

Practice

A. All team members are expected at every practice. If there is an absence, the Head Coach will decide if the athlete is eligible to compete in the next track meet.

B. Practice takes place daily, in the case of rain, the team WILL practice, dress accordingly.

C. Each student-athlete will be permitted a total of 11 absences/tardies during the season. These absence/tardies include but are not limited to: sick days, week end meets that the athlete is invited to and does not attend, medical, appointments, afternoon detentions, leaving practice or dual meets early, work projects, vacations, missing any scheduled practice (school day or not), family gatherings, retreats or any other reason you can think of. There is no difference between an excused absence and an unexcused tardy. Each athlete is allowed to miss attendance 11 times. The 12th miss will result in dismissal from the team. If an athlete is dismissed from the team, he/she forfeits his P.E. credit. No refunds will be given if an athlete is dismissed from the team.

- a) I will start taking attendance on **Tuesday, January 21, 2020.**
- b) If you cannot make the necessary commitment to the team, do not come out for the team. We understand that these student-athletes have several commitments.
- c) Serve your detentions and meet with teachers when practice is not scheduled whenever possible.
- d) On meet week, Mondays are mandatory. If an athlete misses a Monday workout the week of a meet, he/she will not be permitted to compete in the following meet.
- e) It is the athlete's responsibility to find Coach Zeitler on the track if he/she shows up after the initial attendance.

D. The athletes are *student/athletes*, be sure to consider your academic work load before making a commitment to the Track program.

E. All athletes must dress for every practice – no exceptions. If you are injured or ill you will dress out but the extent of your participation will be determined by you and your event coach.

F. Team members should be dressed and on the field ready for practice 15 minutes after the bell.

G. The whole team will meet **20** minutes after school to start practice. Stretching, which will be done with event coaches, is essential to ensure maximum mobility and injury free practice and meets.

H. After any roadwork, report promptly to your coach.

I. The team has a zero tolerance policy regarding bullying. Whether it is physical, emotional or cyber. Any athlete found to be bullying will be removed from the team and disciplined through the Dean's office

J. "Behind the Fence Policy": We ask that during any and all practices, non-SMCHS personnel remain behind the fences to avoid any interference with coaches or athletes during instruction.

K. No Personal Trainers/Coaching: While in season, we ask that your son/daughter utilizes the SMCHS coaching staff only. When a student-athlete is being coached by multiple people, there will be conflicting ideologies which will leave the athlete confused. Your son/daughter's experience and improvement at SMCHS is paramount. Medically, the athletic training staff here at SMCHS is highly regarded. We encourage injured athletes to work closely with them.

L. Coaches Contact: As we all value our family time, please do not expect coaches to return emails or phone calls past 5:00pm. If it is an emergency, please call 9-1-1, otherwise coaches will return your email promptly the following morning.

Roadwork

The following rules for running workouts on the roads should be strictly observed by all athletes for their own safety.

- a) NEVER RUN ALONE
- b) Always run on the sidewalk
- c) Avoid intersections, if possible.
- d) Never challenge a car or driver. Remember the "rule of bigness".
- e) Misconduct on the roads will not be tolerated. Remember who you are and who you represent.
- f) Always report any unusual occurrence immediately upon your return to the track.
- g) Always check in with your event coach when you return to the track.

Meet Days

- a) C.I.F allows an athlete to compete in a maximum of 4 events. The coaching staff will utilize the athletes' talents to benefit 1. The team and 2. The individual, in that order.
- b) A track meet is like a 10 ring circus with many chores to be done. Every athlete is expected to help make sure that the meet runs smoothly. All athletes should be willing and happy to assist.
- c) The athletes' level of competition may/will vary from meet to meet.
- d) Athletes competing at the Varsity level will compete in the event(s) that the coaching staff believes will best benefit the team. If the athlete does not want to compete in that/those event(s), he/she may choose to compete in the event of their choice at the junior varsity or frosh/soph. level, whichever is appropriate.
- e) All athletes are expected to stay until the end of every dual meet. There will be a brief meeting following the final event and attendance will be taken.
- f) Athletes are permitted to leave an invitational meet following their last event provided that check out with the Head Coach or their event coach.
- g) All relay teams are determined by the coaching staff. Relays are not always made up of the fastest athletes. Relay teams frequently change throughout the season, including order and level. Relays are a privilege, not a right.
- h) Athletes are expected to provide their own transportation to invitational meets. This allows the athlete to leave after their last event.
- i) The athletes that travel to away dual meets will be on the bus or van provided by the school. All athletes are permitted to go home with their OWN parents following the team meeting that takes place at the conclusion of every dual meet. Athletes are only allowed to go home with their own parents, not other parents.
- j) If you fail to compete in an invitational that you have been entered in, you will be held responsible for the entry fee and the accompanying discipline.
- k) Any athlete who quits the team or who is dismissed from the team and wants to return to the team in a future year, must submit a letter to Coach Zeitler requesting consideration to be readmitted to the program.
- l) **All athletes must be present at League Prelims and Finals, from the beginning to the end, in order to earn P.E. credit and or qualify for post-season awards/recognition when Santa Margarita hosts these meets. 2020 we will be hosting.**
- m) ANY EXCEPTIONS ARE SUBJECT TO THE HEAD COACHE'S DECISION.

Eligibility for Awards

In order to win any end of the season award the athlete must meet the following criteria:

- a) The athlete must complete the season. Anyone who fails to compete in an end of the season meet for which they qualified will be considered to have quit the team. NO AWARD.
 - b) To earn a varsity letter an athlete must:
 - I) Earn 25 points in Varsity competition.
 - II) Competing in an invitational at the Varsity level in an individual event will earn an athlete 1 point per event.
 - III) Scoring in a dual meet is 5, 3, 1 (1st, 2nd, 3rd)
 - IV) A Frosh/soph. athlete can earn Varsity points by running at the Varsity level OR be winning a Frosh/soph. competition with a time or mark that would have scored in that days' Varsity competition.
- OR
- c) Qualify for League Finals at the Varsity level AFTER having competed in 50% of the teams' meets.
 - d) The coaches will take into consideration any athlete who competes at the Varsity level in 66% of our meets yet fails to score 25 points.
 - e) All 4 year athletes for Track and Field will have earned a Varsity letter.

Responsibility of Team Members

- a) Team members are expected to attend every practice, every dual meet and every invitational that they are entered in unless excused by Coach Zeitler.

- b) All athletes are required to report all injuries to their event coach. Note: sore muscles, blisters and minor bruises are pains are not injuries. See the trainer if you have a pain or injury.
- c) Team members must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of an individual team member.
- d) Violation of any team policy will be reviewed by the coaches and penalties will be assessed as the staff sees fit. For minor infractions (uniforms etc.) the penalties will take the form of physical activity. If there are continuous violations, even minor ones, the athlete will be dropped from the team.
- e) Athletes who quit the team or who have been dismissed from the team, are expected to return any/all school issued equipment within 48 hours.
- f) Meet singlets that are issued must be returned, clean, to the Head Coach within 1 week of the athletes' final competition. Damaged or lost jerseys will result in a \$100 reimbursement to the team. Jerseys that are purchased (top and bottom) do not need to be returned.
- g) Athletes must follow all directions/instructions given by the coaching staff.
- h) All athletes are expected to conduct themselves in a manner reflecting credit upon themselves, their coaches, their parents and their school. It is expected that all athletes will act according to the high Christian standards that is expected from all students at Santa Margarita.

It is, of course, impossible to identify and list all possibilities for the many infractions that could result in disciplinary actions in a sport contract. We have tried to specify as much as possible, but we are aware of the limitations. There will be some student/athletes who will search for ways to get around the "letter of the law" and THIS WILL NOT BE TOLERATED. We expect our athletes not only to observe the letter of the law, but also integrate the spirit represented by this contract. Athletes who cannot or will not manage this will be dismissed from the team.

Warning

There are some inherent dangers that accompany participation in high school athletics and Track and Field, although not a contact sport, is not exempt from these dangers. Please be aware that injury is possible, and in extreme cases, death could occur. All preparations and precautions will be taken to minimize and avoid all possible instances of the aforementioned. It is the athletes' responsibility to follow all directions given by the coaching staff.