



CHAPARRAL HIGH SCHOOL

2023 TRACK & FIELD

TEAM GUIDELINES

ACADEMIC ELIGIBILITY

In order to participate for the Chaparral High School track and field team, you must meet the academic eligibility requirements established by our program. The weekly eligibility rule will be in effect during the entire season. We are committed to having excellent students along with great athletes.

Student's will be ineligible if a student is failing one or more classes.. Two academic D's equals an F. and/or an F in Citizenship will also render an athlete **ineligible for the following week. NO EXCEPTIONS.** Consecutive weeks of ineligibility may cause you to lose your ranking/position on the team. In addition, **if you receive two Fs in Citizenship during the season you will be dismissed from the team.**

YOUR GRADES AND CONDUCT REFLECT ON THE ENTIRE TEAM! All we ask is that athletes do not do anything that would embarrass the team, the school or your family. Yes, Social media is included. Any inappropriate behavior will be handled quickly by the head coaches. Also, please let coaches know if you are having trouble in any of your classes so we can work together to find a solution.

Team Fees: All athletes are required to participate in the fundraising event. This year will be required \$200.00 for an individual athlete or \$300.00 for a family with multiple athletes on the team through a one hour Text-a-thon or a flat donation of \$200.00 or a mix of both. An athlete must have at least 20 numbers, but may have more. **EXAMPLE:** If an athlete raises \$180.00 then the family is responsible for \$20 for the \$200 fee..

ATTENDANCE

We expect athletes to be at practice everyday, **dressed and on time.** Our practices begin at **3:25** with a brief team meeting and end approximately at **5:30**. If you are kept after school by a teacher, administrator or another school related activity you must bring a note *signed* by that teacher or administrator to be excused for being late. **You may not leave practice until dismissed by your coach.**

Missing Practice/Meets Policy

PRACTICE- If you have even ONE **unexcused** absence during the week, you will not be able to participate in varsity or non-varsity competition that week.

The only **excused** absences are when you were not in school the day you missed practice, when you have a *signed* doctor's note explaining the absence, or if you have **pre-arranged the absence with your coach 24 hours before NO EXCEPTIONS**

****If you are asked to leave practice by a coach because he/she deems ANY of your behavior inappropriate or disrespectful, you will not be allowed to participate in the varsity or non-varsity meet that week.**

Injuries and illness do not exempt you from practice.

As always, **communication with your coach is important.** Exceptions can and will be made, but only at the coaches' discretion.

MEETS- If you have an **unexcused absence from a meet, you will not be permitted to compete in the next TWO meets.** Two unexcused absences from meets will result **in dismissal from the team.**

Two excused absences will result in missing the track meet for that week.

Consequences for excused missed Practices/Late to Practice:

1st offense: Extra Conditioning at the end of practice with events Coach

2nd offense: Will not complete in that week's meet.

3rd offense: Parent meeting involving events coach and head coach, will not compete in weekly meet.

4th offense: Dismissed from team

TEAM UNIFORMS

You will be issued a uniform and warm ups. Team t-shirts, sweatshirts and duffle bags will be available for purchase.

Please wear the items issued to you to meets as the weather dictates. On warmer days you may wear any shorts and t-shirts you choose. However, use common sense and **take pride in your appearance, ATHLETES NEED TO BE WEARING CHAP TRACK GEAR TO MEETS, we are representing our school and that should reflect in what we wear.** No torn clothing or clothing with inappropriate pictures, sayings or advertisements will be allowed. **ATHLETES ARE NOT ALLOWED TO TAKE SHIRTS OFF DURING PRACTICE. CUT OFF SHIRTS AND TANK TOPS ARE ALLOWED. If a coach determines your clothes to be inappropriate you will be asked to change. If you do not have clothes to change into you will be sent home, resulting in an unexcused absence.** It is your responsibility to care for the items issued to you. **You will be fined for all faded, damaged or lost clothing.** The fines are as follows: \$400 for everything, \$200 for the uniform top, \$50 for the uniform bottoms, and \$100 for the warmups.

IMPORTANT: TEAM UNIFORMS ARE NOT TO BE WORN TO PRACTICE OR TO SCHOOL. They are to be worn at meets ONLY. If you wear your uniform to practice you will be asked to change. If you do not have appropriate clothing to change into you will be asked to leave practice and it will count as an UNEXCUSED ABSENCE.

PROCEDURES FOR SELECTING VARSITY

You will compete at the varsity level if you rank **1st or 2nd in any event** or at the discretion of your events coach.

There are no grade restrictions for varsity and non-varsity. **Any athlete not participating at the varsity level will compete in non-varsity meets.**

Athletic letters can only be earned by competing at the varsity level. **Positions will be determined by time trials for all events except relays.** The coaching staff will select athletes to compete in the relay events.

LETTERING

Lettering will be determined by a point system. **EIGHT** points are needed to earn a varsity letter. You earn points as follows:

§ **ONE** point for each **varsity meet** in which you compete

§ **TWO** points if you compete in the **League Championship meet**

§ Or you can letter at the coaches discretion. **Must be approved by Head Coaches**

Hardship- A letter will be awarded to an athlete if it is determined by the coaching staff that he/she would have earned the letter had it not been for special circumstances like an injury, or a serious illness, etc. **Must be approved by Head Coaches**

OTHER GENERAL TEAM POLICIES

1. **THEFT**: Theft will not be tolerated. If you are caught stealing from a teammate, a coach or a member of an opposing team, you will be referred to the Principal and/or Athletic Director and appropriate action will be taken.
2. **ILLEGAL SUBSTANCES**: The use or possession of tobacco, alcohol, steroids and illegal drugs on or off campus will not be tolerated. **The guidelines outlined in the “Douglas County Schools Re.1 Training Rule Contract” will be strictly followed.**
- 3.. **VAPING IS NOT ALLOWED** on this team. If you are caught vaping we will have a meeting with parents to discuss the future of said athlete on this team.
4. **NON-SCHOOL COMPETITION**: You may not compete in any track & field meet or road race that is not on our school schedule without the Principal's or Athletic Director's approval.

COACH CONTACT INFORMATION

If you have specific questions, comments or concerns regarding your son or daughter, please contact his/her event coach first. If the matter is not resolved to your satisfaction, then please let Coach Gabaldo and Coach Nelson know.