

Varsity Track and Field Rules & Expectations – 2017 Season

1. The first rule is the most important rule – be at practice. We will practice Monday through Friday, and if you are at school, you are expected to be at practice unless you are ill or there is some other special situation that arises. I get an absence list from the attendance office every day, and if you are at school but do not attend practice without a coach's OK, it will be counted as an unexcused practice. The rule is, miss an unexcused practice – miss a meet. It is pretty simple. If you have a dental or doctor appointment, let a coach know ahead of time and bring me a note from the doctor or dentist verifying you had an appointment. If you have some other reason that you have to miss a practice, you need to make one of the coaches aware of this BEFORE missing practice. The key is communication – I know there are valid reasons to miss practice (school things such as academic competition, FFA or FCCLA contest, etc.), but as coaches, we want to know that ahead of time. This means talk to one of the coaches, not some other team member. This means Coach Loughmiller, Coach Madrigal, Coach Stringfellow, or Coach Miller. I am here at school early every morning, so you can even come in to get your workout in before school if I know about it ahead of time and you have a valid reason. The 3rd unexcused practice means loss of your Varsity letter. The 4th unexcused practice means dismissal from the team. Whatever event you are involved in, you will not improve without practicing. You are letting yourself, your coaches, and your teammates down by skipping practice. The coaching staff expects you to be dedicated and be at practice each day.
2. Practice time – You need to be dressed and ready to start practice each day at 2:40. We will meet in the commons each day until the weather is suitable for outside warm up. Bring sweats with you to practice because we will get outside as much as possible weather permitting. We will warm up in the football end zone as the weather improves.
3. Supervision of athletes at practice – You must be supervised at all activities at practice. You need a coach present to be working on some specific event. Do not leave practice until the coach you are working with tells you that you are done for the day. As with absences, you need to let one of the coaches know if you need to leave early for some reason. We will work with you on this as long as it doesn't get to be a habit. The key again is communication.
4. Away meets – All athletes must ride the team bus to away meets. Your parent may sign you off the team bus after the meet is completed. To ride home with another parent, you must have a note from your parent that has been approved by the administration and turned in to me. If you expect to be riding with another parent frequently, you can get your parent to make out a note that says it is OK for you to ride home with the other adult from any away meet. This is school policy that must be followed.

5. Team conduct – Athletes should remember that you are representing your school and should conduct yourself accordingly. Don't put yourself in a position where your conduct is reflecting badly on yourself, your team, or your school. If you get in-school suspension for any reason, you will have to sit out a meet. Take care of your conduct during school hours as well as after school. I do not want to hear profanity – if one of the coaches hears it, you owe us 20 pushups.
6. General practice philosophy – Come to practice each day ready to work and give it your best, whatever your event is. I am a believer that you compete like you practice, so give it your best in practice and don't accept short cuts. The main emphasis is on improving, and there are no magic solutions to doing that except giving an honest effort each day. Don't be a whiner – work hard at whatever task you are doing. As a coaching staff, we pledge to work hard and do all we can to help each of you to improve, we expect that same commitment from each of you.
7. Academics – You are here at school first and foremost to receive an education. You must keep your grades up to remain eligible. Athletics are a privilege that you can lose if you don't take care of business in the classroom.
8. Responsibility – Whatever event you are involved in, be sure that equipment is put away and taken care of. All equipment should be put away each night, mats should be covered after usage (if you are the last to use them), and so on. Those using equipment at away meets are responsible for seeing that the equipment gets on the bus before we leave the meet.

Lettering Requirements

If you meet one of the following automatic qualifying standards

- A. If you average a point a meet
- B. If you participate in the Sectional Track meet
- C. If you meet one of the automatic qualifying standards