

DAKOTA TRACK & FIELD **POLICIES, PROCEDURES, AND** **REGULATIONS**

These pages of your Track & Field Guide are devoted to policies, procedures, and regulations of the Dakota Track & Field team. They spell out a code of conduct for you, both as an athlete and as a member of this team. If we are to be successful, you must adhere to this code of conduct as well as Chippewa Valley Schools Athletic Code of Conduct!

All of the specifics and details could be covered by two words: “**COMMON SENSE.**”

You are expected to conduct yourself as ladies and gentlemen at all times. Your **proper** conduct will reflect credit upon you, your family, your teammates, and your school. By the same token, **improper** conduct will reflect unfavorably upon you, your family, your teammates, and your school.

Study these rules and regulations...

Be familiar with them...

Live up to them always...

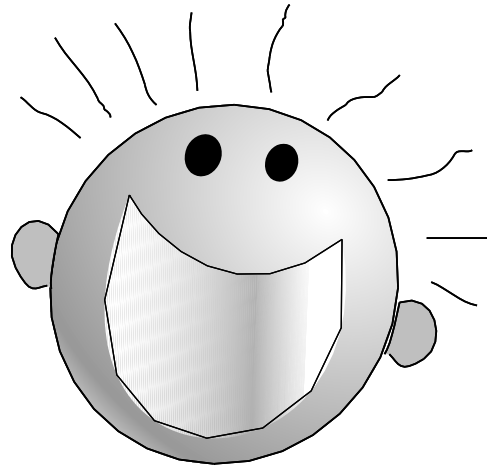
And remember what they really are... **COMMON SENSE!**



GENERAL RULES

1. All equipment used for Track & Field is the property of Dakota High School. A player uses equipment by permission only.
2. Each athlete will be issued a uniform and has the responsibility (pride) of that uniform
 - a. To see that it is kept clean and sewn.
 - b. That it is not lost or stolen.
 - c. That at the end of the season it is returned.
 - d. Failure to return any equipment, including the uniform, whether lost, stolen, or damaged, will result in the payment for the replacement of the equipment.
 - e. Do not cut or alter the uniform in any manner
3. You are provided the best equipment that our money can buy. It is up to you to take care of the equipment issued. Make sure your uniform fits properly. If it does not, see a coach.
4. Fighting will not be tolerated. If you have a difference in opinion, resolve it in a civil manner. If you cannot, allow coaches to resolve the issue.

5. **Stealing** will not be tolerated.
6. We feel that Track & Field athletes are and will always be the finest young men and women in America. Track & Field is one of the only sports that calls for a total commitment of **YOURSELF** and **YOUR TEAM**. You have to be an exceptional young man or woman to get started in this sport, and if you stay with Track & Field, you will be an exceptional athlete, and above all, an exceptional human being.
7. If you ever have any questions, problems, injuries, etc.: contact your coaches. Sometimes your coach, or your teammates can be a big help to you.



ATTENDANCE

1. Attendance is mandatory. You have had plenty of notice as to practice times. Excessive absences can lead to removal from the team. It is not fair to your coaches or your teammates. Always contact a coach regarding conflicts in time. **Do not send another athlete with a message about your absence or tardiness.**
2. After 3 unexcused absences you may be asked to leave the team. Everything will be considered unexcused except, death in the family, medical reasons, absence from school, or a previous arrangement to be absent.
3. Any absence is subject to disciplinary action, and makeup of workouts missed.
4. Missing practice the day before a meet is unacceptable. This is the day race strategies will be covered and scouting reports are given. This is very important for our success. **You will be required to attend the meet but will not be allowed to compete.** There are few exceptions to the rule.
5. Meet attendance is even more important. We practice and train for these competitions. Do not let your team and coaches down. Missing a meet may result in suspension from future meets.
6. We will check attendance daily. You are not to leave practice until you are excused.
7. Tardiness will be subject to disciplinary action. Most likely some form of calisthenics for the entire team.
8. These rules apply to all athletes unless previous arrangements were made with the coaches on an individual basis.

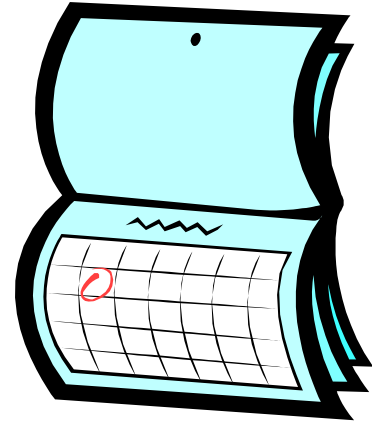
DAILY SCHEDULE

All times except the starting time are approximate.

Be dressed and ready to go at 2:45 pm.

Before 2:45	Attendance check in
2:45-2:50	Coach's announcements
2:50-3:00	Warm-up, stretching, agilitys, calisthenics
3:00-4:15	Workouts /Weights /Cool Down / Stretch
4:15-5:00	Long Jump, High Jump, Pole Vault, Hurdles

Please do not plan on completing the workout early. This is a short practice. It is very important that you do not miss any practices, please schedule accordingly.

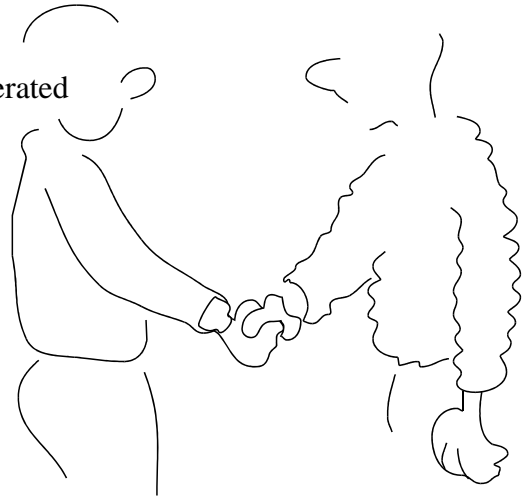


PERSONAL CONDUCT RULES

1. Because you are an athlete, you are looked up to by many people (particularly the younger athletes in our program); justify the pedestal they place you on.
2. You must have PRIDE in yourself. Be selective about **where you go, what you do, and what you say!**
3. Be polite and courteous to all persons who are trying to help you and support our program, especially those people working in the school (maintenance, lunch room supervisors, hall monitors, and teachers). Your conduct on and off campus is well observed as you are an athlete at Dakota High School. Project the image of true "Ladies" and "Gentlemen."
4. Late hours should be avoided. You should be in bed no later than 10:30 p.m. from Sunday - Thursday during the school year. Friday and Saturday evenings before 11:30 p.m. Remember rest is essential to an athlete. The night prior to a race you should be off your feet before 10 p.m.
5. Be well-groomed, neat, and clean. This applies on and off campus. Wear your school colors with pride and as much as possible. Do not show up to a meet in jeans and a hoodie. Dress the part!
6. **The use of profanity and swearing is the effort of a weak and unintelligent person to express himself forcibly. Do not use profanity!!!**
7. If you have a player or coach relationship problem, talk to your captains, or coaches.
8. There will be **NO TOLERANCE** for drug users (which includes alcohol and tobacco). Any athlete discovered "using", will be disciplined according to the CVS athletic code of conduct. Anyone using drugs (which includes alcohol and tobacco) is not interested in athletics. The vital organs affected by smoking are the heart, lungs, and stomach. These are vital breathing and running organs. **DO NOT** develop bad habits that can hurt you as a human being. Not to mention these activities are illegal for minors. Please refer to the districts life of an athlete program. This policy also includes assault, battery, possession of weapons, threats of violence and / or violent acts.

TALKING TO AN OPPONENT

Talking to an opponent in any manner that is demeaning, rude, vulgar, or intended to incite a physical response or verbally put an opponent down is illegal. Any “showy” or un-sportsmanlike gestures are considered the same—illegal. These actions will not be tolerated and will result in immediate discipline and possible meet suspensions. After a race or competition we expect that you congratulate someone who beat you, if you were 1st then you can congratulate the 2nd place finisher.



TALKING TO REFEREES

When a referee or starter imposes a disqualification or an instruction, he is doing his job as he sees fit. He is present to uphold the integrity of the competition. His decisions are final and should be accepted by the athletes and coaches. His instructions should be carried out, without questioning. Do not ever argue with an official. When speaking to an official address him or her as “Sir” or “Miss.” If there is a serious problem notify Coach Timpa and action will be taken from there.

SPORTSMANSHIP

Any athlete who intentionally violates a rule is guilty of unfair and un-sportsmanlike conduct. This will bring discredit to the good name of the competition, which it is your duty, as an athlete to uphold. If this is observed, it may result in suspension from meets and possible removal from the team. This mainly pertains to cutting a course or purposely injuring an opponent.

*We will also be enthusiastic about winning, without being arrogant.

TRAINING ROOM

1. Report all injuries to the trainer, Melissa Vincke, or your coach immediately.
2. Any necessary pre-practice taping, heating, or icing should take place in a timely manner; this is not considered a reason for being late for practice. Treatments will not be given during meetings or practices.
3. Treatments are to be administered by the trainer, not other athletes.
4. Do not go into the training room with muddy shoes or cloths.
5. Do not put shoes, clean or dirty on the tables.

6. No horseplay or profanity will be tolerated. Always, treat the trainers with respect.
7. No equipment or supplies are to leave the training room without the permission of the trainer, or a Coach.

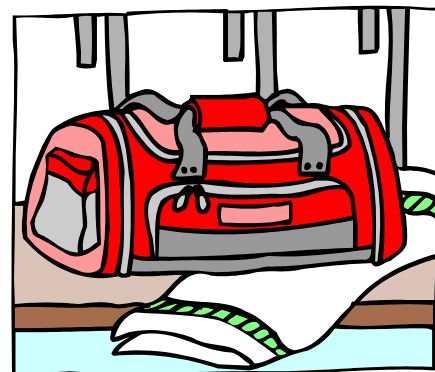
BUS TRAVEL

1. On the way to the meets talking on the bus should be kept to a minimum and related to the upcoming race. You will need to focus on your performance. We will have a boy's busses and girl's busses to and from most meets.
2. When you leave the bus, make sure all belongings are with you. **You will thank the Bus Driver for the ride,** this is only polite, as without them we wouldn't get to the meets. This also is a reflection of our program.
3. **Do not** leave garbage on the bus.
4. You must ride the bus to and from the meet. This is a district policy and there will be no exceptions.



LOCKER ROOM

1. Use the assigned section of lockers throughout the season.
2. Do not throw tape or any other trash on the floor. Trash cans are provided for this.
3. No horseplay in the locker rooms.
4. Remove dirt and mud from your shoes outside the locker room and building. Take your shoes off and carry them if you must.
5. **Make sure your locker is locked!!**
6. No visitors are allowed in the locker room.
7. Respect the belongings of one another.
8. Do not leave any valuables in your locker, even if it is locked.
9. **Stealing** will not be tolerated.





DAKOTA TRACK & FIELD

TEAM RULES

I WILL...

1. Try my best at all times
2. Run all my assigned races
3. Practice with the team every day
4. Be on time to all DHS Track & Field events including team meetings, daily practice, meets, etc.
5. Ride the bus to and from every meet I am expected to participate in
6. Follow all team rules
7. Respect my teammates and coaches and their belongings
8. Clean up after myself
9. Keep track of my own belongings including my assigned track uniform /warm-ups

Athlete Checklist:

- Paid athletic fee
- Turned in completed physical form.
- Turned in signed TRACK & FIELD forms
- Participated in DHS Track & Field fundraiser
- Attend 36 "Full" practices.
 - Check in and out with my coach
- Obtained 21/17 event points
 - 9th/10th grade athletes have a minimum of 10 meets
 - 11th/12th grade athletes have a minimum of 7 meets
- Attended banquet (+1 event point, +1 practice day)
- Returned washed uniform on time

POINT SCALE

100/110m HH	1pt	1600m Run	2pts
300m Hurdles		3200m Run	3pts
100m Dash	1pt	High Jump	1pt
200m Dash		Long Jump	
400m Dash		Shot Put	
800m Run		Discus	
4x100m Relay	1pt	Pole Vault	* Failure to obtain the number of predetermined event and attendance points may result in unearned gym credit
4x200m Relay			
4x400m Relay			
4x800m Relay			

