

# 2025 SMHS Track and Field Team Expectations

## Practice/Attendance Policy

1. I will **attend practice Monday-Friday** and will be **on time**. “On Time” means I will be **DRESSED, SITTING IN THE BLEACHERS, and READY** to practice at **3:45**.
2. I will personally communicate, **in writing**, any **attendance issues** with my event coach **at least the day before a practice or meet** unless it is an unforeseeable emergency. Acceptable reasons for being absent from practice include: **illness, family emergency, tutoring, religious events, or if a coach has excused me from practice** because of injury, recovery, etc. Please schedule all appointments on Fridays if possible.
3. Unless directed by the coach, I may not practice separately, at an alternative time, or implement my own workout
4. If I have an **unexcused absence** from practice during a week of competition, I understand I am not eligible to compete that week. **Three unexcused absences** is grounds for dismissal from the team.
5. I will be a **positive, supportive teammate** who strives to both improve every day and support and encourage my teammates to do the same. I will not express negativity, distract my teammates, or give less than my best each day.
6. I understand I must **attend at least 4 hours of class** in order to be able to practice or compete on that day. If I miss a full day of class, I cannot practice or compete that day.

## Track Meets

### **Dual Meets**

1. I will **stay in class until the designated early release time** for away meets and will give my full effort to that class until it is time to leave. I will not tell my teacher I need to leave class early for any reason.
2. I will be seated on the **bus** by the designated time **dressed in SMHS track attire** with the necessary equipment needed to compete.
3. I will compete in the events the coaches have entered me in and will not scratch an event without consulting my coach first.
4. I will **act honorably** at track meets in my language, actions, effort, attitude, and display exemplary sportsmanship in such a way that portrays myself, my family, my school, and team in the best way possible

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5. I will stay at dual meets until the conclusion of the team meeting and my clean up duties are completed.

6. I will ride the **bus** to and from all “away” meets. If I have special circumstances, I must obtain [written permission](#) from Jeffrey Dufek (Athletic Director) 24 hours prior to the event. THIS IS A DISTRICT POLICY; NO EXCEPTIONS CAN BE MADE.

7. I will not use electronic devices on the *in field* or in any of the competition areas.

## **Invitational Meets**

1. I will arrange and have a plan for transportation to and from the meet. If I have trouble finding transportation, I will ask a coach to help me coordinate transportation.

2. I am responsible for knowing the start time for each of my events.

3. I will arrive and be in the stadium at least 90 minutes prior to my first event

4. I will compete in the events the coaches have entered me in. I will not enter myself into an event. I will not scratch an event without consulting my coach first.

5. I will act honorably at track meets in my language, actions, effort, attitude, and display exemplary sportsmanship in such a way that portrays myself, my family, my school, and team in the best way possible.

6. I understand I can leave the meet after I have completed a proper cool down, have checked in with my event coach, and they have released me.

7. I will not use electronic devices on the *in field* or in any of the competition areas.

## **Personal Responsibility**

1. I will notify my coach immediately if I am injured.

2. I am responsible for the uniform I am issued at the start of the season and will return it when my season has ended.

3. I understand that I am a STUDENT-ATHLETE and must maintain a 2.0+ **UNWEIGHTED** GPA in order to be eligible to compete. A=4; B=3; C=2; D=1; F=0. Add up the numbers and divide by the number of classes you have to calculate your GPA

4. I will honor all members of my team. I will not engage in any form of bullying, intimidation,

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taunting, harassment, or racist acts at any time on or off campus including over social media, text messaging, or in group chats. I understand these things WILL NOT BE TOLERATED and are grounds for dismissal from the team.

5. I will report any form of bullying, intimidation, taunting, harassment, or racist acts I witness to a coach.

6. I understand that I represent SMHS Track and Field at all times during the season, on **and** off campus. Any actions I take, positive or negative, impact how others view our team and its culture.

7. I am committed to the SMHS track and field team from February 5th until my final competition of the season. If I cannot commit to attending practice daily for its full duration and cannot commit to attending all track meets, then I cannot be a part of the team.

8. I understand that the coaching staff will not accommodate or plan around any athlete's club sport commitments as this causes additional work for coaches, is unfair to their teammates, and causes issues with both practices and competitions. Athletes will not be excused from practices or meets in order to attend a club sport.

9. I understand it is the responsibility of the coaching staff to contact meet management and resolve conflicts or issues regarding entries, timing, results, etc. I will not take it upon myself to do this.

10. I will come to practice/meet dressed appropriately. Appropriate attire means running shoes, sweats/leggings, athletic shirts/shorts and jackets.

11. I will complete my event prior to any reaction towards results.

## **Varsity Letter Requirements**

Athletes who achieve at least one of the following requirements can earn their varsity letter:

1. Athletes who qualify to postseason meets (League Finals, CIF Prelims/CIF Finals/State)
2. Achieve a SMHS Top 15 Mark
3. Athletes who score at least 5 cumulative **varsity** points at dual meets in a season
4. Athletes who complete at least 3 years of participation in our program

*\*Coaches reserve the right to award a varsity letter to an athlete for improvement, excellent character, and other attributes that are representative of a San Marcos Track and Field Knight\**

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## Time Trial Procedures

1. Time trials will be held before the first meet to determine the athletes who make the competition squad for the first meet.
2. Coaches will identify a cut off mark based on time trial results to determine who is in the competition training squad and those who are in the developmental group moving forward.

## Developmental Group

- *Practices*
  - *Minimal facilitation*
  - *Workouts will focus on technique, flexibility and strengthening*
- *Track Meets*
  - *Can attend **home** meets, but unlikely to compete in individual events*
- *Moving Out of the Developmental Group*
  - *May participate in events with open spots (Coach's discretion)*
  - *Athletes demonstrates progress that indicates they may be in the top 4 for their event based on 2024 season's best marks (if a 12th grader) or top 8 (if 9th, 10th, or 11th grade)*
  - *Compete in an event with not enough competitors*

## Issues & Resolution

If an issue arises during the season, please follow the appropriate protocol to resolve the matter,

- 1) Contact a head coach (Coach Chindlund and/or Coach Smith) with the concern and set up a meeting
- 2) If the issue cannot be resolved, an appointment will be scheduled with the athletic director
- 3) If the issue cannot be resolved, an appointment will be scheduled with the assistant principal in charge of athletics.

Please sign the 2025 Expectations Agreement [here](#)