**Track and Field**

**Procedures and Expectations**

These guidelines will be enforced through the **entire** school year.  It is our belief that a student who elects to participate in athletics is voluntarily making a choice of self-discipline and responsibility.  If the student athlete cannot or will not comply with all established rules and regulations pertaining to her academic progress, training habits, team practices, and conduct, then that student athlete could put herself in the position of possible removal from the team.

Our coaching decisions are first based on what is best for the team and then secondly what is best for the individual.  Our success depends on the inner strength and commitment of all the participants.

1. ***Academics:***  Every student is here at O’Connor to receive a good education. The classroom will be the first priority.   The student/athlete is expected to maintain a 70 or better for each course. If she needs to complete a missing homework assignment, test, etcs..., she needs to make the effort to come **before school, lunch, or flex** in order to make up the work. If the athlete fails two six weeks within the semester, she will be terminated from the team.
2. ***Practice/ Track meets:***  The athlete should demonstrate the following in practice and at the track meet:
* *Responsibility/self discipline*
* *Determination, Dedication, Positive attitude*
* *Teamwork and support*
* *Athletes are expected to maintain a favorable attitude and proper conduct.  If the attitude and conduct of an athlete become a detriment to the program, the athlete may be dismissed from the program.*
* ***All athletes are required to practice the first three days of spring break, from 9:00am-10:30am.  Failure to attend practice will result in suspension from a track meet, additional running and next year’s varsity team or captain position will be reconsidered.  Tryouts for the after school athletes (from other sports) will be in February. There will be an extension for those athletes that are in the play off.***
* **Attendance:** *You must inform coach De La Torre of any absence from school, practice,* **or if you leave school during the day.** *Please send me a remind.  The athlete* **will** *make up the work-out missed upon returning back to school.*  Coaches must be informed at least 3 days before a track meet if the athlete does not plan to participate.  Failure to notify the coach on the given time frame will result in one meet suspension. After two meet suspensions, the athlete will be dismissed from the team.
* If the athlete has an **unexcused absence/non-participation**; she will not be able to attend the track meet for that week, unless the missed practice is made up in the morning, 7:45a.m. Distance runners can make up any missed practice after school, 4:15p.m.  **Excessive unexcused or non-participation** **(3) will lead to the athlete’s dismissal from the team**.  If the athlete is dismissed from the team or did not finish the entire track season, She will not be allowed to enroll in the athletic class for the following school year.  She will have an opportunity to try out when the following season begins, but will not be able to enroll in the athletic class for that school year.

***Unexcused are:   1.non participation (not dress for activity) or did not complete the entire workout.  Athletes are expected to be at every practice, even if they are injured.  They will be expected to see the trainers before school (7:30a.m.) and after school(4:15pm).   Athletes that are in softball or soccer, a practice schedule will be given to you.***

***2. Leaves early from school;* without checking out with the attendance office*, does not bring back a note/doctor’s note.***

 ***3.Not calling to inform the coach about the absence.***

***Excused:  1.Having a doctor’s note (athlete’s doctor)***

 ***2.Family emergency***

 ***3.Absent all day from school, needs to bring a note from home to the attendance office.***

 ***4.Attending another school related activity/function that the athlete is enrolled in.***

**4.** **Track meets:**     If the athlete **does not** ride the bus with the team to the track meet for

whatever reason, she **will not** compete even if she finds a way to transport herself to the track meet. The following applies if the athlete misses the bus OR does not attend a meet without notifying one of the coaches:  First time: athlete will run extra at practice.

Second time: athlete will run extra and will be suspended for one meet.

Third time: The athlete will be terminated from the team.

The athlete may leave with **a parent/guardian** from the meet, but first she must:

1. Notify the coach before leaving.  The athlete may not leave the site of the meet at any time without notifying a coach.  Athletes may only leave with a parent/guardian, Unless:
2. Part 2 of the transportation form is completed and signed by a parent/guardian **before the first track meet**.
3. ***Campus/classroom conduct:*** The athlete needs to meet the regulations written in the school/athletic code of conduct handbooks.  Inappropriate conduct is unacceptable. Any athlete receiving an **N** or **U** in conduct will be subject to disciplinary action at the discretion of the coach.  Refrain from using profanity or illegal tactics. There will be no public display of affection.
4. ***Truancy:***  During season, will result in one track meet suspension.  Pre-season, will result in extra running. A second offense of this nature will result in dismissal from the team.
5. ***In School Suspension (ISS):***  Will result in extra running for the first two.  At the third ISS, the student will be terminated from the team.
6. ***Forms:***  All athletes are required to turn in all paperwork, including the physical to the trainer before participating.  You will **only** have the first week to do this.  The unexcused/ non participation will be in effect after that week.  Please refer to attendance policy above. After school athletes, need to have all paperwork by or before the first day of tryouts.
7. ***Equip***
8. ***ment:***  The athlete is responsible for the care and maintenance of all uniforms and equipment issued.  All issued wearable items are to be worn at track meets and practices **only.**  **The athlete is responsible for paying for any lost items.**
9. ***Locker Room:***  Must remain clean.  You will be responsible for purchasing a lock and keep your locker locked at all times.
10. ***Injury:***  Inform the coach; **DO NOT** go to the trainer without permission from your coach.

 I have read and understand the guidelines and expectations for the O’Connor Girls Track team and agree to abide by them.  I realize that any infraction of these rules is grounds for dismissal from the team.

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   Student Parent         Date

***“Being a part of the O’Connor track team is a Privilege and not an obligation.”***

Coach De la Torre, **Head Girls Track/Cross country**

397-4800 ext. 73157     Conference hour: 7th period 2:30-3:15

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