

Oregon High School

Track & Field

PHILOSOPHY

The main goal of our program is to help each athlete reach his/her full potential as a track athlete and person. Success should be judged on how well you compete against others, how well you compete against yourself, and your contributions to your team. Your value to the team is at its peak when you do your best, whether you are a varsity athlete or a junior varsity athlete.

In order to do your best you must make a commitment to yourself, your teammates, and your coaches. As the saying goes, "A person's achievements are directly proportional to their commitment to excellence." The degree of your commitment will be reflected in your workouts, attendance, attitudes and ultimately your performance and the performance of your team.

ATTENDANCE

As a part of your commitment to our team, attendance will be required and the following policies strictly adhered to:

1. If you attend school you are expected to **be at practice**. This includes all practices and all portions of all workouts that pertain to you and your events.
2. If you are not at school at the end of the day and are on the attendance sheet as excused, then you are excused from practice.
3. If you become sick during the day, either leave a message for your coaches in the office, or contact them directly.
4. If you are injured you must still report to practice to receive therapy, workout on the uninjured areas, or assist your teammates or coaches.
5. If for some reason, you cannot come to practice, you must communicate with **Coach Lease prior to the start of practice**.
(It is not your teammates responsibility to communicate your absences)
6. When conflicts with practice arise that are not excused but convenient ie: Work, Clubs, etc, The workout missed must be made up the morning of the absence or later that same day.
(Communicate with coaches regarding make up practices.)
7. Coach Lease needs to be made aware, in writing from a parent or guardian, of family trips/vacations, class field trips, etc. Athletes must fill out and turn in appropriate documentation to avoid unexcused absences.
(Please remember your commitments to the team and its' success.)
8. In the event that curricular events such as band, chorus, forensics, etc that fall on the same date as a Track and Field competition it's the athlete's choice to decide which event they will attend, without punishment from either activity.
(Organize your commitments)
9. Unexcused absences (those which Coaches have not been made aware of before hand) will be dealt with in the following manner:

1 st Absence:	Will result in a coach's conference and the loss of 1/4 accumulated letter points earned up to the unexcused absence.
2 nd Absence:	Will result in a meet suspension and the loss of 1/2 accumulated letter points earned up to the unexcused absence.
3 rd Absence:	Will result in a meet suspension and the complete loss of accumulated letter points earned up to the unexcused absence, and one full week suspension from competition, and an apology to the team and coaches.
4 th Absence:	Equipment will be collected and you will be removed from Track & Field.

CLASSROOM ATTENDANCE, TARDINESS, AND BEHAVIOR

Remember, you are a student first and an athlete second. Classroom attendance and appropriate behavior are mandatory. General guidelines on student behavior are explained in the student handbook.

DRUGS, DRINKING, CHEWING TOBACCO AND SMOKING

Rules and penalties for breaking substance policies are covered in the district's co-curricular handbook.

CONDUCT

You are all young athletes and, for that reason alone, you should conduct yourself in a ladylike and gentlemanlike manner. As a member of this team you automatically represent, not only yourself, but your school, your community, and the sport of Track and Field. The public will draw conclusions about all of those things just by observing your actions so you should always be at your best.

1. Don't swear or use other poor language.
2. We are here to have fun but keep humor in good taste. Don't do anything that would embarrass a teammate, coach, family or community.
3. All competing athletes must ride the team bus to each track and field meet. There are no exceptions unless in case of emergency and prior approval is made with the principal in writing and office/parent contact is made before the day of the meet.
4. Discipline will be dealt with at the coach's discretion as situations arise.

LETTERING

In order to even be considered for an Oregon Track and Field letter you must not only have athletic success, but you must also display the character of a letter winner.

- Examples:
- a. Attend practice.
 - b. Completes all workouts.
 - c. Be a team member and not an individual performer on a team.
 - Try your best to ride the bus home from meets.
 - Cheer and support everyone on the team.
 - Remain at the meet until it's over.
 - Be prepared to fill in if needed, so be around the team at meets and not off socializing with others especially as the meet draws to a close.
 - d. Respect competitors and coaches from other teams as well as your own.

It is possible to earn a varsity letter by fulfilling one or more of the criterion listed below:

- a. Score 20 points in varsity competition. (Relay points will count 1/2) Each athlete will receive an automatic 5 points for attending and completing all practices.
- b. Place in the top five at the outdoor conference, regional, sectional, or state meets in an individual event, or be a competing member of a relay team at the sectional or state meets.
- c. If, after suffering an injury, it is of the coach's opinion that the required amount of letter points would have been earned had no injury occurred and the injured athlete remains involved with the team in some capacity.
- d. Participate in track for three years while displaying the attitudes and actions listed above.
- e. Managerial Letters can be earned by a student who is designated specifically as a Track and Field manager. Managerial duties include, but are not limited to: Seeing to the specific needs of the Athletes, Coaches, and Facilities as well as Meet Management, and Record Keeping. Designated Managers are held to the same meet and practice standards as the athletes they serve.

**** The Coaching staff reserves the right to make the final decision on whether or not a letter will be awarded. ****

I have read and understand the team rules and regulations and lettering criterion and agree to abide by them.

ATHLETE'S SIGNATURE: _____ Date: _____

PARENT'S SIGNATURE: _____ Date: _____