

2017 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 BOTTOM of this form immediately.** Keep the top so you can refer back to it at any time during the season. 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.

Daily attendance at practice is extremely important and is recorded by one of the coaches. This means you are ready at the start of practice, 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. **Send a text to 570-294-4379 include your name.** Do not assume that inclement weather will prevent us from getting in a workout. Always have sweats or warmups 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.

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.

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.

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

100% effort is expected in practice and meets. If you are ill or injured, see your coach immediately. Any problems with coaches or peers will be brought to a coach's attention immediately. Intimidation, bullying or hazing is unacceptable.

All team issued uniforms MUST be returned (clean) promptly at the end of the season to Coach Bridget with your name attached. She will have collection dates to hand them announced at a later date. If you don't return your uniform for any reason **YOU OWE THE BOOSTERS \$60.**

You can expect to be with the team at meets from beginning to end. If you must leave early your parent **MUST SIGN THE SIGN OUT SHEET** that a designated coach will have at the meet. **ONLY YOUR PARENT/GUARDIAN MAY SIGN YOU OUT!** If anyone other than your parent/guardian is going to sign you out you must have a note written and signed by them stating who can. The school needs to have all students accounted for when traveling!

You are responsible for your personal property, school equipment and garbage at meets and practice, please leave the facility the way you found it, clean.

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.

Athlete Name (Print & Sign) _____

Parent/Guardian (Print & Sign) _____

Parent/Guardian Phone Number _____