JDHS Track & Field

Jacqueline Zika: Winter Head Coach (boys and girls), Spring Girls' Head Coach
x5596; jzika@springfieldschools.com

Team Rules and Expectations:

1. **THIS IS A VARSITY SPORT.** Athletes must be competitive at the varsity level and the rules and regulations listed below must be followed for athletes to remain a member of the JDHS Varsity Track Team and receive a Varsity Letter at the end of the season.

2. Athletes who are not competing on a varsity level may not receive a varsity letter at the end of the season. Also, any violations of the rules below will prevent an athlete from receiving a varsity letter at the end of the season. The coaches (both Head and Assistant) are granted broad discretion and autonomy over general team matters, including roster selection, participation, recognition of athletes and recommendations for award recipients.

3. All athletes are expected to attend all meets and practices, and be on time, unless otherwise noted. THIS IS A COMMITMENT!!!! If you are not ready to make a commitment to this team, you may be asked to leave the team. Attendance will be taken at all meets and practices.

4. All athletes **will** show respect for the captains, coaches and managers of the team. Failure to do so can result in dismissal from the team.

5. An athlete must be present at practice the day before and the day of a meet in order to participate in that meet.

6. Athletes are allowed **TWO** unexcused absences or tardies from practice and **NO** unexcused absences from meets.*

*An absence is considered excused if the athlete is absent from school, has a doctor's note, or at the discretion of the coaches. A doctor's visit will require a note.

7. Athletes must notify a coach **immediately** if he or she is unable to attend or will be tardy to a practice because of an **excused** absence. (If a coach does not know why the athlete is missing practice, it is counted as an unexcused absence).

8. Failure to follow the above rules can result in immediate dismissal from the team and/or will prevent an athlete from receiving a varsity letter.

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WAYS TO EARN A VARSITY LETTER:

1. One of the top 3 athletes in your event; invitation from coaches to compete in the State Sectional Tournament in February.

2. 2nd , 3rd or 4th year on the team and only 0, 1, or 2 missed practices (excused) and 100% attendance at all meets that you are invited to.

3. In addition to #s 1and/or 2 above, also: documented improvement in your event from the beginning of the season to the end of the season.

WAYS TO **NOT** EARN A VARSITY LETTER:

1. More than 2 unexcused absences and/or several (more than 3) excused absences (even with notes). OR 1st year on team

2. Less than 75% attendance at all meets that you are invited to.

3. Lack of improvement or a decline in your event from the beginning of the season to the end of the season.