

COACH'S EXPECTATIONS CHARGER MIDDLE SCHOOL TRACK

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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 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 can 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 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. If the coaches are not notified, the absence will count as unexcused.** The best way to notify the coaches of an absence is to email Coach Stegeman at the email address above.

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 an appointment try to schedule it around practice.
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.

B. Unexcused Absences:

The following protocols will be followed for **unexcused** absences:

- First unexcused: verbal warning/meeting with the coaches
- Second unexcused: loss of participation in next track meet
- Third unexcused: dismissal from the team.

C. 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. There is to be no SLACKING during practice.

3. 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. Lack of respect for your teammates or coaches will not be tolerated.

2. Locker Room Conduct

- A. Each athlete should clean up after themselves, 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.

3. Transportation

- 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.
 3. If you are not riding with your legal guardians you need a signed note from them before the coaching staff allows you to ride home with another adult. This is a school district policy. **Coaching staff will not allow any student to ride home with someone who is not their legal guardian unless a note is provided.**

4. Equipment Care

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

5. 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.

6. School Conduct

- A. All athletes will be expected to maintain appropriate classroom behavior, along with passing grades. If you are failing a class at grade check you will be unable to complete until grades are rechecked at next grade check, per school district policy. **If you are academically ineligible for 20 consecutive school days, you are off the team.**
- B. Any athlete requiring official disciplinary action at school on meet day cannot participate in that night's meet.