

DHS T&F EXPECTATIONS

Track & Field is a sport that requires time, effort and hard work. Athletes work with a supportive coaching staff who encourage them to practice and compete to their fullest potential. Therefore, athletes must have the time and dedication to devote to the training program designed by the coaches.

Academics

Student-athletes are responsible for managing their time to be successful students while also dedicating themselves to a team. Athletes failing two or more classes will be ineligible.

Attendance

All athletes are expected to be at all practices and meets; however, we understand that D'Evelyn student-athletes have many commitments. Therefore we hold athletes to the following attendance policy.

Practice -Daily commitment to practice is vital not only to the athlete's individual success, but also to the success of the team.

Varsity athletes may have 2 unexcused practices/meets during the season but will lose their place on varsity for the remainder of the season once they have more than 2 unexcused absences. A varsity athlete may not miss more than 1 practice during the week (excused or unexcused) in order to participate in that week's meet(s).

JV athletes may have up to 4 unexcused practices before being removed from the team. A JV athlete may not miss more than 2 practices during the week (excused or unexcused) to participate in that week's meet(s).

Absences - For any absences, [fill out our attendance form](#) and communicate with a coach.

****We need to know prior to your absence for any practice/meet that you know you will miss.***

The following are examples of excused absences:

- Absence due to illness
- Appointments for physical injury or sickness
- Family Emergency
- Standardized tests (SAT/ACT/AP)

The following are examples of unexcused absences:

- Outside jobs/internships (athletes are responsible for arranging their schedule around practice times)
- Practice/Games for club sports
- Family Vacation/Events
- Clubs - see us for clarification if necessary (i.e. Mock Trial, Interact, NHS, etc.)
- Seeing the trainer without prior communication with a coach

***Arriving late/leaving early from practice (coaches' discretion) may = excused/unexcused absence**

Competition/Meets

Every athlete will be given the opportunity to compete at either the JV and/or varsity level. Coaches select entries for each meet based on attendance, effort in practice, overall meet strategy, giving consideration to the athlete who runs the fastest, throws the farthest, and jumps the longest/highest, for the overall success of the team. All athletes expected to compete in meets in which they are entered.

Behavior

All athletes are required to exhibit good sportsmanship both on and off the track. Team members must be courteous to coaches, parents, officials, opponents and other team members at all times.

Lettering

To earn a varsity letter, an athlete must earn 11 points in varsity competition throughout the season.

Equipment

All athletes should make sure to have the appropriate clothing and equipment for all practices. This includes good training shoes, running shorts, t-shirts, watches, water bottles, and cold weather clothing such as sweatshirts, sweatpants, waterproof shells, gloves and hats.

*All athletes must maintain a high level of modesty at practice and meets.

All athletes will receive a team warm-up jacket and a bag for the season. All items must be returned clean and in good condition (*washed and folded* in the bag with the athlete's name attached). Missing items will be fined through the school subject to the following fees:

- Warm-up Jacket \$50.00
- Bag \$45.00

All athletes must purchase their own uniform jersey (\$55) and warm up shirt (\$464). Additionally, athletes must have solid black running shorts/spandex. We commit to utilize this design for the foreseeable future.

Communication

- Athletes must be a member of Remind; this is how day to day announcements, changes, cancellations, etc. are communicated.
- The website is a resource for season schedule, meet directions, entries, schedule of events, transportation