

# JOIN A TEAM OF CHAMPIONS

## 2020-2021 Indoor Patriot Track and Field

Head Coach Hawkins - [hawkincv@pwcs.edu](mailto:hawkincv@pwcs.edu); Coach Grant; Coach Mart; Coach Lee; Coach Gaskins; Coach Fell

### Rules and Expectations

**\*Student athlete's rules/expectations are not limited to this document. Coaches have discretion in addressing any circumstances that may arise on a case by case basis.**

**\*All Athletes wishing to run for Patriot Track and Field are expected to follow the guidelines below**

### Email Communications and Etiquette

1. All concerns regarding PTHS Track and Field (T&F) are to be addressed to Coach Hawk.
2. Be respectful in your emails.
3. Parents – In expressing your thoughts or concerns to Coach Hawk, please ensure your child has addressed those thoughts/concerns with me first. If they have not, I may respond to your email once your child has spoken to me.

### Practices/Meets/Lettering Criteria

- **Sprinters/Distance/Field Events: Mondays, Tuesdays, Wednesdays, Thursdays (LJ/TJ only), Friday 4:00 pm – 5:30 p.m. @ PTHS Stadium Track**

***Once the 2020-2021 Indoor T&F meet schedule has been determined all student athletes must clear their calendars in accordance with the meet schedule***

**Every meet is different and has different entry deadlines that are chosen by the meet director. Coaches will notify student athletes and communicate the information once the entries close. NOTE: There will be times that it may be less than 48 hours in advance.**

1. Athletes are expected to report to practice daily, on time, and come prepared to every practice with a water bottle, proper running shoes, proper winter running attire (long pants, long sleeve shirt, hat, gloves) and shirts must be worn while on campus.
2. **Running on Saturday meets will be determined by student athlete's time, meet standard criteria, and/or at the coaches' discretion.** The coaches will decide for each meet who is running and in which event.
3. **Practice and Participating Criteria - 1)** Attend 90% of all practices, **2)** Compete in 90% of all meets in which the athlete is entered by coaches. **3)** Compete in at least one district meet.
4. Parents, please make sure your child has a ride no later than 4:30pm. Failure to pick you your child by 4:30 pm may result in being dismissed from the team.
  - a. **Missed Practices** – Please email. **No hand-written notes.**
    - i. **Sprinters/throwers/pole vaulter** athletes/parent/teacher must notify **Coach Hawk.**
    - ii. **Distance** athletes/parent/teacher must notify **Coach Connor.**
5. **Lettering Criteria – 1)** Qualifying Standard for Cedar Run District (CRD) Championship, and compete in CRD Championship, **2)** Attend 90% of all practices, **3)** Compete in 90% of all meets in which athlete is entered by coaches.

\*You are a student athlete; academics come first, but it should not be used as an ongoing excuse for missing practice. **Use your time wisely.**

### Behavior

1. All athletes are expected to be positive role models within the school and the community and act in a respectful manner always towards teachers, bus drivers, coaches, teammates, and other teams. Anything less will not be tolerated and will lead to immediate suspension and possible dismissal.
2. Athletes/Parents/Guardians will adhere to all 2019-2020 school year policies set by:
  - a. [Code of Behavior 2019-20120](#)
  - b. [Attendance and Excuses](#); [PTHS Attendance Information](#)
  - c. [VHSL - Handbook and Policy Manual](#)
3. **Dismissal from Team** will be determined in accordance to PWCS/PTHS policies, and on a case by case basis.

## Transportation

1. Due to COVID-19, no bus transportation will be provided. Parents will need to drive student to the meet(s).

***NOTE: Students who are given permission by Coach Hawk to drive to a meet shall not drive another athlete to a meet unless they are from the same family. A parent is only allowed to transport their own child unless proper paperwork has been filled-out.***

2. Familiarize yourselves with transportation regulations - [PWCS Regulation 642-1](#)

**\*Signature document will be provided at the mandatory parent/athlete virtual meeting**

**\*NOTE:** Team will be determined according to PWCS/VHSL guidelines due to COVID-19.

**2021 INDOOR TRACK AND FIELD MEETS (mini meets – 250 max capacity) –** There are no official standards, but we will provide one for districts. To qualify for states, it will be determined by top 3 finishers at Regionals. Only athletes competing, coaches, and meet management personnel will be allowed in the stadium during the meet.

1. **December 14, 2020 – tryouts begin**
2. **December 18, 2020 – \*Team determined**
3. **December 30, 2020 – 1<sup>st</sup> CRD TBD**
4. **January 9, 2020 – 2<sup>nd</sup> CRD meet @ JCHS**
5. **January 16, 2020 – 3<sup>rd</sup> CRD meet @ OHS**
6. **January 23, 2020 – 4<sup>th</sup> CRD meet @ PTHS**
7. **District Championship January 30, 2021 @ OPHS**
8. **Regional Championship – February 13, 2021 @ WBHS**
9. **State Championship - March 1, 2021 @ TBD**