

2018-19 Indoor-Outdoor Track & Field Team Rules

Indoor and Outdoor track & field are a no cut varsity sports. "No cut" means athletes of all ability levels are welcome so long as they are committed to the teams' rigorous schedule. If an athlete cannot meet the expectations outlined below, the coaches will remove the individual from the team.

After School Practice:

Attendance is expected at all practices and meets. Exceptions will be made on an individual basis. A schedule of excused absences needs to be worked out with the coaches at the start of the season. Do not tell the coaches of an absence the day of the absence. If the excuse is not known in advance, it is likely not an acceptable absence. *Cutting a workout short to take the 4:45pm activities/clubs bus is not an excused absence.*¹ Attendance will be taken, and three unexcused absences from practice is grounds for dismissal. One unexcused absence from a meet is grounds for dismissal.

If an athlete has commitments that conflict with track & field, the conflicting activity must share in the sacrifices. That is, we are pleased to have a two-sport athlete, but track & field must not always be the losing activity with conflicts. Examples of activities we are willing to work with include: a second WL sport and travel soccer. If too many practices and meets are missed, we will not accept the proposed schedule.

Being a varsity sport, track & field practice has priority over clubs. Clubs are different than a second sport in that a soccer player will still get in his or her workout when practice is skipped.

Academics should be the priority of all team members. That being said, missing practice because you have homework or need to study for a test are not acceptable excuses. Practice will be around 5pm. You will have plenty of time for schoolwork if you plan ahead, and exercise will help you be more productive with your schoolwork.

Injuries are not an excuse to miss practice. If an athlete is injured, he or she is expected to be at practice to participate in warm-ups. Depending on the injury and advice of our trainer, we will recommend an alternative workout or something else for the athlete to do. For instance, aqua jogging is beneficial for staying fit without putting stress on the legs.

Competitions:

There are five weekday meets open to the entire team. The schedule will be posted

¹ A 6:45pm athletics bus is available.

online. The coaches may choose to withhold some top athletes from these meets, but everyone else is expected to attend. If an athlete is injured, he or she is expected to attend the meet to cheer on his or her teammates.

There will be a few Saturday invitationals. Athletes will be selected to compete in the Saturday meets based on ability. You need to communicate with the coaches with regard to conflicts early. Again, track & field must not always lose to these conflicts. If it is not a balance, then you are not committed to track & field.

Post-season meets are limited to the top athletes. If you are selected to a post-season roster, the meet must have priority over all other conflicts.

We are looking forward to a great season,

Coach Drake, Coach Wiley, Coach Hailey