

EAST HIGH BOYS & GIRLS TRACK AND FIELD 2009 Policy

Welcome to another great year of track and field at East High School! We are excited that you decided to join us this year and are looking forward to helping you build your skills so that you may be a successful student athlete.

COACHES:

Kelly Auer, (Shot/Discus); Andrea Smith, (Sprints/Relays); Tom Bronga, (Distance); David Dobler, (High jump/Hurdles); Ronnie Melvin, (Long and Triple Jump).

TRACK AND FIELD WEB SITE:

http://eastnet1.asdk12.org/~Track_Field/

ACTIVITIES OFFICE:

Wendy Sept (Activities Principal) – 742-2141
Scott Thomas (Athletic Director) – 742-2148

SCHEDULE:

After spring break, practices will be held Monday through Friday from 2:30p.m. – 4p.m. Practices will be held on the track above the commons. Dome practice times are listed on the attached schedule. Buses will be provided on the days we practice at the Dome.

Meet schedules are attached to this document. (Meet times are subject to change). The Region IV Track Meet is scheduled for May 15-16 at Bartlett High School and the State Track Meet is scheduled for May 22-23 at Lathrop High School in Fairbanks. Individuals who meet qualifying times, jumps, or throws will advance to the Region and State meets.

GENERAL RULES AND EXPECTATIONS:

1. All required forms, physical, and fees must be submitted to the Activities Office and approved before you may begin practices.
2. Attendance and participation at all practices, meets, team meetings, and other team functions are mandatory, unless absence is pre-approved by a coach. Excessive unexcused absences may result in the athlete being removed from the team.
3. **Athletes who are absent from more than one practice in one week will not be eligible to compete in the next scheduled meet.**
4. All athletes should be on time for practice, departure and return to all functions. After practices and meets, athletes are required to leave the facility unless involved in another supervised activity.
5. Practice attendance is mandatory the day prior to a track and field meet unless absence is pre-approved by a coach.
6. When traveling via bus, the entire team will take the bus to an event. Athletes may only leave the track meet with their own parent or guardian. **Your parent or legal guardian must sign you out before departure.**

7. Ten practices are required before an athlete may participate at a track meet.
8. Uniforms are issued based on number of practices completed. It is your responsibility to turn in all issued gear at the end of the track season. **Fines will be imposed for uniforms that are damaged or not returned.**
9. Foul language is prohibited and will cause disqualification during a track meet.
10. Questions or concerns of athletes should be immediately taken to a coach. Most often things can be immediately resolved in this way. If an athlete still has a concern that has not been addressed, a parent should contact the coaches immediately. We encourage and value open communication within this program.
11. An athlete may not compete in a track meet until this form is signed and returned.

TARDY POLICY:

Practice will begin promptly at 2:30pm daily. An athlete who arrives after practice has begun is tardy. **If an athlete must be late (due to an appointment, etc.) they must notify a coach ahead of time.**

It is extremely important for athletes to be on time so they can warm up properly (to avoid injury) and hear the team announcements. **Athletes who are more than 15 minutes tardy will not have the practice counted toward their required 10 practices.** An athlete who is tardy once will receive a warning. A second tardy will result in a call home. **Athletes who are tardy 3 times will not compete in the next meet.**

LETTERING REQUIREMENTS:

Complete the season through the last eligible meet or practice; AND

1 - Score 10 points during the regular season meets (relay points are divided by four);

or

2. Advance to Regions and/or State.

GRADES AND ACADEMIC EXPECTATIONS:

1. ASD has set guidelines on eligibility and these requirements will be enforced.
2. If a student misses a class(es) due to a track meet, the student is responsible for contacting their teacher(s) in advance regarding assignments and make-up work.

CONDUCT EXPECTATIONS, PENALTIES:

We expect our athletes to show positive attitude, hard work, determination, respect for self, others, and coaches and a commitment to maintaining grades. Athletes who do not meet conduct or attendance expectations may expect to be penalized by being barred from a meet or removed from the team, depending on the severity of the infraction.

TOBACCO, DRUG AND ALCOHOL POLICY

ASD policy will be followed as set in the student handbook.

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2009 Policy Signature Sheet

The following items should be initialed by the student athlete. This sheet must be returned to a coach before you may compete in a meet!

1. Athletes who are absent from more than one practice in one week will not be eligible to compete in the next scheduled meet. _____ **(Initials)**
2. Athletes who are tardy (unexcused) will receive one warning. Athletes who are more than 15 minutes tardy will not have the practice counted toward their required 10 practices. Athletes who are tardy 3 times will not compete in the next meet. _____ **(Initials)**
3. When traveling via bus, the entire team will take the bus to an event. Athletes may only leave the track meet with their own parent or guardian. The **parent or legal guardian** must sign you out before departure. _____ **(Initials)**.
4. Uniforms are issued based on number of practices completed. It is your responsibility to turn in all issued gear at the end of the track season. Fines will be imposed for uniforms that are damaged or not returned. _____ **(Initials)**.

Athlete's Signature _____

Athlete's Printed Name: _____

Parent/Guardian Signature _____ Date _____