Track & Field Athlete Expectations

Contact info: Email:
Phone:

1. Athletes it is your **responsibility** to communicate with the coaches

2. Be on time to everything - class, practice, bus, and bedtime (your body needs rest!)

3. Practice is mandatory - missing practice means missing meets. You must communicate any absences with the head coach

4. Always have trainers, spikes, sweats, gloves, hats, and extra clothing

5. Always give 100% effort and have a positive **attitude**

6. Always encourage and support teammates at practice and at competitions. **Respect** starts with you.

7. Everyone takes the team bus to and from track meets

8. Be a leader – represent the team in a positive manner on and off the track/field

9. Grades: No F's - if you are failing a class you do not compete but you still practice

10. Band up & roll out and ice daily - your body will be sore, it's part of our sport

<u>Injuries:</u>

- All injuries are to be reported to the coach immediately.
- If the injury is minor, athletes are still required to attend and participate in practice. The athlete's participation will be monitored and they will complete modified workouts.
- If the injury needs more attention, the athlete needs to first check in with the coaching staff. Athletes will then be sent to the athletic training staff for evaluation and treatment.
- If time off is recommended by the athletic training staff, athletes must be cleared to return to competition by the athletic trainer. In some cases, the trainer might recommend a visit to a doctor.
- The appropriate level of activity at practices and meets for injured athletes is determined by the coaching staff and/or medical personnel, not the parents.
- During any injury, the athlete is required to attend all practices and meets.

11. Always check out with your event coach before leaving practice

12. Check your email daily for announcements and information

13. Have a water bottle on you at all times during the day & at practice. HYDRATE! HYDRATE! HYDRATE!

Season Schedule

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Include items such as:

- Practice times/location (be sure to note when there is no practice on a holiday to avoid confusion)
- Meet days/times/location
- Team picture day
- Fundraiser days
- Team meetings
- Deadlines (such as paperwork, fundraising etc.)