

PARENT & TEAM INFORMATION

Eligibility Requirements

All athletes must meet specific requirements to participate in any school offered activity. Track and field is no exception. The following requirements must be met in order for the athlete to compete for Dallas Center-Grimes High School in track and field. Athletes who are ineligible to compete due to Academic, Good Conduct or Transfer Rules may not dress for competition during their period of ineligibility. The athlete will always be expected to attend and participate in practices and attend contests as assigned by the director of the activity.

Physical Examination

Prior to participating in any athletic activity a student must have on file with the office a valid physical form, State of Iowa Concussion Form and Emergency Card. An athletic physical is valid for one calendar year and there is a 30 day grace period for renewal. Emergency Health Cards are to be renewed every school year. Emergency Cards and the Concussion form must be filed online through the school registration process. The emergency cards are carried to all practices and contests as a method to communicate with parents in case of injury, illness or other possible emergencies.

Concussion Form

The Iowa High School Athletic Association has mandated that all student/athletes read and sign the Concussion form provided. This form provides tips and policy guidelines of what athletes and parents are to do when a possible concussion is determined. This form must be on file at the High School Office throughout the school year in order for a student/athlete to participate in any sport.

Academic Eligibility

The state of Iowa has passed a new academic policy for athletic participation. While the rule can be complicated, in the simplest terms, a student/athlete must pass every class that they are currently taking at the end of grading period.

Daily Participation

Student Athletes must be in attendance at school the entire day in order to participate in practice or contests. The only exception to this will be excused professional appointments with documentation of attendance or other extreme circumstances as approved by the principal. If a student is more than 15 minutes tardy to school, either excused or unexcused he/she will not be allowed to participate in activities that afternoon or evening.

Code of Conduct

The Board of Directors of the Dallas Center-Grimes Community School District offers a variety of voluntary activities designed to enhance the classroom education of its students. Students who participate in extra-curricular and co-curricular activities serve as ambassadors of the school (district) throughout the calendar year, whether away from or at school. Students who wish to exercise the privilege of participating in extracurricular or co-curricular activities must conduct themselves in accordance with board policy and must refrain from activities that are illegal, immoral, unhealthy, or highly inappropriate. Participation in these activities is a privilege, conditioned not only upon meeting the eligibility criteria established by the board, administration, and individual activity coaches and sponsors, but by demonstrating lawful and reasonable conduct. This policy shall be in effect for the entire calendar year (365 days), both during the regular school year as well as all vacation periods. The Activities Director shall keep records of violations of the Good Conduct Rule. If you have further questions about the DCG Code of Conduct Policy, please refer to the Athletics Handbook provided to all parents at the beginning of the school year.

Attendance Policy

The track team attendance policy is very precise as well. It is mandatory for all athletes to attend practice on a daily basis. Daily workouts are a must for athletes to improve and if they are missed, the athlete fails to improve. If an athlete is going to miss a practice due to an illness, it is the athlete's responsibility to notify a coach. If there is a specific situation that requires an athlete to miss a practice, inform a coach as soon as possible. If it is possible, the athlete may be able to make up the daily workout on their own, if approved by the Head Coach. The Head Coach is the sole determiner of whether an absence will be deemed excused or unexcused. The following rules will be enforced on team absences:

- 1st unexcused absence will result in some form of consequence based on the situation determined by the Head Coach.
- 2nd unexcused absence will result in a 1 meet suspension.
- 3rd unexcused absence will result in a 2 meet suspension.
- Any unexcused absences following a 3rd offense may in result in dismissal from the team.

If an athlete is going to be gone for ANY reason, notify a coach, NOT another athlete. If you cannot physically talk to a coach, a phone call, text, or email will be deemed acceptable. **You can contact Coach Sump (515.971.8916) or via email jordan.sump@dcgschools.com** . If you are unable to contact Coach Sump, you may call the High School office and notify or the leave a message with Brenda or Betsy in the High School office. This should be done as soon as the athlete will know they will miss practice or the meet. This will allow the coaches to make any adjustments to a meet line up or to prepare for practice.

Team Policies

Team Practices Policies

- Proper running attire is required. Athletes need to be prepared for all conditions (snow, rain, cold and heat) Wearing clothes that are conducive to workouts only enhance the overall improvement of the athlete.
- **BE PREPARED TO GO OUTSIDE EVERYDAY!**
- Practice will begin at 3:35PM daily and last 5:15PM. Athletes in the jumps, throws, relays, or hurdles may be expected to spend extra time.
- On Wednesday early out days; practices will be the same as the usual practice times unless otherwise stated by the Head Coach.
- Athletes are required to attend the whole practice until they are released by their event coach.
- All school policies will be strictly enforced. Athletics is an extension of the classroom and all practices and meets will be treated accordingly.
- Pre-meet practices are mandatory. If you are involved in a relay you need to practice exchanges in the presence of a coach. If an athlete leaves practice prior to doing exchanges, the athlete could potentially lose his spot on the relay team.

Team Meet Policies

- All athletes on the team will be required to attend all outdoor meets. These meets must be attended in full meet attire. It is unknown when any athlete may be called upon to compete in an unpredictable situation and all athletes must be ready for that opportunity.
- If a student is injured and unable to compete, the team issued uniform is not required to be worn, however, school colored clothing should be worn.
- Athletes are required to remain in their school issued uniforms for the entire meet. Athletes are not allowed to change into street clothes at any time during the meet.

- All athletes are required to remain at the meet for its entirety. You wouldn't leave a football or basketball game during the 3rd quarter. Athletes unable to stay for the entirety of the meet must meet with the Head Coach prior to the competition.
- It is highly recommended that all athletes ride home on the bus after meets. Athletes wishing to ride home with parents will need to sign out, in person, with a coach at the meet. There are special circumstances that may arise and the head coach will address these issues as they arise.
- Any athlete not competing in a track meet will be utilized to assist those athletes that are competing. (Holding blocks, holding sweats, move hurdles, complete errands for coaches, etc.) At home meets, non-participation athletes will be utilized to assist meet officials.

Uniform and Equipment

- School issued equipment may be worn for its intended purpose only unless authorized by the coach of the activity or the athletic director.
- Any equipment that is issued must be returned at the completion of the season.
- Lost equipment must be replaced at replacement value.
- Please read all instructions before laundering or cleaning any equipment. Any uniform with screened numbers or lettering should not be placed in a hot clothes dryer.
- Any school equipment (uniforms etc) may not be used for participation in non-school events.

End of the Year Procedures

End of the Year Check Out

Track and field is a sport that overlaps with summer sports and the end of the school year. This makes it difficult to collect uniforms and equipment from our athletes. It seems every year more and more things get lost and are not turned in because of the inconvenience of the ending of our sport. Athletes will return uniforms and warmups the day directly following their last competition. If competition falls on a Friday, equipment will be turned in the following Monday. Athletes that do not turn in equipment at the end of the season will be billed and may not be allowed to compete the next season.

End of the Year Banquet

At the conclusion of season, a banquet is held to honor all of our track and field athletes. Team awards are present to athletes at this time.

Post Season Honors

As mentioned earlier, it is sometimes difficult to get in touch with athletes during the summer months when school is out. Sometimes, post season awards are given by the Iowa High School Athletic Association and the Iowa Track and Field Coaches Association present their post season awards in the first or second week of June. Some honors include Academic All State, All State Teams as well as All Conference Academic Team. State Qualifying certificates may be sent out the after the State Track Meet. If they are not received in time for the end of the year banquet, each certificate will be mailed to each deserving athlete or can be picked up in Coach Sump's classroom.

In Season Awards

As a team, we like to reward individuals for their accomplishments and their contributions to the team. "Athlete of the Meet" will be awarded to 1 track athlete and 1 field event athlete. This awards is not always directly correlated with the best performances or the fastest athletes. Criteria for this award would include, but not restricted to: total points scored, value to the team's performance, personal best, record breaking performances (meet, class or school), leadership and attitude. Athletes that record a Personal Record (PR) will be recognized at practice following the day of a meet.

End of the Year Awards

All post season awards will be given at the end of the year banquet. There are numerous awards that are given.

- MVP
- Junior/Senior Coaches Award
- Freshman/Sophomore Coaches Award
- Junior/Senior Sportsmanship Award
- Freshman/Sophomore Sportsmanship Award
- Junior/Senior Most Improved Award
- Freshman/Sophomore Most Improved Award
- Student-Athlete Awards

The recipients of these awards will receive a medal or certificate for their efforts.

Lettering Requirements

The student athlete must participate or be a member of the varsity team in order to earn the Varsity Letter. The recipient will receive a Chenille Monogram, Certificate, Sport Pin and Bar for the first letter. For each subsequent letter the student athlete will receive a bar. A Sport Pin will be given for the first letter in a different sport.

To receive a **varsity** letter for track and field, an individual must meet 3 of the 6 following sets of criteria.

1. Compete in the varsity line up in every varsity regular season meet.
2. Conference Meet placer.
3. District Meet Placer.
4. State Meet Qualifier/Alternate
5. 4 Year Participant.
6. Fulfilled personal obligations while being associated with the Dallas Center-Grimes Track & Field team
 - a. Had no unexcused absence for practices or meets.
 - b. Served as positive member to the team in practices and meets.
 - c. Showed personal improvement in performance throughout the year.

Media Coverage

The following information can be utilized to gain information about specific items related to Dallas Center-Grimes Track and Field. Information will be submitted to media outlets to give recognition to our athletes. These sites can be used to receive meet results, photos of athletes, articles, state and Drake meet qualifying information, directions and specific meet information and time schedules.

[Iowa High School Athletic Association Track and Field Page](#)

[Iowa Track and Field Coaches Association](#)

[Drake Relays](#)

[Little Hawkeye Conference Calendar](#)