

Completed Information should be turned in to the Track and Field mailbox in the Athletic Office prior to the 1st Day of practice – March 7th

- The last page of this packet are the team rules – to be signed by you and your parent(s)
 - Eligibility packet
- Appropriate physical form (different forms for those that have or have not already participated in a sport during the 2015-2016 school year)
 - Emergency Card

Please make sure that your parents sign each form in ALL of the necessary areas! Forms will be returned to you and you will not be allowed to practice if all forms are not completed correctly!! Failure to have all forms complete and turned in by March 7 will result in an “unexcused absence”. If all forms are not turned in by March 14, you will not be a member of the 2016 team.

Methacton Spring Track and Field 2016

Coaches: **Ms. Akintoye** – Head Girls Coach, **Mr. Freeman** – Assistant Coach, **Mr. Mahan** – Assistant Coach, **Mr. Graham** – Pole Vault Coach, **Mr. Corby** – Assistant Coach

Website: There are currently 2 website for Girls Spring Track. One website can be accessed by going to the Methacton High School main page, then clicking the link to Athletics/Athletic Department. There you will see links to several sports listed on the left-hand side of the page. Choose the link for Girls Spring Track team. The other can be found on www.methactonwarriors.com. Look for the Girls Varsity Track and Field link.

Physicals: Everyone needs one in order to be able to participate. You need to have the forms completed by your own doctor. If you have already participated in a sport at Methacton in the 2014-2015 School Year, there is another form to fill out, but another physical is not needed.

Practice Schedule: The first day of voluntary practice is Monday, February 29, 2016. The first mandatory day of practice is **Monday, March 7, 2015**. For those that have not run over the winter, we advise using the time over the next few weeks to get in shape. In order to be eligible to practice, all forms, including the last page of this packet, need to be signed and returned. For some, the season will end after the League Championships (May 13/14). Others may qualify for Districts or even States and have their season extended until May 28. We expect you at practices and meets from March 7th thru the end of your season. **If, for some reason, you are unable to attend any practice, please send an e-mail or text to Coach Akintoye during the school day. DO NOT use another athlete to pass on a message.**

With the exception of “Meet Days”, here is the “tentative” weekly schedule. Be prepared for practice OUTSIDE everyday (The practice will not end at 6:30 pm on Monday’s and Thursday’s for all athletes. Some athletes will end practice before 6 pm. Certain events require more time to develop. Some coaches will be staying later to work on those events.):

- Monday: 2:50 – 6:30 pm – on the track and in the weight room
- Tuesday: 2:50 – 5 pm, no weight room
- Wednesday: 2:50 – 5 pm on the track, mostly a meet day
- Thursday: 2:50 – 6:30 pm – on the track and in the weight room
- Friday: 2:50 – 5 pm on the track – if you are attending a Saturday Meet, this practice could be shortened.

Dual meet victories count towards points for determining the League Team Champion. Points earned during the course of the 2-day Championship Meet (points are earned for first through eighth place finishes) will be combined with points earned from each dual meet victory to determine the overall PAC League Champion. League Team Champions

have often been determined by a slim margin. We will need the entire team to participate at their best and to offer enthusiastic vocal support for the team.

All members of the team should plan on attending the League Championship Meet. Some will not be competing, but **as a member of the team you should plan to be there on Friday May 13 and Saturday, May 14**. If you know that you will not be available for the weekend of the May 13/14, please think seriously about how your absence might impact others on the team. Perhaps Methacton Track and Field might not be the sport for you.

If we have the dedication of every member of the team, we might be able to earn another PAC League Championship. We will need the commitment and dedication of EVERY MEMBER OF THE TEAM!!! Nothing is impossible!!

Absences: We will allow one unexcused and one excused practice per month. In all cases, we will expect a note/email describing the reason for your absence. If you exceed this limit, it will effect your participation in the meets. Excused absence from school will not count as a missed practice. Multiple missed practices may result in dismissal from the team.

Training Staff: We are fortunate to have a trainer in our District. His job includes attending to athletes of all sports, so he is not always readily available. For that reason, we are requiring you to talk to a coach directly before making ANY visit to the trainer. When you arrive at the trainer, you will sign-in, marking the time then sign-out, marking the time. If our training staff determines you are unable to practice, that also means that you are unable to compete. Also, if we receive word from our training staff that you are either causing a disruption or using the area as a means of skipping practice, you will be dismissed from the team. Any unauthorized trip to the trainer will be counted as an unexcused absence.

Extra Study Help: Academics are a priority. If you are in need of extra assistance from your teacher, it will not count against you, but that assistance needs to be documented. If you stay after school for extra help, you should proceed to practice after receiving help with a note from that teacher stating the starting and ending time of their extra help session. Hand the note to your "event coach". Failure to do so will result in an unexcused absence.

Vacations: If you have scheduled a family vacation during the season, please let Coach Akintoye know the dates **IN WRITING** as soon as possible. We need to set the line-ups for each meet and we need to know who will be available. We will have practice/meets/fundraisers over the Spring Break. Further information will be given, as we get closer to that date.

Eligibility: In order to participate you need to remain eligible academically and behaviorally. The way you conduct yourself in school and out of school is a reflection of your character. Enough said.

Drugs/Alcohol: The use of illegal substances will not be tolerated and may result in your dismissal from the team. Methacton Administrators/Advisory Board will make final decisions regarding continued participation. If you choose to attend a function during the season where drugs or alcohol are present, you will risk your opportunity to participate on the team. You will also risk losing the respect of the coaching staff and the respect of your teammates. We want the best for every athlete. The use of alcohol or drugs hinders your performance and sends a negative message to teammates. This is an area where the coaching staff will not be lenient.

Fundraiser/End of year: We will likely be doing some kind of fundraising activity to support our end-of-year gathering and/or the purchase of clothing. We will discuss this in greater detail during the season. We would also like your input on how to use some of the funds collected from a fundraiser. Traditionally, the majority of our athletes would like to have an end-of-year activity.

Outside Coaching: The coaching staff understands that some athletes have been or may wish to seek outside coaching guidance. We would not discourage an athlete from doing so, but if that choice is made, the understanding is that additional work will be done outside of our set practice/meet times. Practices with a private coach should not interfere with our team schedule. In addition, if you are in competition, you are a member of the Methacton Track and Field Team, which implies the only coach that you should go to for guidance is a Methacton Track and Field Coach. If your private coach wishes to communicate a message to you about your competition, they should speak directly to your Methacton event coach when the competition is ongoing. After the meet has concluded, they may speak directly to you regarding the competition. The meets we attend and the events that each athlete will compete in are determined by the Methacton Coaching Staff. If your outside coach would like a copy of the rules, please ask for one from one of the Methacton coaches. Please remember that you represent METHACTON while a member of the team. Wear your uniform with pride.

Code of Conduct: The expectation of the student/athlete at Methacton High School is that you will represent yourself and your school in a mature, gracious and respectful manner. If the behavior of a Methacton athlete, inside or outside of the team practice or meets, is disrespectful to a teammate, opposing athlete, a member of our coaching staff, opposing coaches, officials or fans, the result could be an immediate dismissal from the team. Any behavior that is viewed as detrimental to the team will not be tolerated. Your behavior will influence how others view our district for years to come. Everyone has good and bad days in their events, but your character should be a constant. You'll be admired more for the person you are than the times/distances you achieve.

Purpose: Have Fun!!! We will be asking you to work hard, but we also want you to enjoy the experience. We expect your maximum effort and would like to see you improve with each practice. We also know you are human. It is easier to improve when you enjoy what you're doing. If we work hard as a team we will have a great time.

Earning your Varsity Letter: This is always a difficult subject to tackle. The coaches, as a group, will award letters to athletes based on the number of points scored in the meets throughout the season and the number of meets/events, especially Saturday Invitational Meets and the League Championship Meet, that an athlete competes in during the season. In addition, any athlete that earns at least one point for the team at the League Championship Meet on May 13th/14th and has been a participant all season will earn a Varsity Letter. Participating in the District and/or State Championship Meet will also qualify an athlete for a Varsity Letter.

Bottom Line: Coaches sometimes have different philosophies. Ours is very easy: We would like **EVERY** member of this team to become a better athlete each day. A “better athlete” does not necessarily mean running a faster time or throwing/jumping a greater distance, more importantly it means showing sportsmanship inside and outside the team. Work to your potential. Become a positive influence on others. Help others reach their potential. Track and Field is sometimes mistakenly viewed as an individual sport. However, there is always a final score to each meet. That score is based on how the entire team performs, not just one individual. Keep in mind...there are eighteen different events during a track meet. An individual athlete can only compete in a maximum of four events per meet. **Be the best individual you can be and always put the team first.**

Contact Info

Coach Ruth Akintoye: Cell #: 484-942-7071

Email Address: Rakintoye1@gmail.com

Please complete this sheet and return it by the first day of practice.
(Monday, March 7, 2016)

I understand and will abide by the rules listed. I understand that my priorities should be:

1. Family/Community/Religion
2. Academics
3. Spring Track and Field
4. Other Activities (This means that track practice/meets take priority over other activities/sports, your boyfriends/friends, work schedule, etc.)

*Our coaching staff is made up of educators who were also athletes. We put academics before athletics and encourage you to do the same. If you are having difficulties or problems, please let us know as soon as possible so we can help you get back on track.

Athlete Name (Printed): _____

Athlete Signature: _____

Parent Signature: _____

Parent(s) First and Last Names (Printed): _____

Parent Phone Contact: _____

Parent e-mail contact: _____

Date: _____
