

Rockville High School Track & Field Team

Expectations & Guidelines

Goal Statement:

All athletes are welcome to participate in track. It is our goal that athletes on the track team are students first and foremost. It has been the reputation of the track team to have members who take pride in their class work as well as on the track.

Discipline ladder for missing practice for unexcused reasons:

- 1st time- warning
- 2nd time- 2nd warning; parent contact
- 3rd time- suspension from next meet
- 4th time- removal from team
- Attendance will be taken at each practice.

Expectations:

- Positive attitude
- Track and Field is a demanding sport that takes place in a variety of weather conditions.
 - Athletes need to be prepared (rain, snow, sleet, wind, sun, hot, cold, etc.).
- Inform a coach if you have pain or discomfort.
 - Have a little grit though and don't complain over little bumps and bruises.
 - No pain no gain!
- Come to practice with the following: running watch, tennis shoes, spikes and weather appropriate clothes
- Effort in practice is the only way to improve
- Every time you compete try to set a new PR (personal record)
- Eat Healthy and DRINK WATER!!!!

Not allowed:

- Negativity
- Cell phones (on the track)
- Insubordination
- Whining
- PDA (Public Displays of Affection)
- Sports bras are not appropriate running attire
- Boys will NOT run or practice without shirts on

Academics:

Athletes are expected to maintain passing grades and seek help when needed. If students see a teacher for help, they are expected to do so immediately after school and report to practice as soon as they are done. **BRING A NOTE from the teacher.**

Practice:

Practice will be from 3:00pm – 4:30-4:45 on the track

- All athletes will be required to run/jog 2-3 laps daily and stretch at the start of practice as a warm-up and at the end of practice as a cool down. If you can't do one lap yet, **you will** with practice from us and commitment from you.

Uniform/Equipment:

- Athletes **MUST** purchase their own shorts. Information will be forthcoming.
- Athletes will be given a jersey on the day of the first meet.
- Athletes will also use different equipment throughout the season and they may be asked to help carry the equipment from one location to another. We ask that athletes take good care of the equipment.
- Athletes should return the uniform after their last meet. Obligations will be entered on May 25, 2018.

Varsity Letters:

- All students are eligible for a varsity letter after competing in either the County A or County B meet.
- In order to participate in one of the county meets, you **MUST** attend **TWO (2)** of the developmental meets.
- Unexcused lateness and absences to practice can affect your participation in meets.
- See the Rockville Athletics page for meet dates.

I have read the information above and agree to abide by the team rules and expectations.

Student name (printed):

Student signature:

Date:

Parent name (printed):

Parent signature:

Date:
