

ATHLETE HANDBOOK



SILVER CREEK

TRACK & FIELD

2026

**Silver Creek High School Track & Field
Athlete Expectations**



Preparation

- Be to practice and Track meets on time and prepared.
- You will be expected to arrive at practice PREPARED for the day's workout. This means that you will have clothes for both warm and cold weather, running shoes, spikes, water, and post-workout food.
- Have proper mental preparation for practice and meets.
- Eating, sleeping and social habits affect both meets and practices. You need to consistently regulate and control these areas in order to be a successful competitor.
- To improve as an athlete, you need to do the workouts that the coaching staff designs for you, not your own. These also include weight workouts, stretching, warm-up and cool down sessions.
- You are expected to bring nutritious food with you to the meet that will help sustain your energy and enhance your performance throughout the day.

Attendance

- **Attendance is mandatory.**
- Absences from practice must be excused by a coach ahead of time.
If you are sick, send an email or leave a voice or text message to Coach Riel.
Email: riel_jacy@svvsd.org cell: (970) 402-4512.
- An unexcused absence will result in the loss of competition in the next meet. Three unexcused tardies will result in an unexcused absence. Parents will be notified of unexcused absences.
- **3 unexcused absences will result in an athlete being removed from the team.**
- It is a CHSAA rule that you attend 5 practices before you will be allowed to participate in an official contest (meet).
- You MUST be at practice the day before a meet. It is essential that you are there for practice to hear announcements, review and practice relay assignments, and discuss the next day's meet. You are NOT to have an absence the day before a meet or you will NOT compete in the meet the following day, unless prior arrangements have been made.

Behavior

- During team meetings and at meets, give your full attention to any speaker, coach or official. Rudeness will not be tolerated. Keep in mind that you are representing our program.
- When riding the bus, you must follow all of the rules that the school district and the coaches in charge set forth. These include cleaning up the bus when a trip is over.
- At meets, good sportsmanship is expected. Taunting or ridiculing other individuals or schools is not acceptable and will result in your being removed from the meet (and possibly the team).
- When you go to a meet, you are there to compete and support your team mates. When not competing, you are expected to rest, stretch, fuel, hydrate, and cheer on your team mates.
- Maintain a proper attitude that will allow you to be successful as an individual and team member. In order to do this, you need to follow these basic rules and regulations of the team and all instructions from the coaching staff and officials. Conduct that is detrimental to the team will not be tolerated and you will be asked to leave the team if this conduct continues.

Transportation

- District transportation will be provided to and from all meets that are NOT LOCAL (within 20 minutes of SCHS).
- Athletes will be expected to find transportation to and from all local meets. A meet schedule will be provided for you before each meet so that you know when to be at each meet. Athletes will need to be at those meets at least 1 hour before their first event.
- Athletes will ONLY be allowed to travel with parents/guardians, unless permission has been given on the athlete registration form to ride with other students, adults, or drive oneself.

Uniforms

- Athletes are responsible for purchasing and maintaining their uniforms. Uniforms tops and bottoms, as well as warmup hoodies, can be purchased from the program at the beginning of the season. Athletes that competed in Track and Field previous years may wear those uniforms without having to purchase a new uniform.
- Only school issued uniforms will be worn at competitions.

- Items worn under the school uniform are considered undergarments and do not count as part of the official uniform. Therefore, leggings and long sleeves may be worn under the uniform when temperatures are low.

Eligibility

- Eligibility will be run on Monday of each week of the season.
- Athletes failing two or more classes are not eligible for competition that week, which includes any meets during the week or the upcoming weekend.
- Athletes are responsible for checking their grades and keeping up on their academic work. Athletes will be given fair warning of potential failing grades but are responsible for working with their teachers to get those grades to an acceptable level.

Weight Room

- Strength training is vital to being a successful track and field athlete. Strength training improves performance and prevents injury. All athletes are expected to participate in the program's strength training portion of practice.
- Athletes will behave in a responsible and safe manner while in the weight room. In order to ensure the safety of each athlete, proper weight room behavior is non-negotiable.
- Athletes are expected to be lifting in the weight room. Proper lifting techniques will be taught and adhered to. There will be no socializing or hanging out in the weight room. If an athlete is not lifting, they will be asked to leave.
- Athletes will follow the lifting schedules provided by the program. Coaches have designed lifting schedules specifically for each discipline and have taken a lot of time to provide athletes with lifts tailored to their specific needs.

Track & Field Lettering Policy

To have an opportunity to letter, you must first be an athlete who participates the entire season and remains in good standing in the classroom and on the team. You must also meet one or more of the following requirements:

- Earn an average of one (1) point per scheduled meet, excluding the state meet
- Earn one (1) full point in a major meet of 30 or more teams, that is a state qualifying meet.
- Place in the Top 8 at the Granite Peaks Conference meet
- Qualify and compete in the state meet
- Be a 4-year participant of Track and Field at Silver Creek
- Any special situation determined by the coaching staff

An athletic letter is earned, not given. Please be aware that it is at the discretion of the head coach to determine whether the standards for earning an athletic letter have been met. Please see Coach Riel with any questions or clarification on the lettering policy.

Athlete Contract

1. I understand that practice, competition, and skill development take time. It is important to budget time wisely. I will make every attempt to meet household responsibilities and school requirements during the track season.
2. I realize that what I do outside the arena of sport competition affects my practice and play. I will include a healthy diet and adequate sleep in my life. I will not use alcohol, drugs, or smoke/chew tobacco.
3. I am proud to show my dedication to my team and sport by constantly supporting my fellow teammates in practice and competition. I understand that our team will have an edge during competition as long as we show our pride, spirit, and willingness to work together on and off the field of play.
4. I realize that our goals are high, and I will look for ways to improve my skills with extra time and effort.
5. I understand that I am fortunate to represent Silver Creek High School. As a member of this team, I will show that I am deserving of this position by being responsible for:
 - my uniform and any/all equipment.
 - my promptness and alertness to practices and meets.
 - meeting daily requirements and deadlines.
 - being respectful toward coaches, officials, and other players.
 - communication with coaches.
 - not expecting things to be done for me that I can do for myself.
 - attending all practices and meets.
 - my actions on and off the track.

I, _____ (print name), a member of the Silver Creek Track and Field Program, understand and agree to the above statements and information, and agree to abide by the guidelines and rules of the program and the rules set forth by the St. Vrain Valley School District Athletic Handbook.

(athlete signature)

(date)