



Carlsbad High School Track and Field Athlete Contract

1. **Attendance Policy:** 3 unexcused absences or unexcused tardies will result in suspension/dismissal from the team. Unexcused absences from practice and school will result in missed competition. If you were absent from school, you are not to participate in track practice or meets that day.
2. **Training and Competition** - Full effort is expected during practices and competitions. Track and Field is a varsity and junior varsity competitive sport. Coaches must be able to coach and athletes must be able to train without distractions and disrespect. If your athlete is disruptive or disrespectful they will be sent home. It is the parents responsibility to pick them up in a timely manner or have them walk home. Sent home twice and they will be suspended, sent home a third time and they will no longer be on the team.
3. **Citizenship:** Athletes are expected to participate with the intent to compete and respect their fellow athletes and coaches. Repeatedly arriving late, leaving practice early without permission, or NOT showing up for scheduled meets and invitationals is not acceptable behavior, and will be reviewed for removal from the team. You are also held accountable for your grades and behavior in the classroom and on the team. This directly affects your eligibility for all sports.
4. **Grievances:** **There will be a 24 hour cooling off period regarding athlete issues. To help athletes develop problem solving skills it is expected that first the athlete speaks directly to their event coach.** If no resolution, next the parent and/or athlete speaks to the head coach. If the issue is still not resolved the final step would be to address the grievance with our athletic director, Tom Bloomquist. Please address your concerns 24 hours after practices and meets so that the coaches can continue to focus on the needs and safety of the team first.
5. **Track Practice and Meet Rules:** **No cell phones are allowed to be used by athletes during practices or meets;** Parents/coaches may take tactical video of their athlete during competition, but **may not show the athlete the film during the competition.** Athletes **may not run alongside** and cheer on the teammates competing in a race. These are all considered violations of League and CIF rules and will lead to disqualification of the competing athlete.
6. **Spectators:** Field, jumps and track area are considered competition areas and are not available to spectators. If you would like to be in the action - please sign up to volunteer - we have over 60 spots and 3 home meets that need to be filled. Volunteers will check-in at the volunteer table and will be recognizable by the orange vest they are provided.
7. **Parent support:** **We love our fans! But please be aware** the team tent at away meets is reserved for coaches and athletes first. This is a place for athletes to prepare mentally for their races, rest between races, and avoid too much sun. Cheer for your athlete and the team, but please allow the coaches to coach and avoid giving racing tactics or added stress to your child during competitions. Much like the sidelines of a football or basketball team, the tent should be a place of focus and for strategy discussions between your athlete and their coach before and after their competitions.
8. **Transportation** to league meets is by bus. Students must travel to and from meets on the bus, unless a "Release to Parent from Athletic Event" form (only extenuating circumstances will be approved) is turned into A.D. Bloomquist **48 hours prior to the event.** All athletes must fill out the "Field Trip by Private Vehicle" form obtained from the head coach and returned to the athletic director at the beginning of the season. The school does not provide transportation to Invitationals, League Finals or CIF Prelims/Finals.

Any questions? Please contact Kelly Large at klarge@carlsbadusd.net

Print Athlete Name _____

Athlete Signature Date

Parent Signature Date