



Junior High Track & Field Team Policies



The policies outlined on page 1 & 2 reflect specific expectations of the Junior High Track and Field team. Pages 3 & 4 highlight the Pennsylvania Interscholastic Athletic Association (PIAA) and Manheim Township School District policies that apply to all MT athletes. Please read ALL pages before signing the district policy signature sheet and drug test consent form pages 5 & 6. Return pages 5 & 6 to Coach Smoker (boys) or Coach Reightneour (girls) on or before the first day of practice.

Expected Behavior and Personal Goals

1. Be respectful to your teammates, coaches, officials, parents, teachers and the competition.
2. No horseplay that risks injury or harassment that insults/degrades others.
3. Establish a personal performance goal. (What do you want to accomplish?)
4. Train hard (work hard at practice, eat well and hydrate during the day).
5. Evaluate your goals throughout the season and change them to meet your developing abilities.
6. Athletes must abide by school rules and school suspensions are connected to sports participation as per the district [participant code of conduct](#) policy.

Practice Times

- Practices are Monday - Friday from 2:50 - 4:45 at the HS stadium.
- Bring all personal belongings with you to practice.
- 7th and 8th graders change in the MS locker room.
- 9th graders change in the HS locker room.
- Athletes are responsible for their property, so please be mindful of the items you bring to practice.

Practice Attendance

1. Athletes are required to be at all team events on time and remain until dismissed by the coach.
Weekend and in-service day practices are optional and do not negatively affect attendance.
2. If an athlete must miss a practice, be late, or leave early the following are examples of acceptable excused absences 1) a planned absence with prior email notification for school event, family event or doctor appointment, 2) absent from school 3) a doctor note excusing physical participation.
3. Unexcused absences include the following and will result in consequences described below in the consequences section (missing for any reason without a note, missing for another club/rec sport, failing to provide prior notification).
4. If an athlete is absent and still physically healthy it is encouraged that they complete the workout or a similar workout on their own.
5. If an athlete is sick the day of or before, please be sure they have fully recovered before participating. Participation will be determined by the coach based on the situation and severity of illness/injury.

Practice and Meet Equipment Requirements

- Good running shoes - old or improper shoes may cause injuries.
- Sweats/warm up tops and bottoms **must be worn for all practices and meets. Athletes will not be able to participate in practice if they are not prepared with proper warm ups and shoes and attendance will be marked as an unexcused absence.**
- Wrist watch for distance runners. No phones.
- Reusable water bottles with your name on the bottle.
- School uniforms will be issued to each athlete. Athletes are responsible for keeping them in good shape and returning them at the end of the season. A replacement charge will be assessed for missing or damaged school equipment.

Meet Participation

1. All eligible athletes will compete in home meets with a maximum of 3 events per meet.
2. Athletes are expected to attend the entire meet. Athletes may not leave early, even if their events are over. If you are unable to stay for the whole meet then you are not eligible to participate in the meet. If an athlete is found leaving early they will NOT be allowed to participate in the next meet.
3. Athletes may not participate in a meet if they are 1) on the academic ineligibility list, 2) absent from school the day of a meet. 3) **unexcused** the day before a meet 4) not fully recovered from an illness/injury, 5) serving school based detention/suspension or 6) have not completed the required 5 practice minimum.
4. Due to the league standards the visiting team will take a smaller squad (top 8 in each event). The travel team will be based on performance, attendance, work ethic and event versatility. Athletes are required to ride the bus to/from every meet.
5. Participation in an invitational will involve a smaller select team, usually the top 1 or 3 in each event.

Consequences for unexcused absences and unacceptable behaviors and cumulative. Note that not all actions are equal, so some consequences may skip steps depending on the severity of the situation.

1st occurrence - verbal warning

2nd occurrence - practice suspension

3rd occurrence - meet suspension

4th occurrence - removal from team

Contacting a coach

Please keep in contact with coaches regarding attendance, injuries and questions. We will also be using the team website and Remind App to push out information to the team.

Head Boys/jumps/distance: Brian Smoker - smokerbr@mtwp.net

Head Girls/jumps/sprints: Lauren Reightneour - reightla@mtwp.net

Throws: Coach Gilburg - gilbursc@mtwp.net

Sprints: Coach Boring - boringmi@mtwp.net

Distance: Coach Delany - delanybr@mtwp.net