

SLUH Track and Field

Team Philosophy

Defend the Tradition

Track and Field at SLUH is an extension of our school community. Our team aims to embody its highest ideals and values. Track & Field at SLUH is about more than winning. It is a part of our spiritual life, a way to honor God, a part of the way in which we are striving to become better human beings. We recognize that it is a gift to be able to compete and share the experience of athletic competition and training with a team. We approach everything we do in a spirit of gratitude to God who gave us our gifts, to our parents and families, to our teammates, to our coaches, and to past athletes in the SLUH Track & Field program.

Concern for the entire team always comes before concern for our squad or ourselves. Our team is a community based upon mutual respect and friendship. We build up the SLUH Track & Field community every day by the way we handle the biggest, most important moments and the smallest details. *Every* member of the team is expected to serve as a role model to his teammates. When anyone on the team cuts corners during training, not only does it hurt his own integrity, it erodes the team spirit created by others' hard work. As in any community, disputes will arise. Each athlete has an obligation to communicate his concerns with coaches and to resolve all difficulties and conflicts with cooperation and respect. Athletes of every ability level should feel the support and encouragement of the entire team.

DEFEND THE TRADITION is a philosophy vital to the SLUH Track & Field program. We have a long and successful Track & Field tradition at SLUH that each year's team has a responsibility to uphold and build upon. Our many victories at all levels and our outstanding depth are a testimony not only to the hard work of our athletes but also to the degree to which they have become to *believe* that they can succeed. In order to achieve this success, we must keep a positive attitude and have confidence in ourselves. Our confidence comes from faith in our training, our program, our coaches, our teammates, and in God. Although it is important to take justifiable pride in our accomplishments, we must maintain an attitude of humility and be grateful for the opportunity to compete. We will be known for our class and respectful behavior in public, never forgetting that even one insult or mistake in judgment is enough to offend someone and damage the reputation of our program for years to come. **When we uphold this tradition, win or lose, we train, compete, and carry ourselves as true champions.**

Commitment

Commitment is a big word in this program. Not only committed to do everything in one's power to be a better athlete, but also committed to be the best student and citizen possible.

Initials

Respect

Respect is another major word in our program. We, as a coaching staff, work very hard to earn your respect. In return, we expect you to work very hard at respecting your coaches and teammates.

Everyone is expected to work hard and do everything in one's power to bring positive energy to the team. This energy is not limited to an ability level or just to your squad. Whether you are a thrower, sprinter, or distance runner, we are all on the same team.

Everyone has bad days and sometimes bad weeks, but if this turns into a bad month and that person's attitude becomes negative for the team, then he will be asked to leave the team.

We expect you to carry yourselves with Class and behave as Gentlemen, especially away from school. There are an almost unlimited number of things a SLUH Track and Field athlete ought NOT to do. A few obvious violations of our standards include: cursing and foul language, rude hand gestures, dangerous driving, talking during team meetings, speaking in a disrespectful way about someone else, hot-dogging it at the finish line or appearing arrogant or superior after success or bitter after a loss. You represent our school and our Track and Field Tradition. One poor choice on your part can do a great deal damage to our reputation for a long time.

Initials

Attendance

We will practice everyday after school and on some Saturdays on which we do not have a meet scheduled. Practices will finish between 5:30 and 6:00 p.m. school days. Check the Daily Practice Schedule each day and in advance. Check the team twitter account for changes, cancellations and special announcements. The twitter account is @sluhxtrack.

You are expected to be in attendance and on time for every practice and every meet for which you are scheduled until your season ends. Each member of the team is accountable every day to Coach Porter for attendance. Every day after school you must put a check mark next to your name on the attendance list on the team bulletin board. No one else may check in for you.

No regular, expected absences for jobs or other extra-curricular activities can be excused. Family vacations during the season are also not a valid excuse. Athletes should make every effort to reschedule anticipated conflicts: dentist appointments etc. One unexcused absence requires a conference with the Head Coach and may result in missing a meet. A second unexcused absence may result in missing multiple meets or dismissal from the team if the athlete's commitment to the team is clearly absent.

All anticipated absences must be emailed to Coach Porter **prior** to the absence. If you were sick from school, no absence note is required.

Initials

Club Sports

Participation in other, non-SLUH Track and Field competition, which includes charity fun-runs, could make you ineligible for interscholastic athletics for one year. Participation in other non-track club or CYC sports is not recommended. If you are considering other organized sports activities, you must talk it over and get approval from your squad coach.

If you find the need to participate in club sport during the track season, you are allowed one missed practice or meet during the season. More than one unexcused absence will result in a dismissal from the team.

Initials

Technology

Use of the internet and various Track and Field message boards will be limited to learning more about running, reviewing race results in Missouri and across the nation. **Under no circumstances will we post on these message boards or on Facebook, Twitter, or Instagram about our program.** We let our results speak for themselves and we keep our information about our team and our strategies to ourselves.

Cell phones are not permitted at practice and should be kept in their school locker. Coaches will always have a cell phone at practice for emergencies. **Bringing a cell phone to practice will result in not competing in one meet.**

Initials

Service to the Team

Service to the team will be required of everyone. This includes: helping with home meets, assisting coaches, recording stats, assisting competing athletes, moving and maintaining equipment, etc. Those not racing at home meets will be expected to help the coaches throughout the meet. Always volunteer or take the initiative if you see a need for team service.

Initials

Drug/Alcohol Policy

The use of drugs, alcohol, tobacco, steroids and other controlled substances is completely at odds with high school athletic competition and our team philosophy. Use of these substances can result in an athlete's loss of eligibility for competition for an entire season and beyond. All team members should carefully review the detailed school policy in the Parent-Student Handbook. Violations of the policy apply whether you are on or off school grounds, whether you are participating in a school activity or are on your free time.

Initials

Study Group

Everyone on the team is expected to balance their commitment to the team with their academic responsibilities. The Study Group is composed of athletes who have asked for extra support and flexibility from the track coaching staff in order to be academically successful. Being a member of the group commits the athlete to filling this report out **Monday through Friday** and placing the form in Coach Porters' folder before leaving school. If you keep this commitment and find that you are in a situation that requires you to miss a meet or a practice in order to keep up with academic work, you need to speak with Coach Porter prior to the end of lunch about the potential to miss practice. The coaches will not allow an athlete to miss practice for academic reasons if the athlete makes the request after lunch that day.

Our hope is that a daily piece of communication will help you be more aware of what you need to do and will help the coaching staff to support you in your studies. If a pattern of repeated requests for absence develops, the coaches, you and your parents will meet to discuss the situation.

Initials

Spring Break

All returning athletes are expected to attend practices during Spring Break. Any first year athlete who is attending a family vacation may have their parents speak with Coach Porter about missing practice. An exception to this rule is to attend a school sponsored service trip. Failure to speak with Coach Porter prior to Spring Break about any absence will result in possible dismissal from the team.

Initials

College Visits/ACT

While the coaches recognize the importance of college visits and the ACT, we request that no college visits be taken during the season. There are many other opportunities to take these visits outside of the track season. The consequence for missing a practice/meet for a college visit will be not competing in one meet.

The coaches also hope that the student-athletes have taken full advantage of the ACT tests that are outside of the season. There are many opportunities to take the test including December, February, and June.

Initials

Participating in Meets

Coaches will decide about the best placement of athletes for squads, workouts and competition based upon talent, performance and the needs of the team. Coaches will make an effort to give athletes opportunities to try multiple events. Sometimes a team member may have to give up an opportunity for individual accomplishment for the sake of the team. We are counting on your team spirit, cooperation and goodwill. Remember, the team comes first!

Initials

Road Races/Charity Runs

Competing or walking in a charity race can be a violation of MSHSAA rules. If you plan on walking or competing in any road race during the season, please communicate with Coach Porter in advance.

Initials

Health Promotion

Avoiding injury starts with sticking to healthy habits: drinking plenty of water, eating healthy foods, getting adequate rest, replacing shoes often, following coaches instructions on stretching and rest and recovery. During the school year, good diet and sleeping habits can be hard to maintain. Eliminating fast foods, soda and empty calories, getting ahead on long range assignments and tests so as to avoid last minute stress, and choosing to give up some social activities when you know you need rest or time for study are some of the sacrifices good athletes make to protect their health. **Never give blood immediately before or during a competitive season.**

Minor injuries and aches and pains are an inescapable part of track and field. When an athlete develops something which is concerning him beyond the level of a normal "ache and pain" he should see one of the coaches throughout the school day OR fill out an **Injury Report Form** on the bulletin board before practice and put it in the folder for coaches to review. The form will give us the information we need to make decision about the day's practice. The start of a workout is not the ideal time to see a coach about an injury. Runners are not automatically excused from practice or their daily commitment to the team because of a suspected injury. If a runner can jog without a limp, he should report to practice. If he cannot jog without limping he should report to a coach during the school day. Runners who are instructed to follow a cross training regimen by a coach must fill out a **Cross Training Report Form** each day to let coaches know what you did on a particular day. Other runners must attend practice.

The coaches expect that everyone will remain nutritionally fit. That is, **eat properly!** 60% complex carbohydrates, 20% protein and 20% fats. If you don't fuel your body properly, you will not compete at your best.

Initial

Letters

A letter is awarded to a student-athlete who successfully completes a season as a member of the SLUH Track and Field Team. A letter in SLUH Track and Field is an honor and should be worn with pride.

Letters are awarded at each level based on the following criteria:

The Varsity Letter is awarded to:

- 1) Any Senior athlete who completes his obligations to the team for the entire season.
- 2.) Any athlete who registers a time or mark at the “varsity standard” set by his squad coach.

The JV Letter is awarded to:

- 1) Any junior athlete who does not earn a Varsity letter and completes his obligations to the team for the entire season.
- 3) Any sophomore or freshman who registers a time or mark at the “Junior Varsity Standard” set by his squad coach at the beginning of the season.

The “B” Letter is awarded to any sophomore athlete who does not earn a Varsity or Junior Varsity letter and completes his obligations to the team for the entire season.

The “C” Letter is awarded to any freshman athlete who does not earn a Varsity or Junior Varsity letter and completes his obligations to the team for the entire season.

Initials

Uniform and Clothing

The school will supply a team jersey to everyone. This must be returned in good condition at the end of the season. Team shorts are purchased by athletes and belong to you. We have one short in the conventional running design, and a larger mesh short preferred by some throwers and larger athletes. If you have a pair from a previous year in good shape, you may use them. Athletes purchase our team sweats. Some team members already own a set of sweats. We are asking that all team members have both a team sweat top and bottom. If this presents a hardship, please let the coach know and we will work something out. All team members will purchase the team t-shirt. Many competitive Track and Field athletes use spikes and other specialized pieces of equipment. Before purchasing any additional shoes or equipment, check with your coach about the best products and prices. If an athlete damages school equipment due to a clear case of carelessness or abuse, he will be responsible for replacing it. **It is the expectation that only team sweats are worn on meet day.**

For practice, presume an outdoor practice and come properly dressed every day. Athletes should wear layers that can be added or removed on cold or wet days. All of the following should be in the locker: t-shirt (multiple), sweatshirt(s) with hood, shorts (multiple), training shoes, sweatpants, socks (multiple), stocking cap, lined, water resistant jacket, gloves, towel, soap, shampoo.

Initials

Rules for Travel

1. Always be first class. Remember when you are out in the public, people are watching you and you represent SLUH, this team and yourself.
2. Be on time for all activities, including pre-race workouts, meals, and leaving for the meet location.
3. The dress code for travel is the appropriate attire for a school day at SLUH.
4. After our pre-meet team meeting is over the night before a meet, you are expected to stay in the hotel until the next morning. If you leave and we find out about it you will be dismissed from the team.
5. Any athlete found in the halls after "lights out" will have their parents called to come and pick them up.
6. Follow the lead of your captains. They are good people and were elected as your leaders.
7. AND FINALLY, COMPETE HARD AND **HAVE FUN**. SLUH IS A GREAT SCHOOL AND YOU SHOULD BE PROUD YOU HAVE BEEN CHOSEN TO REPRESENT IT.

Initials

What you Bring to the Team

Each and every one of us has problems. It is imperative that you communicate any and all concerns to the coaches, whether they are personal problems or disagreements you have with the coaching staff. However, we will expect adult communication. We will also expect that if you have a personal problem or a problem with the philosophy that you will also come to a meeting with solutions to those problems or suggestions on how things can be done better.

Initials

Communication with the Coaches

Each and every one of us has problems. It is imperative that you communicate any and all concerns to the coaches, whether they are personal problems or disagreements you have with the coaching staff. However, we will expect adult communication. We will also expect that if you have any concerns related to the team or individual performance, that you will also come to a meeting with solutions to those problems or suggestions on how things can be done better.

Initials

Agreement to Philosophy and Rules of SLUH Track and Field

By signing below, you agree to all of the terms and conditions described in the attached SLUH Track and Field Philosophy and Rules. You acknowledge that you have carefully reviewed the document, and agree to follow all of the rules and regulations of SLUH Track and Field.

Print name of Athlete: _____

Signature of Athlete: _____ Date: _____

Signature of Parent/Guardian: _____