



Chesapeake

Track & Field

Intensity... Focus ... Dedication

Team Rules:

The adherence to team rules establishes the ability for the team to function move forward. It is with this notion in mind that the following expectations are set forth for everyone to know and obey. Upon occasion, student athletes have concerns with the letter and the intent of the rules. When such situations arise, you are encouraged to discuss the matter in an appropriate manner first with the team captains and then, if necessary, with the coaching staff.

1. Practices are Mandatory! Meets are Mandatory! Your obligations with the Chesapeake Track & Field program should take into consideration FIRST before schedules for activities outside of the school. Work schedules, other activities and commitments should be planned around your involvement with the Track & Field Team. If you know of a potential conflict, inform Coach Murphy in writing (email or note) prior to entry deadlines before you miss anything. Absences may result in postponed competition.
2. Practice begins on time. You need to be prepared for practice daily so be sure to take the necessary measures to ensure you have your equipment before practice begins.
3. You need to prepare for outside activity everyday, even when it is raining or snowing in the morning when you wake up. Things change during the course of the day and a track & field athlete should be prepared for all weather conditions.
4. An athlete earns a Varsity Letter in track and field once he or she finishes an event in 6th place or better. Since there are a limited number of opportunities in which to compete during the indoor season, athletes only have to score a point to be eligible for Varsity. The only other manner to earn a Varsity Letter is to compete at the Varsity County, Region or State Championships, or the athlete is a senior.
5. Respect for others, their property and their abilities will be held in the highest regard. This goes for the coaches, other teammates, as well as the school and the equipment used by the track & field team. Sportsmanship is an essential element to a successful program and CHS will demonstrate sportsmanship all the time!
6. Foul Language, even after poor performance or failure, will not be tolerated. The National Federation Rules call for the immediate dismissal of any athlete who is heard to have used foul language by an official at any track & field competition. Your vocabulary is filled with multiple ways of expressing your feelings and emotions. Find alternatives to profanity.

7. Athletes in Chesapeake's sport programs are to adhere to an "appropriate dress code" on the days of Track and Field events. We are to dress up - meaning shirt and ties for men or dress pants or skirts for the women – to take pride in your competition and for the team.. BOYS - No sandals, jeans, or shorts. GIRLS – No flip-flops or jeans on MEET DAYS.

8. Attend school everyday. Be on time everyday. Athletes who are late to school or arrive late to class disrupt the learning process. On mornings of meets, ALL members of the Track & Field team are to sign in prior to the 7:17am start of school. Failure to do so could result in ineligibility for competition the day of the event unless the principal makes decisions to the contrary. BE ON TIME AND SIGN IN! Athletes must participate at the practice prior to competition to be eligible to compete.

9. *Academic eligibility has everything to do with being successful on the track or in the field. Maintaining an acceptable grade point average is an obligation of every athlete. You must maintain a 2.0 weighted G.P.A. in order to be eligible for competition. If you believe this may be difficult to do, Coach Murphy has many options for you in the way of tutoring and guided assistance. The Academic Athletic Advisor, Mr. Johnson is in charge of eligibility and will be our only source of information. Please take up your concerns with her as soon as you are aware there are problems. The track team typically does well in terms of TEAM GPA. Be a contributor!*

10. All athletes must ride the bus to and from every meet. The only exception to this rule is for those who first get permission by an administrator to get an alternative form of transportation HOME from an event. All athletes are to ride the bus to the meet. A Self-Transport form must be approved by Mr. Watson 72 hours before the event. (3 days in advance)

11. Uniforms are the responsibility of the athlete and are expected to be returned at the conclusion of participation with the track & field program. In cases where damage or loss occurs, a fee will be charged to the student and-or he/she will be placed on the debt list. Athletes are expected to wear CHS team gear or CHS colors over their uniform to and from meets.

12. Participation in the team's COUGAR CARD fundraising activity is mandatory! Everyone stands to benefit from it. The coaching staff has generated a priority list of equipment desired for the program and the sooner the funds are available for purchase, the sooner YOU will be able to incorporate it into your event. It will again be the "Cougar Cards" which seem to be an easy sell and a high profit maker for your effort.

13. No athlete is permitted to use tobacco products, alcohol or drugs at any time. The accusation and subsequent positive finding is grounds for immediate dismissal from the team. Additionally, a notice will be forwarded to the administrators regarding the findings for their attention to the matter.

14. Athletes are not permitted to park in the rear of the building under any circumstance.

15. Coaches reserve the right to decide which athletes compete at each competition.