



# Chesapeake High School

## Outdoor Track Team Rules Agreement

2024 Spring Season

Violations of team rules can range from verbal or written reprimand, to disqualification from competitions, and up to removal from team by Head Coach or CHS School Administration

### **I have read the team rules and I understand that:**

1. I will be on time, & practices/meets are mandatory unless my absence is excused by the Head Coach.
2. If I miss a practice or meet without written notice I can be disciplined. Too many practices missed (excused or not) can lead to dismissal from the team at Head Coach's discretion.
3. If I am late (unexcused) or miss school on the day of a practice or meet, I can't participate that day.
4. My sports participation for **CHS takes priority** over outside activities, including club teams, personal coaches/trainers, jobs, and any other activities that could affect my attendance or full participation.
5. Vacations or other absences at any time during the season must be disclosed up front for team planning purposes. Disclosure does not guarantee acceptance. The absences could be deemed too much by the Head Coach and result in exclusion from competition or dismissal from team.
6. Cell phones will not be used during practices and are to be kept in backpacks.
7. Track Team uniforms are school property and must be returned at season's end.
8. I must attend the practice prior to any meet in order to participate in that meet.
9. Participation in a meet is limited and at the Head Coach's discretion.
10. Participation certificates, letters and pins (Varsity) require that I finish the season in good standing and will be decided on by the coaching staff at season's end. All athletes are expected to practice up to the Region Championship meet.
11. I am required to use the provided school transportation (bus) to and from track meets. Any variance from this should be a unique situation (not the norm) and approved in advance by the Head Coach.
12. I will participate to the best of my ability at practice and meets. Lack of participation is unacceptable.

### **I will obey the law and all Chesapeake HS rules:**

1. No illegal drug and alcohol use permitted for CHS Athletes.
2. No harassment – intentional conduct (verbal, physical, or written) including electronic communication.
3. No bullying or fighting – repeated, conscious, willful deliberate intent to physically or psychologically intimidate someone.
4. No posting of inappropriate material on Social Media sites.

Team rules and other information available at [chesapeakeathletics.org](http://chesapeakeathletics.org) Spring/Outdoor Track/Co-Ed Varsity

**Failure to meet any of the standards above can result in discipline up to and including dismissal from the team. I understand and agree to follow these rules.**

Print Players Name: \_\_\_\_\_

**Player Sign:**

**Parent Sign:**

**Date:**

**Every athlete and at least one parent or guardian must sign this document and return to the Head Coach before being allowed to compete in a meet.**