Pine Lake Track and Field Code of Conduct 2026

Welcome to Pine Lake Track! We are so excited to be back on the track again. To ensure that athletes and coaches have a positive experience this season, we are asking you to review and sign this document. In keeping with the Pine Lake beliefs, I agree to:

- Read the complete PLMS Track Handbook online (PLMS Website) ***{Integrity}***
- Be on time for practices and meets ***{Integrity}***
- Be prepared for practices and meets (including proper workout clothes and shoes, water bottle with name…) ***{Integrity}***
- Listen to and follow coaches' instructions ***{Respect}***
- Communicate with my grade level coach (regarding absences, injuries, conflicts) ***{Excellence}***
- Practice good sportsmanship (including being kind, respectful, and supportive) ***{Community}***
- Give my best effort (during warm-ups, workouts, and meets) ***{Excellence}***
- Push myself to improve this season to reach my personal goals ***{Discovery}***

*** Attendance policy ***

First two weeks of practice

- If you have an unexcused absence in the first two weeks of track, you will be dismissed from the team.

Track Season practice

- If you have an unexcused absence during the season, you will need to discuss with Mr. Deletis before you can return to the team.

Excused Absence	***Unexcused Absence***
Requires an email from parent/guardian to grade level coach. (not the main office)	No contact from parent/guardian regardless of the reason
Examples:	Examples:
• Medical appointment • Pre-arranged Family Trip • Illness – make sure to email grade level coach as well as the main office	• No parent email • Regular ongoing conflict with practice/meets for another activity (piano, dance, or other sports, etc.) • Not having proper clothing/running shoes



I have read and understand the material contained in the Pine Lake Track Handbook. I realize the need to work together as a team to have a safe and successful season. I will work hard to be the best athlete I can be. I will be responsible for my actions.

Athlete's Name (Print): _____

Grade: _____ Coach: _____

Athlete's Signature: _____

I have read and understand the material contained in the Pine Lake Track Handbook on the PLMS website including the new attendance policy.

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____

**** Home Meets ****

Please make note of any dates that you are available/willing to volunteer at one of the home meets this season.

Thurs., April 30 Thurs., May 7

Use this link if you are able to help…

https://www.signupgenius.com/go/805044EA8AE2CA13-meet#/

A Final Forms reminder email will be sent out again with the link.

We'll see you on the track!

~ PLMS Track Coaches

Please return to your track coach by <u>Thursday, April 9</u>