2026 NS Track & Field Athlete Contract

2021 PIAA Class AA Girls' State Champions

The following team rules and regulations apply to all athletes throughout the course of the 2026 Track & Field season. Along with these team rules and regulations, the North Schuylkill School District Code of Conduct will be strictly enforced by the coaching staff. Any rule, guideline, or regulation not covered in this packet or the district code of conduct is at the discretion of the coaching staff.

1. **General Statement**
   You are expected to act in a mature and responsible manner. Being part of a team requires a special commitment. We want a commitment to the program that makes each and every member proud. Negative feedback by any member affects the team, staff and future members. Keep this in mind when making decisions regarding personal conduct. This includes athletes, parents and other spectators.

2. **Priorities**
   To be a successful member of any team requires an individual to prioritize his/her responsibilities. Dedication to this team is critical in ensuring the utmost success of this program. Education, health, religion and family **emergencies** should be attended to before track & field commitments. If track & field conflicts with any of the aforementioned items, the head coach and coaching staff needs to be informed immediately. Email is the preferred method of notification because it allows a record of the communication ***(kkeating@gapps.northschuylkill.net)***. Athletes are **REQUIRED** to email Coach Keating even if you have communicated verbally with him already. Coach Keating is the **ONLY** coach who may excuse you from practice. You have made a choice to be a track & field member. No out-of-season sport or intramural sport takes precedence over track & field. NO athlete will be given permission to be excused from a school sponsored meet for a non-school sponsored event. Additionally, junior high student-athletes will be required to help with Varsity home meets and varsity athletes will be required to help with junior high home meets. Our program expectation is that our student-athletes compete as and support our team and their teammates. No student-athlete will be excused from a meet - whether a home or away dual meet or invitational prior to the conclusion of the meet. If a parent(s) need to leave prior to the conclusion, the athlete will ride the bus back to school.

3. **Health**
   It is crucial to remain healthy throughout the season. Not only are you relying on good health but your teammates are as well. You must make a conscientious effort to eat a proper diet, get plenty of rest, and **immediately** report ANY injury to the coaches and athletic training staff. It is imperative to report any illness, injury or trip to a doctor to the athletic training staff prior to being cleared to return to

practice. We do not want a minor ache or pain to stem into a major injury. Your health and safety is first and foremost. Injured athletes are required to assist at home meets and must arrive and remain with the team throughout. Travel for injured athletes will be at the discretion of the head coach.

4. Academics

Please refer to the North Schuylkill School District Code of Conduct regarding the academic policy. If you need academic help please do not be afraid to ask. Members of the coaching staff are teachers and will put forth our best effort to help you any way possible. Always remember you are **STUDENT**-athletes with emphasis on the student first. Track & field is a privilege not a right.

5. Appearance

Your appearance reflects how you represent yourself, your team, and your school at all times. Keep in mind you are part of a team that is putting forth its best effort to act as a class organization and each individual member contributes to that. The school dress code applies as the track & field team is an extension of the school setting. All athletes are expected to wear a North Schuylkill coat, sweatshirt, TEAM ISSUED long sleeve T-shirt or T-shirt and black sweats, joggers or wind pants to meets and during warm-ups. This is considered part of the uniform. Consequences for not wearing the warm-ups and uniform will be at the discretion of the head coach.

6. **Practices and Meets**

Attendance at all practices and meets is **MANDATORY**. After-school practices begin promptly at 3:05 p.m. Other practice times when school is not in session will be announced in advance. It is extremely important that you show up 10-15 minutes before the start time of all practices and bus departures with all necessary equipment, uniforms and other items. This includes proper attire for weather - cold, heat, rain, wind, snow, etc. If you do not bring appropriate gear for practice, and cannot practice as a result, it will be considered an unexcused absence. It is imperative that we depart on time. The only reason to miss a practice or a meet other than reasons listed previously is **mandatory** participation within an academic activity. A calendar for practice times and meets has been posted on the Google Classroom page as well as our Google Site. When possible and appropriate please schedule all appointments around the track & field schedule. For example, haircuts are not an acceptable reason to miss or leave practice early. Habitual absence from practices and/or meets will lead to suspension from meets and/or dismissal from the team, regardless of the reason for the absences. Unexcused absences may make an athlete ineligible for contests and the athlete will not be permitted to participate in another sanctioned contest until he/she has practiced. Students having **3 UNEXCUSED ABSENCES FROM PRACTICES/MEETS WILL BE REMOVED FROM THE TEAM.** Emergencies do not occur frequently and will not be accepted frequently as an excuse unless there is a true emergency. Attendance will be taken on a daily basis. Students must be in school by 10:39 a.m. to be eligible for a school-related function. Tardiness is a violation of team rules, will not be tolerated and will lead to punishable action taken by the coaching staff. Last-minute notification of a pre-planned absence is unacceptable behavior and is unfair to the team. Disciplinary actions will be taken by the coaching staff accordingly. If you know you are going to miss practice, you must **ASK,** not tell the coaching staff, you will be early/late etc. and then be granted permission to do so. Do not have a friend tell us you left school for a doctor appointment. YOU must tell us yourself and email the coach. All athletes are required to report on the

first day of mandatory practice (**VARSITY: Monday, March 2; JH: Monday, March 9**). Any student-athlete who has not had a physical completed and submitted by first day of practice will be removed from the roster.

7. **Substance Use (Tobacco, Alcohol, Drugs, Steroids)**
   Please note the school district code of conduct. Any positive drug test will result in immediate dismissal from the team per school policy. You are athletes and you know what it takes to be successful. We strongly recommend that you make decisions that positively affect your health.

8. **Transportation**
   Transportation to and from meets is provided by the school. **No athlete will be dismissed from a dual meet - either home or away - prior to the conclusion of the last event and/or awards ceremony. Student-athletes will be expected to ride the bus home from dual meets unless there are extenuating circumstances and/or it has been approved prior to the day of the meet.** Any athlete failing to have their **parent** sign out from a invitational or championship meet will be required to ride the bus home for the remainder of the season. Athletes must ride the bus to all meets. If an athlete arrives at a meet and did not travel on the bus, they will not be permitted to compete. Lastly, athletes must provide **a signed note from their own parent/guardian** to be permitted to leave with their parent/guardian. Athletes **MAY NOT** ride home with other family members nor parents/relatives of other athletes. Any athlete caught doing so will be referred for disciplinary action.

Track & Field Rules

All athletes are expected to adhere to the school handbook, student-athlete handbook and the team rules. School rules may be found in the student handbook and all school penalties apply. The following rules are considered to be track & field team rules:

1. Be on time for practice and early for meets.
2. Respect all coaches and other competitors as well as facilities at which we compete.
3. Respect others' belongings; do not be destructive.
4. Wear appropriate clothing at all times. Nobody goes without a shirt.
5. All practices are mandatory unless otherwise indicated.

Consequences for failure to follow rules:

First Offense- will include reprimand from Head Coach.
Second Offense- will include suspension from a meet. *
Third Offense- will result in dismissal from the team for the duration of the season.

*Please note: Some reasons an athlete may incur such consequences, but are not limited too, will be as follows: Skipping or cutting practice, fighting, blatant disrespect, excessive use of foul language, lewdness and indecency, damage of property, anything deemed unsportsmanlike and failure to follow the direction of a coach, coaches or meet officials. Again, this is not everything and if you are unsure of any action, it is expected that you ask a coach first.

Coaches' Expectations

1. We expect motivated and determined student-athletes.
2. Discuss problems with coaches promptly. Your first step is to address any conflict with your event coach. We are here to help with issues. We promise to explain to you honestly any issue you may have. Do not talk back/answer a coach publicly. Address any issues privately at a later time.
3. Serious attention should be given to your academics and attendance. Staying organized for your classes and avoiding procrastination is a necessary step a student-athlete must take to be successful during the season. You are first a student then an athlete.
4. Being a team player requires you to be generous with your praise and support of your teammates at all times. Without this we are not a team, but simply individuals spending time together. Practice should be competitive but not combative. During meets, the student-athlete will be expected to compete in the events assigned by the coaching staff. Failure to adhere to this ideal will result in disciplinary action by the coaching staff.
5. ***At practice and at meets athletes are to warm-up as instructed by coaching staff.***
6. During a meet, you are expected to be on the track/field cheering for your teammates. You would want the same.
7. Last, but not least, HAVE FUN!!! We are all here to help you, the athlete and person, be successful.

As a member of the North Schuylkill track and field team, you are coached by the individuals hired by the school district. By joining the team, you have agreed to that principle. As such, you will adhere to the workouts designated by the coaching staff on that practice day. During meets, student-athletes will not be coached by individuals not approved and employed by the school district. Student-athletes will compete in the events assigned by the coaching staff. Student-athletes who do not follow these expectations will be reprimanded and possibly suspended and/or dismissed from the team.

Acceptance Form 2026 NS Track & Field Athlete Contract

I acknowledge receipt of the 2026 North Schuylkill Track & Field team rules, guidelines and philosophy set forth by the coaching staff. I understand that I am expected to follow these rules from this day forward until the end of the Track & Field season. I understand these rules have been set forth as the best method to ensure the success of the North Schuylkill Track & Field program.

_____ _____

Parent/Guardian Signature Date

_____ _____

Athlete Signature Date

_____

Coach Signature