

2017-2018 Westlake XC / Track & Field Policy

Dear Student-Athletes and Parents,

The following are the guidelines we will use for the Westlake Cross Country and Track & Field teams. It is necessary for every athlete to understand and observe these requirements since they will help create team unity and ensure good communication between the team members, coaches, and parents. These requirements, along with the WHS Student Code of Conduct and the WHS Student Handbook, apply to ALL members of the XC/T&F team, both in and out of season.

Because many of our athletes come from other sports, it is understood that once an athlete agrees to participate in cross country and/or track & field, that adherence to these policies is non-negotiable.

- I. **Eligibility:** A medical physical (updated yearly) and rankone.com paper work must be on file with the coaches and trainers. These are due either the first day of practice, the first week of school or one week after the student enrolls in the class period depending upon the athlete's official start. The physical must be completed on the appropriate Eanes ISD physical form and cannot be dated earlier than May of the prior school year. This is a UIL requirement. Failure to comply with this requirement will result in removal from the team.
- II. **Grades:** Student athletes must maintain grades above 70% in ALL classes to be eligible to participate in any athletic program. It is our expectation that all of our athletes will devote the time and attention necessary to be successful academically as a "student-athlete." If an athlete is ineligible for two successive six weeks periods they will be removed from the team.
- III. **Behavior Expectations/ Attitude:** Athletes participating in the Chap XC/T&F programs are expected to conduct themselves in a positive, courteous and team-oriented manner throughout the year. This includes, but is not limited to: the classroom, busses, practices, meets, and in the community. Respect and tolerance for all teammates, athletes, coaches, teachers, students, parents, and fans is the expectation. Additionally, student-athletes are expected to maintain a positive attitude throughout the year regardless of team assignment or other issues. Defiance and disrespect will not be tolerated. Consequences for violation of this policy may include reprimands, meet suspensions, behavioral contracts, or removal from the entire XC/T&F program.
- IV. **Work Ethic/ Coach-ability:** WHS XC/T&F team members are expected to participate in the program with commitment, focus, and desire. Athletes are expected to learn and be "coach-able," to assimilate instructions, and be mature enough to accept constructive criticism. This includes all areas of training. Consequences for violation are the same as described in Section III.
- V. **Attendance Expectations:** Attendance at practice is critical for success; therefore, athletes are expected to attend all practices – both before, during, and after school. Athletes are expected to be punctual and be prepared for workouts with proper workout clothing and shoes. Athletes are expected to attend all practices and arrive in a timely manner. This includes, but is not limited to: during class, after school, before school, evenings, weekend practices, and holiday practices (during season). If you are absent (or know you will be

absent) from practice before, during, and/ or after school due to illness or unforeseen, unavoidable circumstances you MUST notify Coach Bonnacarrere at bbonnecarre@eanesisd.net or call/text Coach Bonnacarrere at 512-797-5713 as soon as possible. It is critical that we know you are absent so we can adjust our plans accordingly- especially during season. If a practice is missed, the athlete may be withheld from the subsequent meet. **Consistent, unexcused absences from practice will result in removal from the team. Attendance will be taken every day.**

****If for any reason you will be absent on a meet day (due to emergency or unexpected illness) you MUST notify Coach Bonnacarrere via phone as soon as possible. It is not acceptable to just "tell a friend"; you MUST contact Coach Bonnacarrere verbally. If no excuse or prior notice is given, consequences (see Section III) will occur.**

- VI. **Injury/Illness/Training Room:** If an athlete has an injury, the athlete is still expected to take all steps necessary to return to practice and competition as soon as possible. If the athlete is unable to practice she must see a trainer during the class period/practice, but it is required that they check in with their coach first. The athlete must then sign in with the trainer. Athletes need to take care of their injury and follow all steps to rehabilitate. These include going to see the trainer before school, during lunch, and after school. If an athlete must see a doctor for an illness or injury, they are required to bring a doctor's note to the training room that indicates the injury or illness, any rehabilitation and/or medication directions, and when the athlete should be cleared. Note: Any athlete that sustains a head injury and/or is diagnosed with a concussion will need to follow the UIL's concussion protocol. See the UIL website for more information.
- VII. **Uniforms/ Equipment:** Throughout the year practice shirts, shorts, sweats, wind suits, bags, and uniforms will be issued. It is the athlete's responsibility to keep up with their issued clothing and equipment at ALL times. Each issued item is to be returned at the end of the season- clean and undamaged. **ATHLETES & PARENTS WILL BE HELD FINANCIALLY RESPONSIBLE FOR ALL ARTICLES ISSUED!** (Replacement costs for damaged or missing items ranges from \$5- \$250).
- VIII. **Locker Room:** All athletes are to respect the facilities provided for them and are expected to clean up after themselves, throw away their trash, and take dirty clothes home to wash. Each athlete is issued a locker and expected to use it. Please remember that neither the coaches nor WHS is responsible for stolen items. Any valuables that do not fit in your locker and are left out are not the schools' liability and are left out at the athlete's own risk. You may keep these items in Coach Bonnacarrere's office during practice time. "I don't remember the combination" or "I didn't have time to open my locker" are not excuses.
- IX. **Dress Code:** All athletes are expected to dress in appropriate work-out attire for practice. This includes shorts, t-shirts and running shoes. Athletic modesty is an expectation of all athletes. If an athlete wears clothing that is revealing, contains profanity, drugs or alcohol they will be sent out of practice and consequences for any violation of dress code are the same as in Section III.
- X. **Grading Procedure:** Athletes will be given a numerical grade at the end of each 3 weeks progress reporting time and a permanent semester numerical grade at the conclusion of the semester. The WHS athletic policy allows coaches to assign weekly grades based on participation and dress guidelines. Failures to turn in required paperwork, participate in class, attend practices, or dress in appropriate attire may result in weekly point deductions. (3 points per incident)
- XI. **Drug/ Alcohol/ Tobacco/ Hazing/ Cheating/ Truancy/ & Behavior Problems:** During an athlete's sports career, they are expected NOT to: possess, abuse, use, consume, give, buy, or sell any amount of alcohol,

tobacco, drugs, illegal drug paraphernalia, or any controlled substance. Consequences for any violation in this area may include: extra conditioning, meet suspension, and/or suspension from the cross country and track & field program. This is in addition to any consequences enforced upon the athlete as outlined in the WHS student handbook. Proof of hazing, cheating, truancy, stealing, or other behavior problems can result in removal from the team.

- XII. **Team Placement:** WHS Cross Country and Track & Field program is divided into three teams: Freshmen, Junior Varsity and Varsity. It is the coaches' decision as to what team an athlete will compete. Seniors are not automatically placed on the Varsity level. Team placement is ultimately the coaches' decision and will be based not only on times and distances, but work ethic and "coach-ability." Ultimately, the coaches will place athletes in the divisions and events where they believe the athlete can best help the team and themselves. Team placements are subject to change week by week and are not guaranteed.
- XIII. **Grievance Procedure:** Should an athlete have a complaint or issue regarding practice, teammates, coaches or any other team-related issue during the year, she is expected to discuss the issue with her event coach first. It is highly suggested that an athlete speak with her coach first before involving their parents. If a problem or grievance still persists, the parent should contact the coach, and then set up a conference if appropriate. If there is still no resolution, a meeting will be set up with the head coach, student-athlete, parents, and assistant athletic director. The following is the order in which grievances are heard: 1-event coach, 2-head coach, 3-assistant athletic director, 4-athletic director, 5-principal.
- XIV. Every athlete is required to join Remind 101 (instructions on my website or ask a team mate) This is a team messaging system that lets you know of changes to any event and or practices

I, _____ have read and understand this athletic contract. I know if any rules are broken; the coach has the right to take appropriate actions including the possibility of suspending me from the team for as long as he/she feels necessary.

_____ Student Signature & Date

As a parent of an athlete on the Track & Field and/or Cross Country team, I have read and understand the above policies. I approve of these policies and will help my daughter maintain these standards.

_____ Parent Signature & Date