

KINGSLEY JUNIOR HIGH SCHOOL - TRACK RULES

We look forward to another exciting and enjoyable track season with our student athletes from KJHS. Since the track season is in the spring, practice and meets are always subject to change due to the weather. We will try and keep students and parents updated of changes to the schedule with as much advanced knowledge as possible, through the school announcements and the Internet site. With the large number of students showing interest in track we have set some guidelines for the up coming season to ensure everyone has a safe and enjoyable season. Thank you for your cooperation.

These policies and rules are directed to the athletes and their parents/guardians. The intention is to facilitate expectations proactively. Please read this material carefully. If you have questions about a specific policy or rule, please ask one of the coaches. We will try to address concerns honestly and thoroughly. *Each athlete and parent/guardian must sign and return the attached form. Until this form is on file, the athlete cannot participate in practice and/or meets.*

Eligibility

Our athletes are students first and athletes second! The school runs eligibility reports on a weekly basis and they are given to coaches indicating students who are not completing satisfactory work in the classroom.

If you are ineligible, you **may not** compete in meets for the week and may not ride the bus to meets. An athlete may still attend practice if his/her parents are okay with the athlete attending. If athletes or parents would prefer their student stay home to work on grades, we fully support that decision!

See our "Track Rules & Policies" document (in the document library on the home page) for more information on eligibility

Excused Absences: If an athlete stays home because they are ill, they cannot participate in that days meet or practice. This is an excused absence. Similarly, if they are absent the day before a meet, they should also **not** expect to be in that meet. For example, medical appointments, unless it is an emergency, must be made in advance in order for an excused absence to be granted. This should be done by e-mailing one of the coaches or handing them a note.

- If they become ill while in school, they should make sure a coach is notified.
- If they are not in school, a coach should also be notified.

Unexcused Absences: Attendance is an important part of being on an athletic team. Therefore, unexcused absences will not be tolerated. Students who receive in school suspension (ACE) will be given an unexcused absence and will not be allowed to partake in practice or meets. Also, an unexcused absence will be given to athletes who fail to bring proper clothing and shoes for practices and meets. A player should not expect to be in the next meet if an absence is unexcused.

An absence is **unexcused** if an athlete:

- misses a practice because they are ineligible
- if they miss a practice or meet for a strictly personal reason

Students will be removed from the team after the:

- **3rd unexcused absence OR**
- **3rd unprepared to participate for practice or meets OR**
- **3rd combination of either**

General Rules: A player must attend classes all day and dress and participate in PE class to be eligible for a practice or meet.

Students leaving early from a meet with their parents must sign-out on the sign-out sheet before leaving. Students may leave with other parents if they have a **prearranged note** from their parents, but they still must be signed out on the sign-out sheet. Those who do not have a note or a parent at the meet will ride the bus back from the meet.

Tardy (Before & After Practice): Track practices will start right after school. If students are not dressed and ready by 4:00pm they will be tardy if they do not have a pass from a teacher. After **three unexcused tardies** students will not participate in the next meet.

After practice students should be picked up in the **North parking lot** and after meets in the **South parking lot**, no later than **15 minutes** after practice or after the bus returns from a meet. We will try and get students to call as we are on our way home from away meets. Please make arrangements to be here when we get back. Athletes will be **removed** from the team after the **3rd time** they are picked up late from practice or meets.

Proper Warm-ups & Cool Downs: Each day in practice or meets, students will have to participate in proper warm-ups and cool-downs. The failure to participate in either will result in a dismissal from the team.

Attitude: The coaches **expect** the athlete's of KJHS to enjoy meets and practices, exhibit good sportsmanship, and listen to the coaches' instruction. A positive attitude in both practices and meets are an absolute requirement for anyone who wants to compete for KJHS.

Support & Representation: Parents and friends are most helpful when they support, encourage, and cheer KJHS track members. Athletes, family members and friends are asked to treat opposing players, coaches, and the starter with courtesy and respect. The athletes and coaches at KJHS represent the community and our school. We expect that we will be representatives of whom the school and community can be proud.

Hustle: Every athlete must learn the importance to put forth effort, hustle, and sportsmanship if he/she is to make the most of their potential. The coaches expect every competitor to hustle and give 100% at all times!

Good behavior is mandatory at all practices and meets throughout the track season. We will NOT tolerate any type of disrespect, bad sportsmanship, or bad attitudes. Each instance will be handled on individual merit by the coaching staff.

KEEP THIS COPY OF THE POLICIES AND RULES FOR YOUR PERSONAL REFERENCE, BUT SIGN AND RETURN THE FOLLOWING SIGNATURE FORM TO ONE OF THE COACHES. THANK YOU!

I understand the policies and rules for the Kingsley Junior High School track and field program explained in this document. I understand the consequences for failing to abide by these rules and policies.

Athlete's Name (printed)

Athlete's Signature and Date

Grade (Circle)

6 7 8

Gender (Circle)

M F

Parent/Guardian's Name

Parent/Guardian's Signature and Date

Phone Number

Email