



7th/8th Grade ~ Boys/Girls ~ Track & Field

GENERAL GUIDELINES / TEAM RULES

Track has one of the shortest seasons –only about 15 practices before the first meet, and a total of eight track meets. With such a short season, a large number of athletes, and a wide-variety of events to learn and practice, it is imperative that all athletes do their best to attend every scheduled practice. This is a TEAM sport – your team-mates and coaches are counting on you!

- **PHYSICALS:** By district and state policy – all members must have a sports physical on file with the school in order to participate. Any absences due to a lack of a physical on file are considered unexcused.
- **MS-C CPA LIST:** Students on the CPA list when the season begins may not join the team. Students put on the CPA list that begins in April will be asked to leave the team.
- **ATTENDANCE:** Your coaches believe that if you are healthy enough to attend school, you are healthy enough to attend practice. If you are not feeling 100%, or are nursing an injury, instead of working out with the team, you may be asked to assist with timing, block holding, etc. – at the coaches' discretion.
 - Team members are allowed one (1) un-excused absence from track practice.
 - If a member has an unexcused absence from a track meet: s/he may be pulled from regular events, be asked to run “exhibition,” be replaced on a relay team, or be asked to sit-out the entire meet – at the coaches' discretion.
 - If you miss the practice before a meet, *even if excused*, you run the risk of being pulled from your regular events, being asked to run “exhibition,” being replaced on a relay team, or being asked to sit-out the entire meet – at the coaches' discretion.
 - Team members who have two (2) un-excused absences from track practice or a track meet will be dismissed from the team.
 - You must be in school a minimum of three hours in order to participate in a track practice or a meet.
 - In order to be excused from track practice or a meet, you **MUST** give a note from a parent (or parent e-mail) to one of the coaches, ahead of time if possible. The coaches may or may not determine the absence as excused. *If you are absent from school, you do not need a parent note for track.*
Pfahl: pfahlch@lc-ps.org Siefert: siefele@lc-ps.org
 - If you miss the practice before a meet, even if excused, you run the risk of being pulled from your regular events, being asked to run “exhibition,” being replaced on a relay team, or being asked to sit-out the entire meet – at the coaches' discretion.
- **PRACTICE EFFORT/HONESTY:** Due to the nature of this sport, many times you will be given a workout and expected to complete it on your own. The coaches must be able to trust you to complete all parts of your workout without cheating yourself or your team. Athletes who abuse this trust will face disciplinary action – including removal from the team. The most common disciplinary action is to have the student perform an additional workout by running a mile at the next track meet.
- **LETTER/CERTIFICATE/PINS:** In order to earn your letter, certificate, or pin in track, you must participate in *more* than 50% of the scheduled meets – typically 5 meets out of the scheduled 8. Members who are dismissed from the squad will not be given a letter, certificate, pin, etc. If an injury forces you to sit out of too many meets, you will be issued a “manager” certificate as long as you continue to attend scheduled practices and meets and assist the team.
- **CONFLICTING ACTIVITIES:** The coaches realize that there are team members who may be involved in activities which also require practices and performances (dance, soccer, etc.) We try to work around these issues, occasionally “bending” some of our attendance rules to be as accommodating as possible. However, please keep the following in mind:
 - The coaches **MUST** be made aware **AHEAD** of time if/when you will be missing any practices and *especially* meets. Notification needs to be in writing or e-mail from a parent.
 - One activity's “practice” should not come before another activity's “performance” – therefore, you should not be missing track **MEETS** in order to *practice* with another sport or activity. You need to communicate with all coaches, etc. and work out a reasonable schedule.