

Tracy High School



Track and Field Handbook

Here at Tracy High School we would like to make your student/athletes participation in Track & Field a positive experience that they will enjoy and remember for many years. High School athletes often learn valuable life lessons through athletics that they can take with them long after graduation. This handbook will help to outline expectations and guidelines, as well as answer your questions for many issues that may come up during the year. Please review this handbook with your student athlete, and detach and return the last page to the coach.

Thank you and we look forward to coaching your athlete,

The Tracy High School Track & Field Staff

Academics and Eligibility

Per the district guidelines each student athlete must maintain a **2.0** grade point average and **NO F's** on their semester report card at the start of the season and the third quarter report card once it has been mailed. In addition each student must have **15 or less hours** of *Saturday School* each week to compete in athletics in the district.

Participation Fees

The participation fee is **due** on or before March 1, 2013. If there are issues that prevent you from paying all at once please contact the coaches to work out an arrangement. The transportation fee is \$150. All fees need to be paid in the book keeper's office the above date. Our first away meet is usually the first week in March. Your athlete must have their fee paid to travel with the team.

Attendance

Attendance at practice is **mandatory**. Without practice your athlete cannot improve and many events in track and field are taught by scaffolding. If your athlete misses it hurts not only them but the rest of the athletes in that event. While participating in track and field your athlete need to view it the same as a class and attend everyday, on time and with the appropriate items; clothing, shoes, etc. Athletes need to bring sweats or similar warm-ups to practice daily.

Legitimate reasons to miss practice are the same as reasons for missing school: *Doctor appointments, (including orthodontic and dentist), a death in the family, field trips for academic academies, etc are all excused reasons for occasionally missing a practice.*

Having too much homework is not a reason to miss practice. Your student athlete must learn to manage his/her time to compete in athletics. Competing in an off campus sport or activity, or having a job, are also not reasons to miss practice. Managing time and making choices are skills that student athletes will use the rest of their life. If track is important to your student athlete, they will not miss practice or meets.

If a student athlete should miss practice the coaching staff has the option to not enter the athlete into the meet or meets for that week and they will most likely be removed from any relays. In addition if they miss a league meet due to attendance they may not letter. If this causes a student athlete to miss an invitational they were previously scheduled to attend, there is the possibility that the athlete will not be entered into future invitational meets. If the athlete misses an

excessive number of practices they will be asked to leave the team and will not receive reimbursement of the transportation fee. This action will be considered on a case by case basis.

Track Meets

Each athlete is expected to stay until the end of every league meet. We will have a very brief team meeting following every league meet. The athlete may not leave before the team meeting following the meet. Please don't ask!! If athletes leave early the consequences will be the same as missing practice!!!! **ATHLETES STAY AND SUPPORT YOUR TEAM MATES!**
This does not apply to the invitational meets as only select individuals may be attending.

Equipment and Uniforms

Athletes are responsible for their uniform once it has been issued. If it becomes damaged or lost the student will be fined for the replacement cost to include shipping. **DO NOT WASH SWEATS IN HOT WATER, AND DO NOT LEAVE THEM FOLDED UP IF WET!**
Follow the directions for care on the tags. If an athlete is asked to leave the team or voluntarily quits, they will have (5) school days to turn in the uniform clean and dry to one of the on campus coaches! (If a uniform is turned in not washed and clean, the student will receive a fine for the cleaning of that uniform), after (5) school days a replacement uniform will be ordered and the student will be responsible for the cost. ***Senior athletes may not graduate until all fines are cleared.***

If the student athlete would like to purchase their own personal uniform, they should see the head coach to make arrangements.

Fund Raising

Every athlete is expected to participate in one track fund raiser. The money raised goes directly into the track program and allows us to purchase items such as uniforms, hurdles, batons, poles, blocks, spikes for shoes, discs, shots, rakes, etc. for the team. In addition it helps to pay entry fees for invitational meets and league fees. **If you choose, you may make a \$40 donation to Tracy High Track & Field team. This will fulfill your athletes fundraising obligation for the year.** This can be a check, money order, or cash, and must be taken to the book keeper.

Injuries

If your athlete is injured they need to communicate this to a coach. There are forms that must be filled out in a timely manner and we cannot help if we don't know your athlete is hurt. Your athlete will be sore at various times over the season and should take care of themselves by eating right and staying hydrated.

If parents have any questions or concerns please feel free to contact me so we can discuss your issue. In the middle of a meet or practice is not the appropriate time to meet with a coach. Please call ahead and I will schedule a time for us to meet. If after talking to me, you would like to meet with the specific coach, I will set up an appointment so we can all meet. If at the end of that meeting, with the track and field staff, you still feel you have unresolved issues please feel free to contact the athletic director at Tracy High School.

Letters and Awards

Each athlete who participates at the varsity level and finishes the year in good standing will receive a varsity letter in Track and Field. The letters as well as other team awards will be handed out at the banquet at the end of the year. Pictures will also be passed out at the banquet. No athlete who owes fines or has not turned in their uniform will be given an award or letter. Any athlete who is academically ineligible at the end of the season will not receive their award until they once again become academically eligible.

Once again thank you for the opportunity to coach your student athlete. Hopefully these are the times they remember forever. We appreciate your support of Tracy High School Track and Field and look forward to seeing you at our events through out the season. Please sign and return the bottom portion of this page with your athlete.

Thanks again for your support,

The Tracy High School Track and Field Staff

I have read this Track and Field handbook with my student athlete and agree to abide by the guidelines it contains.

Date: _____

Parent Signature: _____ Parent Name: _____

Athlete Signature: _____ Athlete Name: _____