

ROCHESTER CENTURY GIRLS' TRACK

COACHES EXPECTATIONS

Practice Rules

1. Develop a positive and responsible attitude towards training regularly and competing at your best.
2. Be confident in your coaches and be honest with them.
3. Attendance is mandatory unless excused prior to practice by a coach. One unexcused absence will result in suspension for a meet. Three unexcused absences will result in dismissal from the team. Three excused absences in a three week period will result in suspension from a meet. Extended illness or injuries are the exceptions.
4. If you cut class, you will not be allowed to practice and will be counted unexcused.
5. On regular practice days you are expected to be dressed for practice and ready to go by 3:20. Continued tardiness will result in suspension for a meet.
6. You are expected to wear acceptable practice equipment. No shirts are allowed with unacceptable language or slogans, beer advertisements, etc....

Locker Room and Meet Conduct

1. Keep your lockers locked at all times – you are responsible for your own uniform and equipment.
2. You will treat all teammates, opponents and officials with respect. If you feel that you have been treated unfairly, discuss it with your coach, not your teammates!
3. We will be gracious as winners and gracious in defeat – no excuses.
4. Inappropriate behavior such as fighting, swearing, defacing property, etc... will not be tolerated.

Transportation

1. You are expected to be ready to go at least five minutes before departure time. The bus will wait for no one.
2. Only radios with earphones will be allowed on the bus. No boom boxes or loud music is allowed on the bus or at the meet site.
3. You must ride to and from out of town meets on the bus, except in extreme circumstances, which must be approved IN ADVANCE by the coach and the athletic office. You must have a signed transportation release form ONE DAY PRIOR to the meet. You are not allowed to ride home with anyone other than your parents unless stated on the travel release form.
4. You will conduct yourself as ladies on the bus, follow the rules set down by the Bus Company, and leave the bus clean upon returning home.

Equipment

1. You will be charged, at replacement cost, for all equipment issued to you which is not returned, or is damaged beyond normal wear and tear. If you trade equipment with someone during the season, YOU are responsible for the equipment you were issued originally.
2. If any equipment is lost or stolen it should be reported immediately.
3. Track sweats and uniforms must not be worn in physical education classes, in school or around town.
4. Please wash your uniforms and sweats periodically.

Training Hours

1. Use your common sense. In order to function properly in practice and meets, you will need plenty of sleep and a good diet. Don't shortchange yourself in this respect. The amount of sleep you get two or three nights before a meet is more important than the night before the meet.

Criminal Conduct

1. Any Violation of the MN State Criminal Code will be dealt with on an individual basis by coaches and the administration as set forth in the MSHSL bylaws. We expect that no such violations will occur.

Final Comments about the Program

We believe that the overall track program and the team concept of track are more important than catering to any individual athlete. The same rules apply whether you are a JV runner or a Varsity runner. Attitude is key and a poor attitude is detrimental not just to the individual, but to the team and will not be tolerated.

We believe that there is such a thing as guilt by association. If an athlete is known to frequent bars, attend parties where alcohol is served, or engage in other questionable activities contrary to the spirit of the athletic code training rules, there is every reason to believe that he/she is an active participant with the group. We expect track athletes to stay away from any situation where their conduct has reason to be questioned. If necessary, the coaching staff will take action against an individual who exhibits problems in the areas mentioned. This may include warnings, suspension from meets or being dropped from the team.

As a staff, we hope to develop more than just athletic ability with our program. We hope to produce well rounded, responsible and respectful athletes. Please feel free to contact us with questions or concerns.

***ROCHESTER CENTURY HIGH SCHOOL
GIRLS' TRACK***

Parental Agreement

We, the parents or guardians of (athlete) _____ have read and understand the coach's expectations and agree to help my daughter to abide by the rules and regulations as stated.

Father's/Guardian's Signature
OR

Date

Mother's/Guardian's Signature

Date

Student Agreement

I have read and understand the coach's expectations and I hereby agree to abide by the rules and regulations as stated.

Athlete's Signature

Date

THIS 1/2 PAGE MUST BE RETURNED BEFORE YOU MAY DRAW EQUIPMENT AND PARTICIPATE IN ANY ATHLETIC CONTEST