

Cody High School

Track Team Handbook

INTIMIDATION OR HAZING WILL NOT BE TOLERATED

Our primary goal as a coaching staff is that you improve your abilities as an athlete at Cody High School

TEAM POLICIES AND PROCEDURES ACADEMICS/ELIGIBILITY

- 1) Academics are your first priority. It is the desire of the track coaching staff that you maintain and strive for good academic standing and we will do everything in our power to assist you in the endeavor. If an athlete should receive a grade below a C in any course during the season, then that athlete will go in for extra help in that course, after school, until the grade is a C or higher.
- 2) Eligibility means that you will meet all WHSAA rules, pass three solid subjects each semester, and attend and participate in all regularly scheduled practices and meets. If you are ineligible, you may practice with the team but you will not participate in any track meets.
- 3) NO athlete will practice or participate until they have completed a physical, and provided proof of insurance

4) In order to practice or compete a student must have 10 practice sessions prior to their first competition, be in full attendance the day of the activity, or in the case of a Saturday competition, you must be in attendance during the school day, Friday. Any expectations for an absence must be cleared with the High School office and the Head Coach.

USE OF ALCOHOL, CONTROLLED SUBSTANCES, AND TOBACCO

1) Any athlete who is guilty of the use of any of these substances will be reprimanded in accordance with the district policies as well as state and municipal laws. The district policy is in the activity handbook. The track coaching staff will not tolerate the wearing of any clothing that advertises alcohol, tobacco, or any other controlled substance.

PRACTICE AND COMPETITION RULES

1) Treat all of your teammates with respect. Encourage and support one another.

2) Practice will begin promptly every school day at 3:30 unless notified otherwise by the coaching staff. Be prompt and dressed to practice. If you are late, you will be expected to perform the full workout that the rest of the squad has completed.

3) **Our expectation is that you will be at practice everyday**

4.) All athletes are encouraged to display leadership, sportsmanship, positive attitude, and good behavior at all times. The athletes that you will be competing against are competitors, not enemies, treat them with respect also.

5) The coaches are the experts, listen to them and talk to them with respect.

6) Any missed practice must be cleared with your individual coach prior to the absence.

7) You will have to earn your spot on the bus, travel to meets is not guaranteed, missing practices may impact your competition schedule.

8) Any athlete displaying poor sportsmanship may be suspended from the team.

9) All athletes will be prepared to compete when we go to a track meet. NO one makes changes in event participations except the coaches. If you are signed up to run an event, be ready when it is called.

10) All athletes will be issued warm ups and uniforms. **THIS IS THE UNIFORM YOU HAVE TO WEAR AT COMPETITIONS.** You will be expected to care for them and return them at the end of the season.

11) An athlete can be dismissed from practice by any coach because of poor attitude or poor work ethic.

12) We will travel to the track meets as a team on the bus and we will return home together on the bus as a team. If you wish to ride home with your parents from a meet permission must be obtained from the Head Coach prior to the meet and a signed permission form from activities office

TRAVEL RULES AND CONDUCT

1) Your space is **NOT DETERMINED** by your grade. **NO ONE** is guaranteed a specific seat on the bus. **INTIMIDATION OF UNDERCLASSMEN WILL NOT BE TOLERATED.**

2) Student athletes are reminded that they are not only representatives of themselves, but of their school, the community, their parents, and their coaches. Exceptional behavior is a must at all times.

3) Athletes will dress in their **Team Uniforms** before we leave for a meet, but in those situations where we do not, proper dress is required and expected in all public places.

4) Rules for bus travel will be strictly followed by all athletes as the coaches and bus driver dictate.

5) Any student committing a serious infraction of any of the rules or policies will be suspended and their parents will be called and expected to come and get them and drive them home from the competition.

6) NO GIRLS IN BOY ROOMS. NO BOYS IN GIRLS ROOMS. NO EXCEPTIONS.

LETTERING REQUIREMENTS

1) Display leadership, good sportsmanship, positive behavior, and positive attitude at all times. The athlete must also complete the season.

2) You will accumulate points according to what points you've earned during the season at track meets. You will letter after you've earned 15 Varsity points as given at meets

These are an overall set of guidelines for lettering, however the coaches realize that there are situations that occur which may require exceptions either for or against lettering and athlete. Therefore, we as a coaching staff reserve the right to letter or not letter.

RELAYS

Relays are a team events, we will approach them that way. We will form relays based upon the coach's judgment. Previous relay competitions will not necessarily put you on a relay.