



Weiss Track and Field Participation Contract

As a participant in our program, we expect the highest academic and integrity standards from our student-athletes. Our expectation is simple; our young women must exhibit the core values of our campus throughout their daily choices. Participants of our Weiss Track and Field program are expected, and required to follow all PFISD, UIL and campus program operating procedures, policies and guidelines set forth in all handbooks and contracts. If any of our operating procedures, or policies are not followed; the result will be consequences that may simply entail O.T.I.'s (Opportunities to Improve), or could result in game suspensions or removal from the sport or program for the calendar year.

Participation in our district athletic program is a *privilege*, it is *not a right*. Therefore, attending a tryout and being selected to represent a team and our program is an opportunity that each young lady should value, respect and hold in high esteem. Coaches will use professional discretion in dealing with each individual situation. We value communication and expect our athletes to first speak with their assigned coach, if there are any questions or concerns. After this occurs, we will follow our communication chain of command protocol. We have a 24–48-hour operating policy of returning calls or emails, typically.

Participants are expected to respect all coaches; whether it is their assigned coach, or another professional. If they are given a directive there is no arguing, they are expected to be respectful and comply with requests. If you are granted an opportunity to be a practice participant with a team, all program expectations apply to you. There is no option to choose what rules apply when. Participation is earned daily, there is no room for entitlement.

Please note that you must, “*pass to play*”. Academics are the highest priority and are the responsibility of the student-athlete. You must pass all your courses in the indicated grading period; otherwise, you will be suspended from game participation for three weeks. At that time if you are passing all your classes, you will be reinstated (refer to the PFISD Eligibility Calendar). If it is an AP class that failed; there are other requirements (speak to Coach Huffman).

Note: *If a student-athlete is failing consecutive grading periods during the school year; it is the head coach's decision to potentially change the athlete's schedule from the athletic period to a PE or elective class.*

As a participant of this program, each young woman is expected to follow the following team policies and operating procedures to remain active for participation in our program:

1. Absences, Late to Practice Sessions, or Team Meetings

- The expectation is that you contact your assigned coach (in advance) if you will miss, or be late to a practice session or team meeting. Call your coaches phone extension, or send an email. You may also send a text message to the Weiss Women's Track 2024 Team app.
- If you fail to contact your coach; OFI will be for you to complete the missed workout.
- Note: If this becomes a persistent problem. A parent conference will occur to discuss whether you will continue to be a part of our program for the season. Meet suspensions may also be initiated for missed practice sessions or meets. ***Participation in a meet is earned, it is not a given...***

2. Injuries

- All injuries must be reported to our Athletic Trainers as well as to your assigned coach. Doctor notes need to be specific to what the restrictions are, if any. A doctor's note is always required to be turned into our Athletic Training Office. We do not accept "parent notes" as legal forms of documentation to be followed. We will use our best professional judgement if we are informed of an illness or an injury.
- Note: If you are "well enough to attend school, you are well enough to engage in your assigned practice session". The expectation is that our athletes dress out in their required practice gear, daily; even if they are restricted from activity. You are expected to perform other team specific duties assigned to you by your coach.

3. Practice Expectations

- You are on-time and prepared to fully participate in all sessions (*on the field 5 minutes before practice begins*). You are dressed out in the assigned practice attire for that day. Behavior is respectful and courteous. You are choosing to be coachable; giving maximum effort. When coaches have the floor, you are listening, not talking. Giving 100% when no one is watching. You are choosing to be a great teammate (*great athletes ensure that others are great around them*), and a positive communicator.

4. Locker Room/Field Expectations

- You are using your assigned locker for your specific sport.
- No food in locker room, no phones out in the locker room area.
- We are keeping our LR and lockers, clean and organized. Take practice clothes home every Friday to wash.
- If you use the shower areas, keep your area clean. Do not run in the locker room area. Report any potential safety concerns to a coach, immediately.
- Keep the field clean and better than we found it. Take care of all equipment. Do not horse play on the field or locker room areas. When on the field, you are in your running shoes. No flip flops, nor slides or socks.

5. Phone Usage

- Phones will be allowed on buses (based on the discretion of head coach and with ear pods) for travel, during your warm up and in the team tent.
- If a need arises where you need to contact your parents, a coach must approve and the phone must be used in the appropriate location. If you are being signed out after a meet; your phone must be powered off and given to your coach to hold until your team responsibilities are fulfilled and you are released to your parent.
- Social Media Posting/Usage: (*refer to PFISD & Track and Field handbooks*). Keep it POSITIVE. Set your setting to private. Remember that what you post is visible to more people than you think and can never be truly deleted. You are held accountable if your social media usage is deemed inappropriate in nature. Be aware of how you are presenting yourself and how those choices reflect upon yourself, your teammates and coaches as well as our campus and district. Defamatory comments, images or postings will not be tolerated; consequences include: O.F.I., behavior contracts, or team dismissal.

6. Damage to Issued Equipment

- The appropriate fine will be assessed to replace what is damaged, lost or stolen that has either been assigned or is the responsibility of the athlete.

7. Travel to Meets

- Will occur on school buses. All participants are expected to ride to and from games on our district provided transportation. In the case of an emergency (Alternate Travel Form), can be signed and you may be released to your parent.
- After Meets; you may sign out with your assigned coach to ride home with your parent or the assigned guardian. You will not be released to ride home with another student.

8. Meet Expectations

- All participants are expected to stay through all events that evening. Unless there is an emergency. This is a program and campus expectation.
- Please remind your parents to not approach the field before, during or after a meet. This is the time set aside for your coaches and you. It is also your responsibility to remind your parents and friends that they aren't allowed in our locker room, athletic hallway, nor on our buses. Thank you.
- For *all* meets, all participants will meet in the locker room to get uniforms. You are expected to change into your assigned attire, store school backpacks and phones. And have all items in your athletic backpack ready to travel.
- For all home and away contests; team policy is for you to sit with your teammates. You are expected to be engaged in the meet and demonstrating sportsmanship and support for the team on the field. Be perceived in a positive and respectful manner by spectators.
- Restroom: Travel in pairs.
- ONLY track and field athletes are allowed in our locker room area. No other students or athletes who aren't playing that evening. We do not allow adults in our athletic areas, locker rooms, or buses.
- If you are confronted by a situation that you deem isn't safe or positive; report directly to a team coach.

9. Appearance and Grooming Expectations

- Tattoos are preferred to not be visible and covered if able, for meet competitions.
- Good hygiene is a requirement to prevent disease transmission.
- No unnatural hair color will be allowed, no colors that aren't brown, black, blonde or a natural hair color of red in nature. Anything deemed inappropriate, you will be withheld from participation, if it is deemed to be distracting, or not representing the expected image of our program.
- All participants are expected to follow and adhere to our handbook policy on student dress and piercings.
- If athletes are not playing; then they are required to have their cover up shorts on.

10. Meet Competitions: Varsity/JV

- Participation in a meet is earned through practice sessions with coaches. Participation is not guaranteed for all athletes during a meet. Participation in a meet is also dictated by the following: Athletes times in specific events, Coaches' observations during daily practices. team position needs, number of athletes per event.
- Our goal is for every athlete to during a meet. This may or may not occur.
- Coaches will not discuss participation with athletes not parents, but we can set up a meeting, in the next 24 hours following a meet, to discuss how you can get better in practice sessions, or your position, to potentially experience more participation in a meet.
- Note: If unsportsmanlike conduct occurs during a game toward an official, a coach or teammates; a player's game participation may be effected. Always choose to be respectful; demonstrating character, integrity and sportsmanship at all times.

11. Communication Protocol

- We expect you as an athlete, to discuss any concerns, or direct any questions directly with your assigned coach.
- If that doesn't answer your question, or alleviate your concern; then the following communication protocol will be followed:
 - Athlete/Coach/Parent
 - Athlete/Coach/Parent/Head Coach or Girls Athletic Coordinator
 - Athlete/Coach/Parent/Girls Coordinator/AP or Principal

Note: Remember the **24-hour rule** after a game; please sleep on it, then reach out the next day to have a respectful conversation. Everyone wants what's in the best interest of you! Your coaches and your parents. Most misunderstandings are typically solved with respectful and courteous communication. Please reach out to your assigned coach first and foremost. Thank you in advance.

12. Meetings with Coaching Staff

- Can occur in person (set up a meeting). By phone conversation or email.
- Coaches are expected to return an email or phone call to you in a *24-48-hour* window (exception may be over a weekend).
- Coaches will meet on school property. Coaches will use their school phone or PFISD email to contact you. Please do not contact a coach on their personal mobile device or through social media means.

13. Alternate School Placement

- If you are removed from our campus and sent to our alternative school; upon your return, your schedule will not show that you are in our athletic program. You will be placed in a PE class. If you would like to return to athletic participation, we will hold a meeting with your parents and our principal to discuss this possibility of placing you back into our athletic period and granting participation. If you are re-admitted into the athletic period; a behavior contract will occur for the remainder of the school year (it may extend into the next school year depending upon the timing of the offense). If the behavior contract is not followed; removal from the athletic program for the remainder of the school year will occur.

14. Banquet, Awards, Fundraising & Lettering

- Banquet: Will be held in spring (TBA). Nice dress is encouraged. Team, district & state awards will be presented. Dinner will be held.
- Awards: District awards will be announced after all district teams have finished post-district play.
- Fundraising: All participants are expected to participate in our fundraisers; donations are also accepted (contact Coach Strong).
- Varsity Letter: Have to be on the Varsity Team. Based on discretion of head coach.

15. Locker Room Expectations

- Locker rooms are secured by 8:55am each morning. You are responsible for being out and in your class on time by 9am. Do not request a coach to enter into your locker room outside of your athletic time. It remains locked until assigned athletic periods. If late to school, you carry your items. If you do not have scheduled practice, then expectations are that you are not hanging out in locker room. Do not request Mrs. Evans to unlock or random coaches. Your assigned sport coach will give you access or our coordinator, if deemed necessary, outside of your scheduled time.
- Secure items in lockers. Keep area clean. Do not store food in locker room. No camera usage.



Track and Field Athletic Participation Contract Agreement Form

Note: By reading the below statement, and signing this document, you are agreeing to the terms and conditions that are set forth in this document as well as our PFISD student-handbook, Weiss athletic and student handbooks as well as stating you will follow all required UIL rules governing participation in athletics in Texas.

I, _____, am committed to the Weiss Track and Field program. As a selected participant, who has accepted a position in this program; I will adhere to the expectations and operating procedures of the WHS Track and Field program and Pflugerville ISD student-athlete expectations for participation.

As an athlete, I am committed to follow all campus, district and UIL policies for academics and athletic participation. I am committed to staying drug, alcohol and tobacco free. I will choose to demonstrate good moral and values in my life choices. I am committed to helping my teammates be the best people they can be. I am committed to representing our school core values of demonstrating: Integrity, loyalty, grit, honesty, family and humility. I will demonstrate good sportsmanship at game contests whether I am a participant or a spectator at all UIL sponsored events.

I understand that my participating in Weiss Track and Field in Pflugerville ISD is a *Privilege, not a Right*. I do understand that if I fail to meet my program and district expectations as a student-athlete, consequences will occur that include but are not limited to OTI's, game suspensions, or possible team removal. By signing this document, I am stating that I will adhere to all expected program policies and team operating procedures. I fully understand that there are consequences that could be enacted, should I choose to violate any of those policies, expectations or our program operating procedures.

_____ Athlete Printed Name	_____ Athlete Signature	____/____/____ Date Signed
_____ Parent Printed Name	_____ Parent Signature	____/____/____ Date Signed