

## **COACH'S EXPECTATIONS CHARGER TRACK**

There are expectations that you need to meet in order to represent our team and school. If you cannot meet these expectations, there will be consequences that you will pay for your actions. The consequences will be administered by the coaching staff, at their discretion. The severity of the violation will determine the consequence. Here are the consequences that apply:

1. Verbal reprimand(s)
2. Dismissal from practice(s)
3. Suspension from a meet or meets
4. Loss of eligibility for one calendar year

The following are the Coach's Expectations for the upcoming 2024 track season. Please make sure that you read these expectations carefully before you sign this. The coaching staff does not want to have any misunderstandings.

### **1. Practice Rules**

- A. Attendance: Attendance is mandatory at every scheduled practice, and team function. If you are in school you are at practice! If you are not going to be there you must notify a coach prior to your absence.
  1. The only excuse outside of illness is a family emergency, such as a funeral.
  2. Instructional school related trips are excused absences, and the coaches should be notified ahead of time.
  3. If you are injured you are still expected to be at practice!
  4. When scheduling any appointment try to schedule it around practice time.
  5. All athletes must be at practice the day before a meet in order to participate the next day, unless the absence has been excused ahead of time.
  6. 3 unexcused practices will result in dismissal from the team.

B. Practice Expectations: It is often said that you perform the way that you practice. Therefore we must practice at the highest level possible in order to improve the quality of our meet performance.

1. Each athlete should be **appropriately** dressed for practice.
2. The coaches must have your undivided attention, in order to get 100% concentration during practice.
3. There is to be no SLACKING during practice.
4. Each athlete will need to act appropriately, and stay under control at all times. You must refrain from swearing, and maintain a positive mental attitude. If you have a problem with something politely let the coaching staff know, and we will meet with you to discuss it. There should be no finger pointing, or blaming.
5. Each athlete needs to be reachable by the coaching staff. Lack of respect for your teammates or coaches will not be tolerated.

## **2. School Records**

All school records that involve a running event will be set using the (FAT) timing methods. If a record is broken using (HHT) it will be adjusted accordingly. All races 200m and shorter will be rounded up to the next tenth, and then .24 sec will be added. If the race is 300m or longer the same procedure will take place except that .14 sec will be added.

## **3. Locker Room Conduct**

A. Each athlete should clean up after them selves, both at home and away.

Remember who and what you are representing.

B. There should be no fooling around in the locker room. Get in there and get out as quickly as possible.

#### **4. Transportation Conduct**

A. Behavior: We will abide by all bus rules, and make sure that the bus is clean

as we are getting off.

1. The bus waits for no one, make sure that you are there on time.

If you

do not ride the bus you aren't allowed to participate in the meet.

This is a school rule.

2. In the case that you do not ride the bus home, your parents will need to

sign you out after the completion of the meet.

#### **5. Equipment Care**

A. You are responsible for any equipment that is issued to you, and you will be held financially responsible for that equipment any other equipment if it is damaged. Issued equipment will be inspected upon its return.

#### **6. Criminal Conduct**

A. Any athlete convicted of a misdemeanor crime, will be disciplined by the coaching staff as they see fit.

B. Any athlete convicted of a felony, will be disciplined according to our Athletic Code.

#### **7. School Conduct**

A. All athletes will be expected to maintain appropriate classroom behavior,

along with passing grades. Students have 15 days to pass a grade check after earning a failing grade, if not passing after the grade check the student will be dismissed from the team.

- B. Any athlete sent to ALAC on game day cannot participate in that night's meet.

If you are sent to ALAC on non-meet days the coaching staff will deal with you, and your running shoes!

- C. You are responsible for any equipment that is issued to you, or that you damage. Issued materials will be inspected as they are returned. You will need to pay for any damages that you cause.