

Athletes and Parents:

We would like to begin by saying how excited we are about this track season and thrilled that your student is interested/wanting to participate and compete! We aim to make the season a positive experience for them and help them develop a joy and appreciation for the sport of track and field. As we get the season rolling please be aware that we have several policies and expectations that all athletes need to be aware of throughout the season as they pertain to their participation in the sport. They are as follows:

1) Eligibility for participation

a) Academic Eligibility:

The first week of a track meet will be a week without an eligibility check. All student athletes will be academically eligible to participate in the first track meet.

An eligibility check will be run every Wednesday morning during the season. If a student athlete has one or more failing grades (F), the athlete will be ineligible for competitions from Wednesday through the Wednesday of the following week. Long term ineligibility will not affect participation in the track season. Ineligible athletes are still expected to practice with the team according to the practice schedule. Coaches may recommend ineligible athletes to attend after-school study hall in lieu of practice to help catch up on homework/assignments.

*Note: Coaches may request a soft pull on eligibility checks on Tuesdays to give students a heads up on where they stand as far as eligibility prior to the Wednesday check.

**Parents Please check with your athlete on these days to ensure eligibility and communicate with their teachers.

Coach Stanforth will send out communication via emails to parents/guardians regarding ineligibility for their athlete Wednesdays after-school.

b) Student Conduct

Behavior incidents resulting in 1/2 of the day or more of In School Suspension or Out of School Suspension will lead to the athlete missing the next scheduled competition for which they are eligible.

Any office referral, or multiple office referrals, that results in consequences may impact an athlete's opportunity to participate in the next scheduled track meet due to the limited number of entries allowed for individual events.

c) Number of Practices

If an athlete joins the team after the season has started (after March 10th), they will be expected to complete four practices before they are eligible to attend a track meet.

2) Practice/School Attendance Policy

*Attendance at practice every day is *mandatory*. Practice is held Monday, Tuesday, Thursday and Friday of each week as long as there is school that day. If there is a track meet that day, there will not be practice.*

a) School Attendance

Athletes are required to attend a minimum of 4 scheduled class periods the day prior to a track meet. An exception can be made upon written notification from a physician, dentist, or a prior parent conference with the building principal, assistant principal, or activities director.

b) Excused Absences

An excused absence is when a coach is notified by the parent prior to the start of practice or if the athlete is checked out of school. Excused absences will not result in missed competitions, but will be considered when determining rosters for meets.

c) Unexcused Absences

An unexcused absence is when a coach receives no prior notification of the absence or notification after practice. An unexcused absence will result in one missed competition per absence.

3) **Participation**

A) Paperwork Requirements

In order for athletes to participate in Track, parents must completely register the student athlete through Bound and include/upload their current physical.

A current, completed Physical is needed for the student to participate in Track. Students without a Physical will not be allowed to practice/compete until a physical is received and/or uploaded into Bound.

B) 6th Grade Participation

6th graders who participated in a FULL season of either cross country or wrestling at Stagebarn Middle School, can participate in the full season of track and field. This means they are eligible to attend any scheduled track meet (except the Rapid City Invite) as long as they maintain eligibility requirements.

6th graders who did not participate in cross country OR wrestling may participate in track and practice with the team, but the only meet they may participate in is the conference meet on May 3rd. These student athletes must still meet all eligibility requirements to attend the meet.

Note: Track meets can be canceled due to weather conditions or other circumstances out of our control. If the conference track meet is canceled, the affected 6th graders will not have a chance to participate in a track and field competition.

4) **Track Meet Days**

A) On the day of a Track Meet, all athletes will be expected to ride the bus to the meet, unless prior arrangements have been made between the parent/guardian and Coach Stanforth. This is mandatory for attendance/accountability purposes. Bus times will be announced at practice, listed in the school announcements, and sent out via Remind.

B) Student athletes may ride home with their parents or another adult AS LONG AS we receive written notification via Remind.

****No athlete will be allowed to leave with another adult unless their parent/guardian has sent a notification through Remind.****

C) Track meets typically start at 9:00 AM with field events. Running events start about an hour later. All track meets run on a rolling schedule. This means once the meet gets started, there are no set start times for the different events. When one event is done, they will roll into the next. Please plan accordingly if you plan on attending a track meet.

- D) Schedules for the order of events for track meets will be provided to athletes, posted in Google Classroom for students, and sent on Remind for students/parents to view.
- E) Depending on how the meet goes, the number of teams, athletes, etc. meets will be done anywhere from mid to late afternoons. We will send out Remind messages when the bus leaves from the meet to return home, as well as another message when we are close to returning to the school. Please respect the coaches' time by picking your child up in a timely manner as we must wait until the last athlete is picked up.
- F) At track meets, athletes are expected to be independent and responsible for making it to their events; they are registered for that day on time and compete in all their events. Coaches will assist as much needed, but keep in mind we are often busy at our coaching assignments assisting and coaching our athletes.
 - a) There will be times where athletes competing in field events and running events may have their field event and running event happening at the same time. Athletes will need to communicate with the personnel in charge of their field event or get a coach to help them communicate, so that they may go compete in their running event. Field events will typically wait for athletes to come back and finish, running events will not.
 - b) *If an athlete misses an event WITHOUT consulting a coach, he/she will be ineligible for the next track meet.* We typically have a large number of athletes on the team, and not all athletes go to every meet, so we want to make sure that athletes that are attending track meets are fully participating. We understand that circumstances such as injuries or an athlete having to leave a meet for a prior obligation do occur, but we expect athletes to communicate these with their coaches.
- G) While competing at track meets, athletes represent themselves, their families, their coaches, and Stagebarn Middle School. Athletes will be expected to conduct themselves accordingly at track meets. Track Meets are a school event that athletes attend in lieu of school that day. Any misconduct from an athlete while at track meet will be reported to School Admin (if necessary) and may result in consequences, in addition to missing the next track meet.

5) Practices

- A) Practice will start NLT 3:15 every Monday, Tuesday, Thursday, and Friday AS LONG AS there's school that day. No school = No practice. Also, no practices are held on the day of a track meet for athletes not going to the meet.
- B) Athletes need to have appropriate gear for practice to include shorts, running shoes, and t-shirt (no jeans, no jewelry, no street clothing) that align with our school dress code. When it is cold outside, please, *please* send your child to school with warm clothes to wear at practice (hat, gloves, sweatshirt, sweatpants) as we will be practicing outside every day as much as possible!!
- C) Athletes will spend the first week or two of practices exploring the different events and finding out what they are interested in competing in. Once athletes have found the events (jumps, sprints, distance running etc.) they want to participate in, they will be expected to be with their coach for their events at all times.
- D) Athletes will be held to the same student conduct standards as they are during the school day. Any misconduct at practice will be communicated with parents and will be taken into consideration when determining roster for track meets.

6) Coach/Parent Communication

A) Parent Concerns

Parents should reach out to Coach Stanforth to address any concerns regarding their athlete. If necessary, we can schedule a meeting at your convenience. I may request an administrator/AD to attend any parent meetings. Your athlete must attend the meeting as well.

B) Pick Up Time

Coaches will communicate with parents after the second and third instance of not picking up their athlete on time. If the situation occurs more than three times, coaches will notify administration and they will conduct an appropriate conversation with the parent.

C) All Parents/Guardians must be on Remind. Communication from coaches related to practices, track meets, schedules, bus times etc. will be sent out on Remind. This is how Parents can also communicate with Coaches at Track Meets.

D) Coaches will utilize email/phone calls to address any behavior/misconduct issues that may arise at practice/track meets.

E) Coaches will be as timely as possible when sending out information for upcoming track meets, to include the roster, schedule of events, and list of your students event assignments, so you may plan accordingly.

a) ***Due to ineligibility reports being run on Wednesdays, finalized rosters and event assignments for any Thursday Track Meet will be sent out Wednesday afterschool at the earliest. Please keep this in mind when making arrangements to attend a meet to watch/support your athlete.***

F) Parent Involvement

For Parents/Guardians who are interested in how they can be involved with our track season, you are welcome to support your athlete and their team by offering to decorate lockers, bringing orange slices/gatorades/ granola bars/ etc after a practice or to a track meet, donating sunscreen/water for track meet days, or some other way you see fit. Please feel free to communicate with coaches if you wish to do one of these, or if you have any other ideas. The athletes would surely appreciate it!!

Coaches Roles/Contact Info:

Cooper Stanforth: Head Coach/ Jumps

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Kattie Bland: Sprints/Relays

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Courtney Murray: Hurdles/Relays

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Kylie Farrar: Distance/Distance Relays

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Katherine O'Boyle: Shot Put/Discuss

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