**Team Rules**

1. All athletes will give 100% effort at practice and track meets and to have a positive attitude.
2. All athletes are expected to remain academically eligible in accordance with the Tulpehocken Athlete Student Code of Responsibility.
3. RESPECT the coaches, your teammates, opponents and officials. Any verbal and/or misconduct by an athlete will result in a verbal warning. A second offense will result in a written warning and a third offense will result in dismissal from the team. Misconduct includes but is not limited to: not adhering to the coaches instructions/directives, bad-mouthing coaches, teammates, opponents, officials, not participating in practice sessions/drills, fooling around while instructions are being given
4. All athletes will exhibit good sportsmanship at all times toward teammates, coaches, opponents, and officials. Any poor sportsmanship will be grounds for disciplinary action. Please honor the proud tradition of Tulpehocken JSHS through your treatment of others.
5. Offensive and abusive language will not be tolerated. The student/athlete can expect to be disqualified from further participation if this occurs in competition. If it occurs during practice, the student/athlete may expect to be asked to leave practice and may be suspended from the next track meet.
6. All practices are mandatory. Athlete must notify the coaches ahead of time if they’re going to miss practice. Excused absences are the result of family emergencies, board-approved school functions and illness for which the athlete misses school. If an athlete misses school for anything other than a school related function, they may not participate in practice.
7. Unexcused absences from practices and meets will result in disciplinary action, up to and including dismissal from the team.
8. Detention and/or in-school suspension will result in disciplinary action, up to and including dismissal from the team.
9. Practices will begin promptly at 3:05 and end around 5:25. Be prepared and ready to go at 3:05! If you will be late to practice, please ask the coach where we will be running and/or working out, so you can join us. All athletes will participate in warm-up running, core work outs, and strength training drills regardless of events.
10. It is **mandatory** for all team members to stay for the duration of all meets (home and away) to support their teammates. Failure to do so will result in an unexcused absence. Special consideration could be made for students with other school activities, doctor appointments, or family emergencies. The head coach will determine if a student can be made exempt from this rule for any given meet.
11. All athletes must have a bottle of water with them at every practice and meet!Hydration is very important!!
12. All athletes will travel to and from ALL track meets with the team via school provided transportation. Athletes are required to stay throughout the course of the meet to support their team. Athletes may go home with a legal guardian only. **In order to do so, a student must submit an Athletic Transportation Request to the coach. A new form is needed for each away competition.**
13. All athletes will come to practices and meets prepared for all weather conditions. Students should plan to have a pair of light weight gloves for particularly chilly days. Please have warm up clothing and necessary layers each day. On some days the weather changes drastically from morning until we practice. Come prepared for all weather possibilities.
14. Athletes are required to wear Tulpehocken JSHS issued uniforms to all track meets. Doing otherwise will cause you to be disqualified. Please take care of your uniform. It is school property!
15. Athletes who use school equipment will be expected to put those away each night after practice, and are in charge of them at meets. If lost, the athlete will replace equipment at their own expense.
16. Athletes with asthma may not practice or run in meets without having inhalers with them.
17. Cell phone and MP3 player usage is only permitted with the coaches’ consent. There will be no use of these devices at practices or during meets. When on the bus, if a coach sees inappropriate use then devices will be confiscated and returned to parents with explanation.
18. **Parents:** For the health of your athlete, please purchase proper running sneakers. Fleet Feet in West Reading offers discounts to athletes who participate in track & field. Proper running sneakers will provide your athlete with the necessary support for training and should only be worn at practice and meets. Asics, Brooks, New Balance, Saucony are the best sneakers for runners. Nike does not have the best running sneaker. A proper sneaker will help minimize common injury/complaints of runners such as shin splints. Spikes, jumping and throwing shoes are also available at Fleet Feet, but are not necessary for Jr. High athletes. Spikes, jumping and running shoes are not to be worn during practices, only meets.
19. Please address any questions or concerns with the coach before or after practice or via e-mail. Please do not address these concerns before, after, or during a meet or disrupt practice.

Coaches:

Brad Folk 610-334-7308 (Call or Text)

Head Coach, Throwing Coach [folkfamily548@comcast.net](mailto:folkfamily548@comcast.net)

Nick Sokolovich

Medium and Long Distance Coach

Jennifer Gulick

Sprinting/Jumping Coach

Please pay attention to Jr. High Track related announcements on the team website: <http://www.tulpehocken.org/JHTrackField.aspx>

**Expect, Believe, Achieve**

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PLEASE DETACH AND RETURN BY March 20, 2020

We the undersigned parent/guardian and student have read the above rules and guidelines governing athletic participation in the Jr. High Track and Field program of Tulpehocken Area School District. We have also reviewed the parent/student athletic handbook found at [http://www.tulpehocken.org/athletics.aspx](https://nam01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.tulpehocken.org%2Fathletics.aspx&data=02%7C01%7Cj.h.track%40PennStateOffice365.onmicrosoft.com%7C5eefee8f6d9b43cd53fb08d7bb442f0c%7C7cf48d453ddb4389a9c1c115526eb52e%7C0%7C0%7C637183773834112410&sdata=ZwyFPe9IsikKWnrpEQi9MSkGpuP0fw2thggF9gBv%2Fe0%3D&reserved=0). We understand that any violation of school district rules not limited to those listed above may result in disciplinary action. This may also include suspension, and dismissal from the team.

Student Name (Please Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_