

# S.H.S. TRACK & FIELD TEAM

## EXPECTATIONS

### ACADEMIC

You must meet all academic eligibility requirements as set forth by the school. Therefore, the minimum requirement is that you are passing 4 major academic classes (meeting at least 5 times per week) in order to participate in Track & Field. As you are well aware, third quarter grades are distributed during this season and if you fall below the minimum standard you will be barred from competition. Being a member of this team is NOT AN EXCUSE for poor grades. You are expected to complete all homework and other assignments in a timely fashion and all other studying as needed. We want you to become the best **student-athlete** you can be. If you are having problems in any of your classes, let us know and we will try to get you help. This team has an amazing wealth of talent both academically and athletically.

### ATTENDANCE

#### School

You must be in school for a "full day" in order to participate in Track & Field practice or a meet. A full day also means that you are NOT LATE to school unless the tardiness is officially excused.

#### Practice

**We expect you to be at practice on time every day!** You should be changed and ready for the team meeting at 2:35 PM every day. If you are late to practice because you are seeing a teacher, you do not need to bring a pass from that teacher unless you are repeatedly late. Inform your event coach or the Head Coach when you arrive and sign in. If you are unable to attend practice, we expect that **you will personally** inform the coach prior to practice. Should something come up during the school day, see Coach Dakin, Milledge, Osborne and/or call/email Coach Cohen that evening. I prefer to know about an absence prior to practice. An unexcused absence may result in your nonparticipation in the next meet. Further absences may result in your dismissal from the team. Your absence from practice has a negative impact on your training and that of your teammates.

#### Meets

We expect you to be at all meets and **stay until the conclusion of the meet.** If a prior commitment requires you to leave the meet early, we expect that you will personally inform the Head Coach and event coach prior to the day of the meet. When you are not competing or preparing to compete, we expect that you will be encouraging your teammates. All team members are expected to help clean up following a home meet.

### UNIFORMS

You will be issued a competition singlet and shorts. These are the property of Simsbury High School and must be returned at the end of the season. It is your responsibility to maintain them in good condition. Competition uniforms should be washed (**cold water no bleach**, air dry or low temperature) prior to a meet as your appearance reflects on this team and the school. You are financially responsible and liable for the uniform issued to you.

### DRUGS

The use of drugs and/or alcohol including tobacco is counter-productive to the desired training effect as an athlete, obviously detrimental to your health, prohibited by school policy and unlawful. You are aware of the school drug policy as it relates to athletes and have signed a contract to abstain from their use during this athletic season. This policy will be upheld for all athletes.

### COMMITMENT

We ask and expect you to make an honest commitment for the entire season to be the best track & field athlete you can physically and mentally be. This obligation is not only to yourself but to your teammates as well. The coaching staff commits to helping you achieve your goals. By working together we can accomplish amazing things!

### RESPECT

One **REQUIREMENT** of all athletes on this team is RESPECT. Respect for your coaches, officials, teammates, opponents and the sport. Exhibiting a lack of respect will result in disciplinary action and may result in removal from the team.

**Don't just be mediocre, like most. It is too easy.  
We strive to be champions in attitude, demeanor and actions.**