

WISSAHICKON TRACK & FIELD TEAM RULES

Addendum to Wissahickon Athletics Rules

- Attendance at all practices is mandatory unless you have been excused by the coaches for an acceptable reason (ex. illness, family emergency). **UNFINISHED HOMEWORK/PROJECT IS NOT AN ACCEPTABLE EXCUSE . Budget your time!**
- You must be at practice **ON TIME** (we begin warm-up at 3:00 PM, not begin dressing at 3:00 PM) and remain at practice until the coach announces practice is over. You must bring a signed note from the appropriate teacher/sponsor/parent to come late to practice.
- An **UNEXCUSED** absence from practice will result in suspension from the next scheduled competition. This includes Conference, District or State competitions.
- If you obtain **3 UNEXCUSED ABSENCES**, you may be dismissed from the team. **AS PER WISS ATHLETIC RULES**
- There will be a **ZERO TOLERANCE POLICY** on disruptive behavior during practice or warm-ups. Includes no headphones/listening devices. You will be asked to leave practice for the remainder of the session.
- Repeated school detentions showing behavior or discipline problems will result in dismissal from the team.
- A school suspension will be treated as an unexcused absence. An extended-length suspension will result in dismissal from the team. (Behavior resulting in a long term suspension will not be tolerated.)
- Please make every effort to schedule doctor's/personal appointments around practices/meets.
- You **MUST** attend all meets, home or away, unless otherwise determined by the coaches. If you cannot compete due to injury, you will assist the coaches/officials.
- Athletes may not leave competition (home or away) until its conclusion unless previously arranged.
- Competing/practicing with other programs during the season is **GREATLY DISCOURAGED**. Track and field is physically demanding. **RECOVERY IS IMPORTANT** for injury prevention. Unwillingness to participate in a competition due to a conflict with other programs will be deemed an unexcused absence. **POST AND KNOW THE MEET SCHEDULE!**
- Take proper care of all issued equipment. Uniforms are not to be altered in any way. Any equipment that is returned in damaged or **SOILED CONDITION** will be submitted as an **obligation** to the school. (Please hang dry nylon/microfiber/lycra and do not bleach!)
- Your health is your responsibility. Preventing and treating injuries is non-negotiable. Eg. Maintaining a healthy diet, proper bed time, treatments before and icing after practice, stretching, shin splint exercises, etc. must be a priority in order to compete well.
- You must **FINISH THE SEASON IN GOOD STANDING** relative to grades, behavior and attendance to get credit for Spring Track and Field.
- If you qualify for post-season competition in Conference, District or State, **YOU MUST COMPETE** (except for injury) or lose all team standing. Competing post-season should be the goal for **EVERYONE!**

Thank you and we look forward to a productive and positive season!

Mr. Don Betterly – Head Coach / Sprints DBetterly@Hotmail.com

Mr. Mike Ford – Assistant Coach / Distance mford@wsdweb.org

Mr. Jim Kelly – Assistant Coach / Throws

Mr. Floyd Garis – Assistant Coach / Jumps / Hurdles -----

I have read and discussed with my parent/guardian the rules for participation with the Wissahickon Boys' Spring Track and Field Team. I am additionally aware of the school's policies regarding student/athlete behavior and expectations.

I will support my teammates, coaches, and the program in a positive and respectful manner.

Student (print) _____ Grade _____

Student Signature _____ Date _____

Parent/Guard. Signature _____ Date _____

Contact Info (cell#, email, etc) list below, or email to me (see above)

