

**EAGLETRACK & FIELD**  
**TEAM POLICIES**

**I PRACTICE:**

- A. All team members are expected at every practice. If there is an absence, the Head Coach will decide if the athlete is eligible to compete in the next meet.
- B. Practice takes place daily. In the case of rain, the team **WILL** practice, dress accordingly.
- C. Each boy will be allowed a total of 11 absences/tardies during the season. These absences/tardies include but are not limited to: sick days, week end meets that an athlete is invited to and does not attend, medical appointments, afternoon detentions, leaving a practice or dual meet early, work, group projects, vacations, missing any scheduled practice (school day or not), family gatherings, school retreats or any other reason you can think of. **Notes are a thing of the past.** This is no difference between an excused absence or an unexcused tardy. Each athlete is allowed to miss attendance 11 times. The 12th miss will result in dismissal from the team. If an athlete is dismissed from the team, he forfeits his P.E. credit. No refunds will be given if an athlete is dismissed from the team.
  - \*\* I will start taking attendance at the beginning of the 2nd semester.
  - \*\* Attendance will be taken 18 minutes after classes end.
  - \*\* To help accommodate the athletes, attendance will be taken a 2nd time, 38:00 after school gets out, to allow for teacher conferences, quiz re-takes and anything else an athlete can get done in that time.
  - \*\* If you cannot make the necessary commitment to the team ... don't come out for the team.
  - \*\* Serve your detentions & meet w/teachers when practice is not scheduled, whenever possible.
  - \*\* It is the athletes responsibility to find Coach Zeitler on the track if he shows up after the initial attendance and before the 2nd attendance in order to avoid earning an absence point.
- D. The athletes are *student/athletes*, be sure to consider your academic work load before making a commitment to the track program. All student/athletes will be expected to follow the same guidelines regarding attendance.
- E. All athletes must dress for every practice - no exceptions. If you are injured or ill and in school, you will dress out but the extent of your participation will be determined by you & your event coach
- F. Team members should be dressed and on the field ready for practice 18 minutes after the bell.
- G. The whole team will meet together 18 minutes after school to start practice. Stretching, which will be done w/event coaches, is essential to ensure maximum mobility & injury free practice and meets.
- H. After any roadwork, report promptly to your coach.

**ROADWORK:** The following rules for running workouts on the roads should be strictly observed by all athletes for their own safety.

- II
  - A. **NEVER RUN ALONE**
  - B. Always run on the sidewalk.
  - C. Avoid major intersections as much as possible.
  - D. Never challenge a car or driver. Remember the "rule of bigness".
  - E. Misconduct on the roads will not be tolerated. Remember who you are & who you represent.
  - F. Always report any unusual occurrences immediately upon your return to the track.
  - G. Always check in with your event coach when you return to the track.
  
- III
  - A. There are some inherent dangers that accompany participation in high school athletics and Track and Field, although not a contact sport, is not exempt from these dangers . Please be aware that injury is possible, and in extreme cases, death could occur. All preparations and precautions will be taken to minimize and avoid all possible instances of the aforementioned.
  - B. It is the athletes responsibility to follow all directions given by the coaching staff.

#### IV MEET DAYS

- A. C.I.F. allows an athlete to compete in a maximum of 4 events. The coaching staff will utilize the athletes talents to benefit 1. the team 2. the individual, IN THAT ORDER.
- B. A track meet is like a 10 ring circus with many chores to be done. Every athlete is expected to help make sure that the meet runs smoothly. Be willing and happy to assist.
- C. Your level of competition will/may vary from meet to meet.
- D. All athletes are expected to stay until the end of every dual meet. There will be a brief meeting following the final event & attendance will be taken.
- E. Athletes are permitted to leave an invitational meet following their last event provided they check out with the Head Coach.
- F. Athletes are expected to provide their own transportation to invitational meets. This allows them to leave after their last event.
- G. The athletes that travel to away dual meets will be on the bus or van provided by the school UNLESS they have a signed permission form on file with the head coach. **All athletes are permitted to go home with their OWN parents following the team meeting that takes place at the conclusion of every dual meet. In order for an athlete to go home with a parent other than his own, the head coach must have a signed permission form on file from both the parent giving the ride and the parent who has a son riding home w/another athletes' parents.**
  - H. If you fail to compete in an invitational that you have been entered in, you will be held responsible for the entry fee and the accompanying discipline.
  - I. Any athlete who quits the team or who is dismissed from the team & wants to return to the team in a future year, must submit a letter to Coach Zeitler requesting consideration to be re-admitted to the program.
  - J. *All athletes must be present at League Prelims & Finals... from beginning to end, in order to earn P.E. credit and/or qualify for post season awards /recognition IF these meets are held at Santa Margarita.*
  - K. ANY EXCEPTIONS ARE SUBJECT TO THE HEAD COACHS' DECISION.

#### V. ELIGIBILITY FOR AWARDS

In order to win any end of season award, the athlete must meet the following criteria:

- A. The athlete must complete the season. Anyone who fails to compete in an end of season meet for which they qualified will be considered to have quit the team - NO AWARD.
- B. To earn a VARSITY LETTER an athlete must:
  - 1. Earn 20 points in Varsity competition.
    - a. Competing in an invitational at the Varsity level in an individual event will earn an athlete 1 point per event.
    - b. Scoring in a dual meet is 5 - 3 - 1
    - c. A Frosh/Soph athlete can earn Varsity points by running at the Varsity level OR by winning a Frosh/Soph competition with a time or mark that would have scored points in that days Varsity competition.
  - OR
  - 2. Qualify for League Finals at the Varsity level AFTER having competed in at least 50% of the teams meets.
- C. The coaches will take into consideration any athlete who competes at the Varsity level in 66% of our meets yet fails to score 20 points.
- D. All 4 year performers in the sport will have earned a Varsity letter.

VI. RESPONSIBILITY OF TEAM MEMBERS

- A. Team members are expected to attend every practice, every dual meet and every invitational they are entered in unless excused by Coach Zeitler.
- B. All athletes are required to report all injuries to their event coach. (Note; sore muscles, blisters & minor bruises etc. are pains - not injuries) See the trainer if you have a pain or injury.
- C. Team members must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of any individual team member.
- D. Violations of any team policy will be reviewed by the coaches and penalties will be assessed as the staff sees fit. For minor infractions (uniform etc.) the penalties will usually take the form of physical activity. If there are continuous violations, even minor ones, the athlete will be dropped from the team.
- E. Athletes who quit the team or have been dismissed from the team, are expected to return any/all school issued equipment within 48 hours.
- F. Meet singlets must be returned to the Head Coach within 1 week of the athletes final competition.
- G. Athletes must follow all directions/instructions given by the coaching staff.

Athletes are expected to conduct themselves in a manner reflecting credit upon themselves, their coaches, their parents and their school. It is expected that all athletes will act according to the high Christian standards that is expected from all SMHS students.

It is, of course, impossible to identify and list all possibilities for the many infractions that could result in disciplinary actions in a sport contract. We have tried to specify as much as possible, but we are aware of the limitations. There will be some student/athletes who will search for ways to get around the "letter of the law" and this WILL NOT BE TOLERATED. We expect our athletes not only to observe the letter of the law, but also to integrate the spirit represented by this contract. Athletes who cannot or will not manage this will be dismissed from the team.

RETURN THIS SHEET SIGNED BY BOTH PARENT/GUARDIAN AND STUDENT

To the coaching staff:  
I have read the statement of Team Policies and agree to abide by them.

ATHLETE: \_\_\_\_\_  
(Signature)

PARENT OR GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

## Easter Break

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mar. 28	29	30	at Servite	Apr. 1 minimum day prax after school	2 Good Friday - No practice	3 Trabuco Hills Inv.
4 Easter Sunday	5	6	7	8	9 Arcadia Relays	10 Arcadia Inv.

Above is a micro-calendar for the Easter break time.

Times for the practices will be announced.

All athletes are welcome to practice, however

**Varsity athletes are required to attend practice as explained below:**

**Sprinters**

**Monday & Wednesday + one othe day of the athletes choice.**

**Distance**

**Monday & Thursday + one othe day of the athletes choice.**

**Field event athletes**

**The 3 days as designated by the event coach (these day will be determined when coach's availability is known.)**