

COUGAR TRACK EXPECTATIONS

“This is Our Time”

ALL team members must have all the following information in Final Forms before they're able to participate. A completed physical form, parent permission form, medical emergency form (witnessed), and concussion release form.

I. Practice Procedures

- All team members should be dressed and ready for practice in Gym 1 by 3:05pm.
- Each team member is required to supply his/her own practice uniform.
 - Shorts, t-shirt, socks, running shoes, and sweats.
 - Be prepared for cold weather - we WILL go outside
- Practice will be over no later than 4:30pm, with some days getting out earlier.
- Students **must practice to participate in a track meet.**
- Injuries are to be reported to the coach IMMEDIATELY or it will be assumed the injury occurred outside of practice.

II. Absences and being late to practice

- Unexcused Tardies vs. Excused
 - ISS and detentions are unexcused tardies.
 - Makeup tests or assignments under the direct supervision of a building teacher will be excused with a pass from the teacher.
 - Team members will notify one of the coaches directly if they cannot make it to a practice or meet. Two days' notice is needed for missing a meet.
- If a team member is at school, they must be at practice. If the team member gets ill during school and must go home, the student needs to contact their coach.
- Students must provide a written note from the doctor to be excused for an appointment.
- Regularly scheduled lessons or practices (piano, dance, band, baseball, softball, soccer, etc.) should be moved to after-track practice. Talk to your coach and make sure they're aware of other activities that may interfere with track practice/meets.
- **Loss of meet time and/or Dismissal from the team may occur when:**
- Poor Behavior Consequences (detentions, complaints from teachers, etc.)
 - 1st time = Extra conditioning (determined by position coach)
 - 2nd time = Miss a track meet
 - 3rd time = Removed from the team
- Major behaviors such as OSS, ISS, repeated offenses, and referrals

- Miss track meet and may be dismissed from the team.
- If you're failing classes and ineligible for 2 consecutive weeks, you'll be asked to leave the team and focus on school.
- A recurring problem at practice or school, and/or a disruption during a track meet or on the bus ride, or repeated refusals to participate at practice and/or attend practices.

III. Grades and Behavior

- Students who are failing any classes will be encouraged to go to the after school program or to their teacher for assistance.
- Team members will obey all school rules at practice, track meets, and on the bus. If not, referrals, extra work at practice, or dismissal from the team may occur.
- Bullying will not be tolerated. This includes: intimidation, pushing and shoving, profanity, lack of sportsmanship, not following direct instructions, and disrupting practice for others.

IV. Uniforms and Equipment

- Uniforms and Warm-ups should only be worn on Track Meet days.
- You will be charged for the replacement of any lost or damaged uniforms.
- Uniforms/warm-ups should be washed in cold water and air dried.
 - **DO NOT DRY THEM WITH HIGH HEAT.**

V. Meet Procedures

- Varsity athletes will NOT attend JV meets. The JV roster will attend JV meets.
- Times, distances, and heights recorded by coaches, along with behavior, grades, and practices will determine who attends a track meet.
- Team members must stay with the coaches or be in the stands at track meets unless participating in an event. **Cell Phones need to stay in the stands.**
- Must have a parental note in the OFFICE PRIOR TO DEPARTURE for the meet if you choose to ride home with your parents.
- Team members must check in with a coach before leaving a track meet with parents.