

## York Boys Track (expectations)

1. You are allowed 3 unexcused absences and 3 unexcused tardies....on the 4th one you are dismissed. If you think you should be excused you will bring a note....either from the teacher or the parent. Some absences will be excused. Just because you bring a note does not mean you are excused. Athletes are excused for illness, family emergencies, some college visits, some religious reasons, and some school activities. Do your best to talk to Mr. Reddel BEFORE any planned absence. That is better than missing practice and then trying to explain the situation later.
2. You are expected to represent the school, team and your family with class and dignity. We EXPECT RESPECT.
3. All the IHSA rules regarding eligibility will be followed. You are a student first and an athlete second. We have had students spend their time studying....at the track.
4. Our definition of "winning" is doing your best...not by your position in the competition. This includes practices as well as meets. It is great fun to set goals....it is even more fun to mark improvement.
5. Junior and seniors are not allowed to go on spring break and maintain their competitive eligibility in track. Freshman and sophomores may go on spring break but will not be allowed to compete in any varsity meet. Furthermore, they will not run the next two meets after spring break(they will work the home meets).
6. Non-attendance at a Saturday practice usually makes you ineligible to participate in the next meet. Even if you missed that Saturday because of illness. Do your best to be here on Saturdays.
7. Sophomore, junior and senior participants will not be allowed to join late. However, athletes out for a winter sport will join us at the completion of their season. The freshman are the only group that are allowed to join track after the start of the season.
8. There is only one track season. Indoor track and outdoor track are NOT separate sports. If you play another spring sport you may not join the track team and maintain your eligibility for that spring sport. Freshman....if you want to try out for baseball, tennis, volleyball, water polo, or lacrosse....you may NOT join track before those seasons start. If you are "cut" from one of those sports you may then join track. However, you may NOT voluntarily quit a sport(after you have made the team) and join another sport during the same competitive season.
9. It is a 50 year tradition that on the day of a meet we wear a "neck tie" to school. We will continue to honor that tradition.