

2018 Track Team Rules and Player Contract

The coach and athlete understand that participation in a sport is a privilege, not a right. Knowing this, both the coach and athlete are held to a higher standard. Although the costs are higher, so are the benefits from being involved in athletics. Athletics is an extension of the classroom because valuable lessons are learned that apply to life, which include time management, responsibility, teamwork, and the list goes on.

EXPECTATIONS

- Poor attitudes, swearing, and vulgar language or actions (even in the case of a joke) will not be tolerated. Your actions and attitude will determine whether you have made the choice to be part of the team. If the restrictions are too great, then you should reconsider your choice.
- Be ready to start warm-ups by the given time. If you know you need to change clothes, shoes, or stop at the bathroom, adjust your time so that all of this is done before practice is to begin.
- If an athlete has to miss a practice, they are asked to provide a signed and dated note from a guardian with an explanation for the athlete's absence. You have a responsibility to the team to be at practices unless you are ill or have a family emergency.
 - In the case of illness or family emergency which could cause you not to be able to attend a meet or practice, contact a coach through the school phone or email.
- Any time an athlete receives a detention, he/she needs to make their coach aware and we will discuss the situation and come up with preventative measures for the future.
- If an athlete becomes academically ineligible, they will not be allowed to participate in any meet that following week. (Monday thru Saturday)
- Due to the nature of track meets, the coaches must be able to trust each athlete. Saturday meets may take up to several hours to complete. By joining this team you are signifying that you are able to handle the responsibilities of being left unattended for periods of time. You are to display a high degree of self-control, class, and pride.

- Appearance at all track events will be neat and respectable. When representing Metamora Grade School, your team, and your coach, you will have appropriate attire.

Athletes are held to a 3 strikes and you are out policy. An accumulation of three negative occurrences of any of the above will result in a meeting with the coaches and a possible dismissal from the team.

TRANSPORTATION

- Missing the team bus/vehicle may result in the athlete not being able to participate for that day.
- Unless you have signed out with a parent signature and/or checked with a coach, you will ride the team bus. If you are going home with another parent, you must have a note from your guardian giving permission to ride with a friend's parents and talked to your appropriate coach. ALL PARENTS MUST SIGN ATHLETES OUT PRIOR TO LEAVING AWAY MEETS.
- Each athlete is strongly encouraged to stay until the end of a track meet. Please communicate with the coaches if you need to leave early. Although athletes may be competing in individual events, this is a TEAM effort.

Any questions please contact me below. Coaches information will be provided once that position is finalized.

School Numbers: 367-2361 or 367-2377

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You can also follow us on Twitter @MGSTrack_Field

If we are following each other on Twitter, this will allow us a way to message back and forth as well.