the meet is completed and only used after given permission from a coach.)

**Eligibility:** Remember you are a student first! Do your work and make sure it gets turned in on time. Track will never be an excuse for not completing your assignments.

- 1 F = ineligible for that week Monday- Sunday. You are still expected to practice with the team, but you may not participate in any meets that week.
- Continued ineligibility may result in dismissal from the track and field team.

**Information regarding all meets:**

**Important:** When we participate in meets, either home or away, we are there as a team and leave as a team. We will not release you to anyone except your parents, and then we must have a written note from them (away meets). **We are a team and our job is not complete until the final event is over.** You are needed to encourage your other teammates in their events. **Do not ask to leave the meet until it is completed.** If you were out for any other sport you would not be asking to leave in the middle of the third quarter or in the fifth inning or after the second game in a volleyball match. You are there until the meet is over.

- At the completion of an **away meet**, only the parent may sign **their** child out to take them home.
- No one may leave a **home meets** until the meet is completely over and roll is taken by a coach or stats person- **NO EXCEPTIONS- Pick ups are to be made at the track entrance at the high school parking lot-** not at the middle school.
- Bring extra clothes, even if weather is warm- it is better to be prepared for any conditions, than not to have the proper clothes/socks/shoes and extra laces (Temperatures often drop considerable before the end of the meet!)
- Most schools DO NOT have concession stands for track meets- You should bring juice/water/sports drinks for yourself to drink after you have competed.
- NO POP- the carbonation does not react well in your body's systems during or after a physical activity. It does not replace the electrolytes that you use up during competition.
- **NO jewelry/watches of any kind is to be worn during PRACTICE and MEETS per IESA regulations.**
- An estimated time of arrival back to the middle school will be given to each participant for the away meets. Please make note of this and make arrangements for your child's ride home ahead of time- not when we return to the school!

**Clothing:**

- Students are expected to wear school appropriate clothing for all practices. No spaghetti straps, tank tops, shirts that show the midriff, or short shorts. (See handbook for complete list). If you do not have appropriate clothing or practice clothing you **will not** practice and will be counted as unexcused. (ex. No jeans, flip flops, or clothes that were worn for school)
- Students are expected to wear a good pair of running type shoes that are tied at all times.
- For all meets the athletes must wear the track uniform issued to the. They must be clean and neat. If you forget any part of your uniform, you will not compete, and you will be counted as unexcused. All uniforms will be returned at the end of the season. Any uniform not returned will result in a charge to the student's account.

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Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Student Signature \_\_\_\_\_ Date \_\_\_\_\_