

# Greenwood / Drakes Creek Track & Field Team Rules & Expectations

## **EXPECTATION #1: ATHLETES ARE EXPECTED TO ATTEND PRACTICE EVERY DAY.**

Track and field is a sport that requires time, effort and hard work. Athletes must have the time to devote to the training program as designed by the coaching staff. If other activities prevent an athlete from daily training and competing in regular season meets or the regional championship meet (varsity), then Track and field is not your sport.

If you are unable to attend practice daily due to other activities (i.e., spring sports, musical, academic team, travel sports team, AAU, work), you will need to create an action plan for participating in both activities. This plan should be turned in to the head coach before required practice begins. Include the days of the week you will regularly miss. The coaching staff will review and determine if the plan will work with the track and field training schedule. All action plans must include a minimum of three track and field practice days. If competing in track events, Mondays and Wednesdays are required practice days. **There will be a higher attendance expectation for indoor track and field.**

GHS/DCMS athletes that do not participate in GHS/DCMS winter sports are expected to begin practice by **January 15 (high school indoor athletes)**, February 1 (high school outdoor athletes) or **February 15 (middle school athletes)**.

GHS/DCMS athletes that participate in a GHS/DCMS winter sport are expected to be at Track and field practice full-time within one week of the end of winter sport post-season play (district, region or state). Due to the varying conditioning requirements for winter sports, Bowling and Cheer athletes should attend track and field practice a minimum of twice per week during their winter sport season.

Athletes will be cut for missing practice. If athlete misses two consecutive days of practice with no contact to head coach, athlete will be dismissed from the team.

Please attempt to make all appointments before/after practice or on a Tuesday, Thursday or Friday.

If athlete needs to miss for illness/injury, inform head coach by text/e-mail. Do not ask a teammate to inform the coach.

## **EXPECTATION #2: ATHLETES ARE EXPECTED TO PERFORM WORKOUTS AT HIGH LEVEL OF EFFORT.**

Athletes will complete the GHS/DCMS team workouts as designed by the coaching staff.

Coaches determine which events each athlete will compete in based on practice results, performances and team needs.

Athletes are expected to communicate directly with coaching staff concerning issues that arise during the season. If an athlete has questions regarding their participation, how to improve, about switching to a different event, how to earn a spot in an event or on a relay, etc. they should ask coaches directly.

Athletes will be cut for consistent poor effort at practice.

## **EXPECTATION #3: ATHLETES ARE EXPECTED TO FOLLOW RULES.**

Athletes must be mature enough to manage themselves at practice and at meets.

Athletes that do not follow rules and guidelines given by coaching staff and administrators are subject to suspension from practice and meets OR dismissal from the team.

Athletes will be dismissed for disciplinary problems, including but not limited to:

- Lying to coaches or parents concerning track and field;
- Inability to manage self at practice and meets;
- Leaving practice/riding home with anyone other than family without parental permission;
- Any violation of zero-tolerance behaviors (drinking, drugs, hazing, etc.) as determined by the coaches or school administration while at practice, meets, on school property or at a school event; or
- Any behavior deemed by coaches or administration as detrimental to the team.

## **EXPECTATION #4: ATHLETES ARE EXPECTED TO PASS GRADE CHECKS.**

Greenwood checks high school athlete grades each Friday. Any athlete that is academically ineligible will not be permitted to practice or compete for one week per school policy. To be academically eligible, the athlete must be passing three of four classes. Athletes are permitted to return to the team after their first and second ineligible weeks. However, upon the third academic ineligibility notification, the athlete will be dismissed from the team.

Drakes Creek does not check athlete grades. We rely on DCMS parents to monitor their athlete's grades and communicate with the head coach if the athlete needs to forego practice and meets to focus on their grades.

**EXPECTATION #5: ALL PARENTS/GUARDIANS ARE EXPECTED TO VOLUNTEER AT MEETS AND PARTICIPATE IN TEAM FUNDRAISERS.**

It is the expectation that we will host several meets during the track and field season. Unlike other high school/middle school sports, track and field meets require many workers. Without these workers, it is impossible to run a track and field meet. **All families are expected to volunteer to work two of our home meets.**

The booster club raises funds to support the program, purchase track and field equipment and to provide payment to assistant coaches (above the number of coach positions provided through school athletic funds). **All families are expected to participate in fundraisers as designed by the booster club and the fundraising team.**