



# Chesapeake High School

## Indoor Track Team Rules 2022-23

Violations of team rules can range from a verbal or written reprimand to removal from team by Head Coach or CHS School Administration.

### **1. BE ON TIME – practices will start and end ON TIME.**

- Practice begins promptly at 3:45 PM and ends between 5:15-5:45 PM.
- Be on time for the bus! We will leave you behind, we have a limited window.
- Parents will pick athletes up on time when the bus returns from meets.
- We practice outside, but on inclement weather days we may meet in cafeteria. We expect you to dress accordingly for weather conditions to include rain, cold and snow. We will follow AACPS rules for extreme weather.

### **2. COMMUNICATE – NOTIFY Head Coach in advance for approval.**

- Report late arrivals or missed practices in advance in writing (email). Violations are not acceptable.
- Report all injuries to the coaches.
- Communication is the single biggest tool we have. If we communicate there is a good chance we can work through conflicts in advance.
- If you must miss a meet you need to get advanced approval from the Head Coach. Emergencies to be handled on a case-by-case basis.
- We require all athletes to ride the bus to and from meets. If you need to self-transport either to or from a meet a note of approval must be sent to the Head Coach by your parent or guardian. When self-transporting from a meet an approved adult must be seen and approved by the Head Coach at the time of departure. Asking to leave a meet early because your events are complete is unacceptable and not fair to your teammates that were there cheering you on.
- You must turn in a copy of the rules agreement signed by the athlete and a parent/guardian in order to compete.

### **3. BE COACHABLE – LISTEN to learn and earn respect.**

- Accept the coach's expectations and decisions. It is ok to respectfully ask why.
- No single individual is bigger than the team.
- Help out when asked to. We have many athletes and few coaches. Helping out at practice (leading warm-ups, running drills etc..) can help your standing on the team but does not guarantee you participation in a meet, a Captains spot, or earning Varsity.
- Captains will be chosen by the coaching staff per the guidelines in the Team Captain Rubric.

### **4. SHOW UP READY – PREPARE for a great practice.**

- At practice a filled water bottle and healthy snack are suggested every day. Proper hydration and nutrition is critical to for growth and health.
- Cell phones are not permitted at practice. They are to remain in your locker or backpack unless approved by a coach as a stopwatch. No headphones/earbuds are allowed for safety reasons.

### **5. FOLLOW THE PLAN – TRAIN smart for success.**

- Match your workout effort to the practice objective. Each workout is designed to build towards athletes performing their best at the end of the season. Failure to complete the workout plan could result in the athlete missing a meet. No walking when you should be running. Lack of or low participation can result in removal from the team.
- Communicate activities (e.g., club sports, races) that can impact practice/meet performance. While CHS sports take precedence, the coaches may work with you with adequate communication if the decision does not hurt the total team. Communicating conflicts ahead of time does not guarantee that they are acceptable. Final decision is at the Head Coach's discretion.

**6. BE A GREAT TEAMMATE – PRAISE in public and avoid behind-the-back talk.**

- Celebrate the success of others.
- PDA between team members that makes others uncomfortable will not be tolerated.
- No profanity
- Meet and bus behavior to be exemplary. Also clean up trash and leave the bus, meets and practice facilities like they were before you arrived. You are representing CHS.

**7. Parents/Guardians/Family and Friends Behavior – Please Help us Set a Good Example**

- No parents, family or friends in the competition areas at any time without Head Coach's prior approval
- Please do not approach coaches about issues during a meet or practice. Email us or speak to us afterwards. We are very busy during the meets and practice taking times and coaching athletes

***Finally, HAVE FUN! Track is a fun and social experience in addition to the excellent competition. Have fun and enjoy.***