

Varsity Track Team Policies

1. Track is a privilege, school comes first; keep your grades up. Any student that is academically ineligible can not attend practices or meets. They may not return to practice until the athletic director gives approval.
2. Set up individual goals with your lead coach for the season.
3. Report any injuries to the head coach and then individual coach.
4. No drinking, smoking or drug use. You will be penalized according to the athletic code of conduct.
5. Follow the student code of conduct. No hazing.

Expectations for Practices

1. Athletes that need to see the trainer, need to go before practice. All exercise and stretches need to be done before practice and with the trainer. The Trainer is there the moment that school gets out till usually 3:00.
2. Be on time, in the locker room or on the field and ready to go by 2:45.
3. Until the coach gives permission, all athletes must wear sweatshirt and sweatpants everyday. If they do not have the proper attire, they will be ask to leave and it will result in an unexcused absent.
4. Bring a water. Bring it to the field not in the locker room.
5. No cell phones during practices.
6. No music will be played during practices. You are there to work.
7. All athletes are responsible for taking equipment out and returning it to the shed.
8. Display good sportsmanship at all times to the staff and your teammates: competing, watching and practicing.
9. Show respect to all staff by not talking while they are talking, listening to them and communicating in a mature manner.
10. Encourage your teammates and cheer them on while running.
11. The coaches are there to help you, ask for it. Saturdays are a great time to get that help.
12. Do what is asked of you without complaining.
13. If an athlete is disrespectful to a coach or another athlete, they will be asked to leave practice and it will be counted for an unexcused absent.
14. Notify your head and lead coach ASAP if you will be missing practice or be late for any reason.

Expectations for Meets

1. All athletes should have proper attire to participate in the meet. (Sweats, uniform, shoes, etc.)
2. All athletes will remain for the entire meet and help clean up.
3. All athletes will help in the field event area and hurdles.

4. Athletes should be cheering on their teammates not laying around on the turf or in the locker rooms. Absolutely no laying on the pits while a track meet is going on or when the pits are covered.
5. All injured athletes will attend the meets and help coaches with times, splits and wherever they are needed.
6. All athletes need to be available for all meets. This includes weekend meets.
7. There will be no boomboxes at practices, on the bus or at any meets.
8. No loud music is to be played at meets or on the bus. Use your headphones or earbuds.

Attendance Policy

Excused Absences: Excused absences include: illness, doctor appointments with a doctor's note, or family emergency.

1. An athlete is allowed 5 excused absences during the season.
2. An athlete that misses any meet with an excuse, will be charge with 2 excused absences.
3. Spring break will not count this year against an athlete. If you leave early on vacation, it will count as an **unexcused** absence. There are two saturday practices that are available for make-ups. Each athlete will have to complete a log in order to run in the following meet.
4. If an athlete misses the day before a meet, they will not be eligible to run in that meet. Excused or unexcused, no exceptions.
5. After the 5th excused absence, the athlete will be suspended until the following meet. They will attend all practices and the meet.
6. After the 6th excused absence, the athlete will be suspended for one week and two meets. They will attend all practices and meets.
7. After the 7th excused absence, the athlete will be asked to turn in his uniform and be asked to leave the team.
8. There will be make ups on Saturday morning when we do not have a meet. They need to be prearranged with the head and lead coach.

Unexcused Absences: vacations, skipped practices, unexcused absence from school, doctor's appointment without doctor's note, South Lyon East Prom and Senior skip day.

1. 1st absence - the athlete will be suspended until the following meet. They will attend all practices and the meet.
2. 2nd absence - asked to leave the team.

I have read the team policies for the track and field team and understand the consequences for missing practices and meets. I understand that track is a commitment to a team just like any other sport.

Please return this form to Coach Adragna with other paperwork.

Print Name - _____

Student Athlete Signature - _____

Parent Signature - _____