

# PHS Track and Field

## Athlete Expectations

Our number one goal is for you to improve in your event, be successful, and have fun doing it. We have set some expectations for all athletes to make sure that we all have a fun, safe, and successful season.

The 2020 season begins on Monday, March 9th.

### Practice

Practice will be held Monday-Friday from 3:15 to 5:15 (approximately). We will meet in the main gym at the start of practice each day. You are expected to be IN THE GYM ready to go AT 3:15. We start each practice with a team meeting and team warm-up. You are not dismissed from practice until your event coach dismisses you. Practice is **mandatory** each day. Missing practice will result in consequences. There will be occasional weekend practices.

### Weight room participation

Lifting is a required portion of practice, and will be implemented differently this year. All athletes will be required to lift 3 days a week (ideally Monday, Wednesday, Friday). Mondays, Wednesdays and Fridays there will be optional morning lifting practice from 6:00-7:00am. Athletes who do not attend lifting in the morning, will complete their lifts after practice. Lifts have to be signed off by a coach or other supervising adult at PHS and should be completed in the PHS strength center.

\*Morning lifting schedule is subject to change based on meet schedule.

### Attendance

You are expected to attend practice every day, and attendance will be taken at every practice. If you need to miss practice, you must **pre-approve your absence** with me (Varela). In the case that you must miss a practice, the workout should be made up at an alternate time. The following constitutes an excused absence: college visit, pre-approved school events, absence from school, medical necessity, death in the family. *Note that just because a parent excuses you does not make your absence excused.* Club meetings or other sports are **not** excused absences. Please note the following consequences for absences:

- One unexcused absence- athlete will not compete in individual events in the next meet (and potentially lose relay spots as well)
- Two unexcused absences- athlete will not compete at all in next meet (still required to go and watch/help) and will be put on attendance probation. The following absence results in removal from team.
- More than five absences total (excused and unexcused)- Student is no longer able to participate (removal from team). Extenuating circumstances determined by coaches.

### Meet participation:

- You must be at school ALL DAY to be able to participate in a meet.
- We have 2 home meets this year (one JV and one Varsity). Anybody not competing in these meets is **required** to help run the meet. Historically, our home meets run very smoothly thanks to the great student helpers. You may not use this time as volunteer hours for key club, NHS, etc.

- When you compete in a meet, you are expected to **stay for the entire meet** and take the bus back with the team. We are a team and you should be supporting each other once you are done with your event.
- If your circumstances are **extenuating** and you **MUST** leave a meet early, your parent/legal guardian must sign an alternate transportation form in front of one of the coaches (we need to see them sign it, you may not turn it ahead of time). You are only allowed to leave with **your OWN parent**. You/your parent are responsible for providing an alternate transportation form at the meet. These can be found on the PHS athletic department website.

### **Varsity letters**

A varsity letter can be earned by completing ALL of the following:

- Satisfactory attendance at practice (no more than 5 total absences, no more than 1 unexcused absence). Extenuating circumstances determined by coaching staff.
- Complete the season in good standing
- Compete in eight varsity events OR qualify for sectionals or state

### **Weekend workouts:**

It is your responsibility to stay active on the weekends. We expect that you do some sort of recovery workout, or go out for a run on your own. There may be a few days that we ask you to come to practice on a weekend. Please make yourself available. Anyone competing in regionals will be **required** to attend practice on Sunday, May 25th. State competitors will have **mandatory** practice over Memorial Day weekend.

### **Code of Conduct**

You have all signed a form agreeing to the [PHS Athletic Code of Conduct](#). We expect that you abide by all of these expectations. Any breach in rules will result in a 30% suspension of your season. Two offenses results in a 50% season suspension. Please remember that the use of ALL tobacco products (cigarettes, E-cigarettes, vape pens, etc) alcohol and illegal drugs, including marijuana, are prohibited. We expect that you stay away from this activity. Do not involve yourself with people who participate in these activities, even if you are not partaking. Suspension from school may also result in athletic suspensions. PHS track athletes are expected to display positive sportsmanship and will be held to a high standard of social behavior, both on and off the track. Remember, you are representing your school, teammates, coaches, and community.

### **Grades**

It is your responsibility to keep up with your grades so that you are academically eligible to compete. At the end of each term, your grades are used for determination of eligibility. Eligible students may not have more than one F or Incomplete. Incompletes are considered Fs, so if you are missing work in a class, make sure you take care of it before the end of the term! Once grades are submitted, it cannot be reversed, even if you turn in the work shortly after.