

# TRACK AND FIELD REGULATIONS 2006

## **UNIFORMS:**

All athletes are required to wear the proper TEAM uniform and warm-ups at all meets. Athletes must wear school uniforms, and warm-ups must be school colors to include the colors black, white or gray. Athletes will not carry text books in their school issued athletic traveling bags. Athletes will be issued a fine slip on any lost or damaged uniform, warm-ups, or equipment.

## **BEHAVIOR CONTRACT:**

Your behavior on the practice field, in the classroom, on the bus, and during the meet reflects your attitude toward achieving your goals, and supporting your teammates. Any inappropriate behavior by an athlete while on the bus, at a meet, during practice or toward a member of the coaching staff will bring about disciplinary action and possible removal of the athlete from the team.

**All athletes must check-out with their coach before leaving the meet or practice field !**

## **TRANSPORTATION:**

Only athletes who have paid the transportation fee will ride the bus. Athletes who are not using the district transportation must have a transportation waiver form filled out and on file. Bus transportation will be available for League dual meets only, plus the League Prelims.

## **GRADES:**

All athletes are required to participate in the league track meets. Grades will be based on participation in the meets, practices, and the students willingness to follow instructions. A student's grade will be lowered one full grade for every four days absent. If time permits the head coach may assign an activity/duty to make up absent days. *Unexcused* absences will result in removal of the athlete from the program and a grade reduction. (An excused readmit will only be from a doctor.) Athletes will attend all practices and team meetings unless excused by the head coach. **DO NOT MISS PRACTICE !**

## **INJURIES:**

If an athlete is injured under any circumstance, he/she must notify the head coach of the injury. Athletes who have a continuing reoccurrence of illness, injuries or absences for any reason which prevents them from participating will be first placed on probation and then may be transferred out of the Track & Field program at any point during the season. Such action would be at the head coach's discretion and on an individual basis.

We strongly request that athletes refrain from participating in out of school sports during the track season. *If an athlete is pursuing an optimum performance in Track & Field he or she must adhere to a very specific training program, be psychologically focused and injury free.*

## **VARSITY LETTER (one of the following)**

- 1. Participation on the Varsity level in three League dual meets.**
- 2. Score points in the League Champion Meet.**
- 3. Score points in a league dual meet.**
- 4. Placing 1st or 2nd in any Varsity relay in the League Championships.**
- 5. Scoring Varsity Team points in any Invitational Meet.**

**Print Athletes Name** \_\_\_\_\_

**ATHLETES SIGNATURE** \_\_\_\_\_

**GUARDIANS SIGNATURE** \_\_\_\_\_ **(Please return by March 8th)**