

TULPEHOCKEN HIGH SCHOOL TRACK & FIELD

RULES AND GUIDELINES

PHILOSOPHY: Being on the track and field team means being a part of something that is bigger than yourself. While we celebrate the individual successes of each athlete, we work together to assist the team to get as far as we can.

TEAM RULES:

1. Every single day, whether it is a practice run/workout or meet, the athlete will work as hard as they can for themselves and the **TEAM**.
2. **Academics come first!** Coaches will be notified if any athlete is ineligible because of academics. An ineligible athlete must attend Homework Help sessions on Mondays and Wednesdays after school AND attend practice afterwards, otherwise it is an unexcused absence. If you are struggling with a subject/s, please notify a coach and attend Homework Help sessions. Don't wait until you are ineligible!
3. **BE POSITIVE! A positive attitude is essential to your success and the team's.**
4. **RESPECT** the coaches, your teammates, opponents and officials. Any verbal and/or misconduct by an athlete will result in a verbal warning and a phone call or email to the parents. A second offense will result in no participation in the next meet or invitational (whichever occurs first) 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, not doing workouts, attending warmup only and leaving without reason and/or notifying the coaching staff (notifying an athlete is not acceptable).
5. Any athlete who cheats during a meet/invitational will immediately be dismissed from the team.
6. All athletes are expected to perform all workouts (speed, endurance, jumping, weightlifting, etc.) as instructed. Failure to do so will result in disciplinary action such as communication with a parent and loss of participation in a meet/invitational. Repeat offenses will result in dismissal from the team.
7. We will utilize the school's fitness room. Please use the room responsibly. There is a binder in the fitness room with approved track and field workouts in it. Please consult this binder or the coach of your events in order to know and practice proper workouts. Failure to do so constitutes a failure to follow the workout plan as laid out by the coaching staff.
8. Display appropriate Sportsmanship behavior to all athletes (teammates, opponents), all coaches and officials.
9. Attendance at all practices is **mandatory**. Attendance will be taken on a daily basis at some point during practice. Athlete or parent/guardian must notify the coaches prior to the start of practice if they're going to miss practice or be late. Notification from other students or athletes is not acceptable and will be marked unexcused. **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.

10. Unexcused absences from practices and meets will result in disciplinary action, up to and including dismissal from the team. Three (3) unexcused absences will result in immediate dismissal from the team.
11. Detention and/or in-school suspension will result in disciplinary action, up to and including dismissal from the team.
12. **REMEMBER....YOUR ACTIONS AFFECT NOT ONLY YOU, BUT THE TEAM and TULPEHOCKEN SCHOOL DISTRICT AS WELL.**
13. Practices will begin promptly at **3:05** and end at **5:30**. Be prepared and ready to go at 3:05! Early dismissal from practice is at the discretion of the coaching staff.
14. During the hours from 3:05 and 5:30, athletes are expected to practice and work hard. The coaching staff is not here to entertain the athlete but to provide them with the necessary tools and techniques to be the best track & field athlete possible. This includes participating in the warm-up, dynamic and core drills which are done on a daily basis.
15. 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. Leaving early from a meet because of a pre-arranged commitment is excused **ONLY** if the head coach has been **notified in writing prior** to the meet by the parent/guardian. When the athlete's events are completed, they are expected to cheer and support their teammates in other events that are taking place during the meet.
16. The team will ride the bus to and from all meets/invitationals. Parents should pick their athlete up at the school upon our return. Please be prompt. Exceptions to this rule will be at the discretion of the head coach. Transportation permission slips will need to be completed and given to head coach if you wish to take your athlete home from an away meet.
17. All athletes must have a bottle of water with them at every practice and meet! Hydration is very important!!
18. The weather in March and April is unpredictable. We will be going outside for practice, so dress appropriately. You must have shorts, t-shirt, sweatpants and sweatshirt as well as running sneakers. Also, bring a hat and gloves. To avoid injury, it is highly recommended that you dress accordingly. You must have sweatpants at all practices and meets.
19. Athletes **must** wear sweatpants at EVERY practice unless otherwise directed by the coaching staff. Keeping leg muscles warm is important and helps to prevent injury especially when the weather is cold.
20. Athletes with asthma may not practice or run in meets without having inhalers with them.
21. You are responsible for keeping your school issued uniform and warm-ups clean and returning them in the same condition as you received them.
22. All athletes must keep their uniforms on during the duration of a meet and invitational.
23. Cell phone use is not permitted during practice and/or at meets/invitationals unless authorized by a coach. Athletes may not carry their cell phone with them during practices unless authorized by a coach.
24. Tulpehocken is a drug, alcohol and tobacco free school district. Any drug, alcohol and/or tobacco related offense will result in disciplinary action including dismissal from the team.
25. Athletes will compete in multiple events. Exceptions to this are at the discretion of the coaching staff.
26. Any concerns/issues/questions by an athlete must be addressed first with the coaching staff.

27. All athletes participating in pole vault will be weighed 3 times per week. This is for the safety of the athletes. Athletes will report to the trainer's room every Monday, Wednesday and Friday and will be weighed by the athletic trainer.
28. We have school issued equipment for track & field athletes to use. We highly recommend athletes use our equipment since they meet the safety, standards, and codes of the NFHS and PIAA and are inspected yearly. Any personal equipment such as pole vault poles, javelins, discus and/or shots may be used but will need to be inspected by a PIAA official prior to the start of meets and invitationals. Any personal equipment must be at the venue **by 3:30 p.m.** on the day of the meet. There are **NO EXCEPTIONS TO THIS!** If the equipment arrives at 3:31 it is too late and the athlete will either forfeit the event or will use school issued equipment. The PIAA official has many responsibilities prior to the start time of 3:45 p.m. It is strongly recommended that personal equipment be at the venue **by 3:25 p.m.** or brought to the school the day before. Any personal equipment brought to the school the day before will be kept in the locked field house.
29. 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.