

CO-ED TRACK AND FIELD TEAM RULES

PHILOSOPHY: The philosophy of the co-ed track and field program is to provide the opportunity to learn the skills necessary to compete in a variety of track and field events. This is done in an environment not unlike the classroom where skills are taught. Encouragement is given to achieve at one's potential and contests are entered to allow the student/athlete to utilize those skills learned. It is expected that the student/athlete will demonstrate their skills in competition in the spirit of good sportsmanship.

TEAM MEMBERSHIP: Due to the nature of track and field, every student/athlete will remain on the squad and participate in all contests which allow for unlimited entries, either as varsity or junior varsity as determined by the coaching staff. The only time all student/athlete would not compete would be in contests with limited entries (e.g. conference, region, etc.).

DRESS CODE: Student/athlete are expected to wear a school issued jersey, shorts, and track shoe/spike supplied by the student/athlete in all contests in accordance with the National High School Federation Track and Field Rules. Due to unpredictable weather in the spring, all student/athletes are expected to wear either school issued or personal warmup clothing to all practice and meets. During practices any tasteful running attire is acceptable. Violation during competition can result in disqualification from the meet. A violation during practice can result in the student/athlete being dismissed from practice and possibly being suspended from the next meet.

CONDUCT: The Student/athlete is expected to conduct themselves in a courteous, respectful manner to all opposing team members, coaches, officials and parents. This behavior is expected individually and as a team. Unsportsmanlike conduct during competition can result in disqualification in accordance with National High School Federation Track and Field Rules. If this conduct occurs during practice, the student/athlete may be dismissed from practice and may be suspended from the next contest.

LANGUAGE: Offensive and abusive language will not be tolerated. The student/athlete can expect to be disqualified from further participation if this occurs in competition. If it occurs during practice, the student/athlete may expect to be asked to leave practice and may be suspended from the next contest.

ATTENDANCE: Absences from a practice (including weight room) or meet must be cleared with a coach. Any absence from a meet should be cleared twenty-four hours prior to the meet (except due to illness). It is not okay to have another student/athlete give a message to a coach. Any track and field student/athlete not having an approved absence from practice (including weight room) or a meet will receive a warning and a possible loss of letter points on the first infraction. A second infraction can result in a loss of letter points and suspension from the next meet. A third infraction can result in steps being taken to dismiss the individual from the squad.

All student/athletes are expected to ride the team bus to all meets (only exceptions must be cleared with athletic director twenty-four hours in advance). All student/athletes will remain until end of competition (any exceptions, like attending a school function, i.e. scholarship award night, must be cleared with athletic director twenty-four hours in advance). Students/athletes may leave at the conclusion of a meet with parents only. Any student/athlete wishing to leave with another student/athlete's parents must provide a written request to the athletic director for his approval twenty-four hours in advance. Any student/athlete wishing to leave with another student/athlete's parents must provide a written request to the athletic director for his approval twenty-four hours in advance.

Any student/athlete who is injured is expected to report to all practices for treatment or adaptive training and to attend all meets until cleared for normal workouts.

In order to qualify to letter, the student/athlete must maintain ninety percent attendance to all practices and meets (attendance to spring break practices will only aid not count against establishing percentage of attendance. Any exceptions to the ninety percent qualifying to letter rule is at the discretion of the head coach.

Since practice will not begin until 3:15 p.m., student/athletes need to take care of all academic issues (i.e., taking tests, getting tutoring) before practice starts. There should be minimal tardies to practice, however, if it does occur, a signed note from the teacher with whom the student/athlete was working is required. Tardy student/athletes must sign in upon arrival at practice.

TARDINESS: Student/athlete who know in advance they will be late to practice are expected to notify a coach and do the entire workout later on their own or upon rejoining the team. Tardiness without prior approval is considered an unexcused absence.

ACADEMIC TUTORING: It is the position of the track and field coaching staff that academics are number one in importance and take precedence over the sport. Student/athletes who need academic tutoring in lieu of being at practice are asked to notify a coach with a note from the teacher giving tutoring. Student/athlete are expected to return to practice as soon as possible after tutoring and complete the scheduled workout. Missing a meet for tutoring should not be necessary.

DISCIPLINE/DETENTION: Student/athlete are expected to abide by the rules and regulations of Spring Lake Park High School/St. Anthony HS. If required to serve detention, this obligation must be met rather than attending practice. The practice workout should be done on their own after discussion with the coach. Upon reviewing the offense with the coach, the student/athlete could be subject to a one meet suspension. If arrangements are not made for a alternate workout, the absence will be treated as an unexcused absence and the appropriate penalty imposed.

RESPECT: Student/athlete is expected to treat all team mates, coaches, officials, opposing team members, bus drivers, custodians and any other individuals they come in contact with respect. Disrespect during competition can result in disqualification from further competition. If this occurs during practice, the individual will receive one warning. Further disrespect will result in removal from practice and possible suspension from the next meet.

CURFEW: No team curfew is set, however, the student/athlete is expected to comply with parental and community limits so as to maintain high academic and athletic performance.

TEAM RAPPORT/PARTICIPATION: Student/athlete is expected to support and encourage their teammates and to comply with workouts (including weight room) designed by the coaching staff.

VARSITY/JUNIOR VARSITY: Whether an individual competes on the varsity or junior varsity level will be determined by the coaching staff based on performances in previous meets and practices. All team rules are to be observed by all team at all levels.

VARIANCE FROM MINNESOTA STATE HIGH SCHOOL LEAGUE/SPRING LAKE PARK & ST ANTHONY HIGH SCHOOL RULES: none

COACHES AVAILABILITY: The head coach can be contacted during the school day at 785-5547.

Student/Athlete: _____ / _____
PRINT SIGNATURE

Parent/Guardian: _____