



Falls Church Indoor Track and Field Team Rules 2014-2015

Coaching Staff:

Bobby Krause

Head Coach
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Dwayne Scott

Sprints/Long Jump/ Triple Jump
Email: dlscott@fcps.edu

Sarah Garrett

High Jump
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Matthew Wingler

Strength and Conditioning
Email: MLWingler1@fcps.edu

Mandissa Marshall

Pole Vault
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Regular Season Meets					
Date	Day	Opponents	Location	Meet Time	Bus Time
12/5/14	Fri.	Wash/Lee West Springfield	TJ Community Center	5:30pm	4:30pm
12/20/14	Sat.	Hayfield, McLean, Robinson	Episcopal HS	7:30am	6:30am
1/24/2014	Sat.	Marshall, Stuart, TC Williams	Episcopal HS	7:30am	6:30am
1/30/2014	Fri.	Lee, TJ, Wakefield	TJ Community Center	5:30pm	4:30pm
Invitational Meets-(tentative)					
Date	Day	Meet Name	Location	Meet Time	Bus Time
TBA	Sat.	PR Holiday Classic	PG Sportsplex	TBA	TBA
1/3/2015	Sat.	Southern Maryland Track Classic	PG Sportsplex	TBA	TBA
1/9 & 1/10	Sat.	Liberty Flames High School Invite	Liberty University	TBA	TBA
Post Season Meets					
Date	Day	Meet Name	Location	Meet Time	Bus Time
2/3/2015	Tue.	Conference 13 Championships Day 1	Episcopal HS	5:30pm	4:30pm
2/6/2015	Fri.	Conference 13 Championships Day 2	TJ Community Center	5:30pm	4:30pm
2/18/2015	Wed.	5A North Regional Championships	PG Sportsplex	TBA	TBA
2/27/2015 + 2/28/2015	Fri & Sat	VHSL 5A and 6A State Championships	Boo Williams Sportsplex	TBA	TBA

Other Important Dates:

Leaf Raking Fundraiser: November 22nd 2014 9am-4pm

Practice

Practice begins daily at 3:15pm. All students-athletes are expected to be at the track at 3:15pm prepared for practice. Students who stay after with a teacher or for another extra-curricular activity must have a signed pass from the staff member in charge when they arrive at practice. All student-athletes must check-out with coaches before leaving for the day. End times for practices will vary by event group but all student athletes should be completed by 6pm.

Eligibility

To be eligible to participate in Indoor Track and Field:

- You must adhere to the Individual Eligibility Rules found on the Athletic Department website
- You must turn in all required paperwork including this form.
- You must be academically eligible according to VHSL rules (pass 5 classes in the semester prior and pass 5 classes during the first semester of this year)

Team Rules

A violation or repeated violation of the rules below will result in dismissal from the Indoor Track & Field Teams.

Attendance

- Practice begins at 3:15PM. Do Not be Late! If you are late, you must produce a valid excuse. If a teacher detains you, you must present a note signed by that teacher.
- Attendance is checked twice daily at the beginning of practice and at the end of practice. It is **your** responsibility to check out with a coach when you leave..
- If you are absent from school, you may not come to practice
- If you know you must miss a practice, you must clear it with a coach in advance. A cell phone text is not proper communication. **Please produce a note in writing and/or email notifying the coaching staff of the absence.**
- Unexcused absences will result in non-participation at meets and dismissal from the team
- Excused absences must be given to coach 1 week prior to a missed practice (Examples of excused absences: school events, absence from school, family emergencies.)
- Please schedule all appointments not during practices, if you must schedule an appointment during a practice please provide coaches with at least 1 weeks' notice.

Other Rules

- Lying, cheating, stealing, and skipping practice is inexcusable. This will result in dismissal from the team.
- Cutting courses or misbehavior while running off of school grounds may result in the team not being allowed to run off of campus. Running off of campus is a privilege..
- All athletes are expected to show respect to their coaches, captains, and teammates at all times. **THEY MUST ALSO SHOW RESPECT FOR ALL TRACK EQUIPMENT:** mats, poles, shots, discs, starting blocks, hurdles, rakes, etc. by taking proper care in their handling of the equipment, and by putting it away at the end of practice.
- Athletes are expected to come prepared each day with all required clothing and equipment. You must be prepared to run outdoors in the cold and/or wet weather. Students who are unprepared for practice will be sent home and will be considered an unexcused absence.

- Homework, papers, projects, etc. are not considered excused absences. Your job is to have all of your work done before coming to practice! **DO NOT PROCRASTINATE!**
- All athletes will ride the bus to and from meets. Athletes must be ready to run with uniforms and warm ups on **prior** to getting on the bus. No one may leave a meet without having consulted the Activities office prior to the meet. A note should be brought in to the office.
- Athletes are to take care of themselves both mentally and physically. That means they are to eat well balanced meals, **HYDRATE**, get plenty of rest and not jeopardize their ability to perform on the team. Athletes are expected to present themselves in a manner that represents the team and the school in a positive way.
- **All injuries must be reported to a Coach and to the Athletic Trainer immediately.**
- All Athletes will turn in Grade Sheets with acceptable grades signed by all teachers on the appropriate dates, or they will not be allowed to compete at the next meet until the grade sheet is turned in.
- Athletes who receive a mark of "F" on any grade sheet will be required to attend study hall until they produce a grade sheet with no "F's".
- If you quit the team, your uniform is due within 48 hours of quitting. If the uniform is not turned in by that time, an unpaid obligation form will be sent home in the amount of \$150.

Lettering Requirements

In order to earn your Varsity Letter on the Indoor Track & Field Teams, you must:

- Adhere to the FCHS participation and eligibility requirements.
- Compete in all weekly Track meets and Invitationals unless injured or excused by a Coach. If you miss an invitational after saying that you would be there to participate, you will put yourself in jeopardy to be able to compete at any other invites.
- Must be a contributing factor to the team's success (we can't succeed without you because you score varsity points or provide invaluable team spirit and leadership).
- Attend practice every day unless sick, injured or otherwise excused by a coach or trainer.
- Follow all track team rules.
- Show team spirit, dedication, and commitment to making themselves and the team a success both at practice and at meets.
- Contribute to the team's success by scoring varsity points at meets.
- Turn in all equipment (**UNIFORMS**), in good condition, at the end of the season.
- Participate in all team and athletic department fundraisers.

Communication

The Official communication between student-athletes/parents and coaches is email. All coaches emails are listed above. Please direct your questions to rlkrause@fcps.edu. In the case of last minute changes you will receive an email from Coach Krause. You may also want to follow the track and field team on twitter @runjagsrun for up to the minute updates on FCHS Track and Cross Country. Important information will also be updated on our team website www.fallschurchsports.org look under winter activities and indoor track.

Falls Church Indoor Track & Field Teams Winter 2014-2015

Contract/Contact Info

By signing this contract, the student-athlete and parent or guardian affirms they have read and understand all of the rules, regulations, and expectations listed in the Falls Church Indoor Track team rules. Further, it is agreed that all athletes must abide by these rules.

Our signatures below indicate that we have read and agree to comply with the contents of the FCHS Indoor Track Team conduct, philosophy, and eligibility expectations herein. We agree that the athlete will attend all practices and meets in which his or her Falls Church High School athletic team participates.

PRINTED NAME OF STUDENT/ATHLETE: _____

SIGNATURE OF STUDENT/ATHLETE: _____

Student Contact Information:

Home Phone: _____

Email address: _____

Birth Date (month/day/year): _____ Grade: _____

PRINTED NAME OF PARENT/GUARDIAN: _____

SIGNATURE OF PARENT/GUARDIAN: _____

Parent Contact Information:

Home Phone: _____ Cell Phone: _____

Work Phone: _____

Email address: _____

DATE: _____