



Twelve Bridges HS Track & Field Parent/Student-Athlete Team handbook

Greetings parents and student-athletes!!!

The following is our team handbook which contains our team policies, expectations and disciplinary actions to be taken when these are not adhered to.

Please take some time, together, to read and discuss the content and then provide each of your names and signatures on the last page and return that page, to me, before the end of the first week of practice.

Thank you for your attention and cooperation.

Coach Brown

NOTE: Please DO NOT return the entire packet, just the signature page.

Before a student-athlete can participate in any pre-season conditioning or the first day of practice, the following must occur...

- 1. ALL school required paperwork, including physical form, insurance information, social media policy form and non-steroid use agreement needs to be submitted through Final Forms, an online submission site found on the school website.**
- 2. If you are new to the school district and have not competed in another TBHS school sport during the Fall or Winter, you must notify me IMMEDIATELY so that the Athletic Director can verify your residential eligibility with the CIF.**

Once these have been taken care of, you are welcome to join us.

GENERAL OVERVIEW

Thank you for your interest in joining the TBHS Raging Rhinos Track & Field team. Here are some general pieces of information.

- 1. We are a NO CUT sport and have 16 different events for you to choose from.**
- 2. We are members of the Pioneer Valley League (PVL) along with Bear River, Center, Colfax, Wheatland, Lindhurst, Sutter and Marysville High School.**
- 3. Our “official” season runs from early February through mid-May, but our “off season/pre-season” conditioning sessions begin in late November and run through January. NOTE: More information later in this packet.**
- 4. Team uniforms, consisting of a running singlet (top) and shorts, are provided to each student-athlete. Additional items are available in the form of a “spirit pak” and can be purchased separately from BSN Sports.**
- 5. Team issued uniforms MUST be returned at the conclusion of the season.**
- 6. It is the policy of the WPUSD to “request” that ALL athletes “voluntarily contribute” \$80 for transportation costs. This is NOT a one-time contribution. It is \$80 per athlete, per sport, per school year. \$50 of that \$80 goes directly to that sport’s non-league transportation cost. This means that if we have an Invitational track meet, not a League meet which the District pays for, we need to pay for the bus transportation to and from the meet and if we don’t have the funds, we may not be able to attend.**
- 7. All athletes are asked to purchase a student body sticker for \$50. This money supports ALL sports programs at TBHS and students**

receive free entry to all non-playoff games and discounted entry to school dances.

8. Foul language(F-bombs, etc), disrespecting coaching staff, meet officials or other athletes, fighting or sexual misconduct is NOT acceptable behavior. See the section marked “practice/meet disruption” for actions that will be taken.

EDUCATION STANDARDS

Every student-athlete **MUST** have a 2.0 GPA in order to be on the T&F team. However, in order to compete in meets, your GPA must be at 2.5. If your GPA falls below 2.5, you will need to obtain additional tutoring 2 days per week and will not be allowed to compete until you present a grade-check sheet, signed by your teachers, showing your GPA has improved to 2.5. You are a **STUDENT** first and an **ATHLETE** second!!! Please remember, if your only time to get that tutoring is after school, and you are missing 2 days of practice, you are also putting your athletic training in jeopardy and not reaching your maximum potential.

TEAM OBJECTIVES

TBHS T&F student-athletes will be held to a strict code of conduct. You are expected to be leaders, in school, on the track and in the community and to be a positive role model to all around you. You will be expected to follow our team mantra of the Three T's...**TRUST** your coaches, **TRAIN** hard every day and **TRIUMPH** in your efforts with everything that you do.

TEAM EXPECTATIONS & RULES

PRACTICES

1. Pre-season conditioning, for non-Winter sport athletes, will occur on November 29, December 1, 6, 8, 13 and 15 in the weight room and on January 9, 11, 13, 18, 20, 23, 25, 27, 30, on the track. Times will be determined as we get closer to these dates. **THIS IS VOLUNTARY BUT STRONGLY ENCOURAGED.**
2. Regular season practices begin on February 6th and occur Monday through Friday. Monday practices, or ANY school early release days, will begin at 2:45pm. All other days will begin at 3:45pm. Practices are planned to last for 2 hours.

- 3. We have an all-weather track facility which means that we practice, rain or shine. Exceptions to this are if there is active lightening in the area or severe smoke causing unhealthy air conditions.**
- 4. Keeping #3 in mind, athletes are expected to be prepared for any and all-weather conditions and come to practice with appropriate clothing for those conditions. Example...if it's raining or cold/windy, don't come to practice in JUST shorts and a T-shirt.**
- 5. Proper footwear is a very important part of effectively participating in practice. Further information on this will be shared at our Parent's meeting in early November and January.**
- 6. Attendance at ALL practices is MANDATORY. All athletes will be expected to "sign in" at the beginning of all practices. If you are sick and not in attendance at school, you need to notify the coaching staff via Schoology PRIOR to the start of practice. If you need to miss practice for any other situation, you must notify the coaching staff, via Schoology, PRIOR to the day you will be missing. Verbal communication will not be acceptable.**
- 7. Should you miss more than one practice, unexcused, during the week, you will not be allowed to compete in any competition being held that week. Should you miss 20% of practices, unexcused, during any 4 week period, you MAY be dismissed from the team. Unexcused absences, equal to or in excess of 25% during a four week period, WILL result in dismissal.**
- 8. It is expected that ALL athlete's are at practice and ready to begin at the posted practice start time. This means that you are dressed, have used the restroom and signed in to the "role sheet".**
- 9. Two unexcused tardies in any one week of practice will result in the athlete not being allowed to compete in any competition for that week. Continued occurrences of unexcused tardiness, equal to or exceeding 25% during a four week period, WILL result in dismissal from the team.**

TRACK MEETS

- 1. There are two types of meets that we will be competing in. The first are PVL League meets and the second are "Invitational" meets.**
 - ALL athletes, in current good standing regarding grades and attendance, will compete in the League meets.**

- **Invitational meet competitors are determined by the coaching staff and are limited to the number of athletes per event as determined by the Invitational meet host school.**
- 2. Transportation to/from meets are as follows:**
 - **ALL League meets will have WPUSD transportation via district school bus,**
 - **Invitational meet transportation will be determined by distance to the host school and available transportation funds. Meets in the immediate Lincoln, Roseville, Rocklin area will be considered a “meet at the meet” event. This is the responsibility of the parent and athlete to get to the meet location at the designated time and be transported home.**
 - 3. Meet start times are as follows:**
 - **League meets begin at 3:30pm**
 - **Invitational meet start times vary anywhere from 8:00am to 9:00am on Saturdays to 12:00pm or other on a weekday.**
 - **Athletes will be instructed as to what time they need to arrive at “meet at the meet” events. This is usually 45 minutes to an hour prior to the listed meet start time,**
 - **League meets “usually” last 3-4 hours. Invitational meets can last 8 hours or more due to the large amount of schools/competitors in attendance.**
 - 4. Athletes are expected to be prepared for all types of weather conditions and expected to come dressed appropriately for the weather. This includes warm clothing, rain gear and sunscreen.**
 - 5. Athletes MUST compete in any and all events that they have been entered in by the coaching staff. It is NOT up to the athlete as to what they will compete in.**
 - 6. ALL athletes must have their team issued uniform on prior to getting on the bus for all League meets and arrive in their uniform for any Invitational meets. Dressing rooms are NOT available at host schools.**
 - 7. Athletes are expected to bring sufficient snack/lunch food and water that will last the time period of whichever meet they are attending. Snack bars are “sometimes” available at the host school but don’t count on it...or the food sold there.**
 - 8. It is expected that ALL TBHS T&F athletes remain at the track meet until the meet is over. We are a TEAM and we root on our team members even when we are done competing. If it is absolutely necessary for the athlete to leave the meet, they may ONLY leave with their parent/legal guardian and must sign out with the assigned coach for that meet. Failure to do this WILL**

result in the athlete not being allowed to compete in the next meet.

9. Expectations of athletes while riding on WPUSD school bus is as follows:

- **When only one bus is needed, boys on one side and girls on the other,**
- **No unnecessary noise while on the bus. You are under the rules of whatever bus driver we have. They have the power to remove you from the bus,**
- **Athletes are to remain in their seats at all times during the ride,**
- **NO music or singing on the bus. If the driver decides to play music that is their choice, but still no singing. Music played through headphones is acceptable.**
- **Athletes will be notified when we are approximately 15 minutes from arriving back at TBHS and you are to call/text your parent at this time. ALL athletes are to be picked up by their parent no later than 15 minutes after the bus arrives at TBHS.**

FUNDRAISING

The need for team fundraising is a necessity and a requirement of ALL athletes. ALL athletes are expected to, actively, participate in ANY and ALL fundraising activities that the coaching staff presents. Each athlete will be given a fund-raising goal total to achieve during the event. Should the parent decide that they do not want their athlete to participate in the fund raiser, it is expected that the parent will donate the amount of the pre-determined athlete goal total in lieu of their athlete actively participating. Fundraising is needed to continue our current coaching staff, as well as preparing for the future needs of equipment, staffing and transportation to larger Invitational meets.

PROGRESSIVE DISCIPLINARY POLICY FOR TBHS TRACK & FIELD

RULES VIOLATIONS- unless already spelled out previously

1ST offense – verbal warning, OTI

2ND offense- OTI + Suspension from any meets for 1 week.

3rd offense- Dismissal from team

PRACTICE/MEET DISRUPTION

This includes, but not limited to, missing an event, being disrespectful to others, not taking practice seriously (dogging it, messing around, horseplay), trash talking, foul language, fighting or inappropriate sexual behavior.

1st offense – OTI, parental contact and warning

2nd offense- OTI, parental contact and suspension from practice and competition for 1 week.

3rd offense- Dismissal from team and probable meeting with school administration for possible further discipline.

NOTE: an OTI is an Opportunity To Improve. It is a “physical” disciplinary activity for a definitive distance/time that can include bear crawls, duck walks or other activities.

WE HAVE READ THE TEAM RULES AND AGREE TO ABIDE BY THEM. WE UNDERSTAND THAT DISCIPLINE WILL BE HANDED OUT, PER ATTACHED, SHOULD ANY OF THESE RULES NOT BE FOLLOWED.

ATHLETE'S NAME (PRINT)

ATHLETE'S SIGNATURE

PARENT'S NAME (PRINT) PARENTS PHONE #

PARENT'S SIGNATURE

DATE