



# Willowcreek Middle School 2020 Track Rules and Policies

Each participant must have one physical each year to participate in school-sponsored athletics. A release form and physical must be turned in to Coach Vincent **before you can participate; the deadline February 18th**. No one will be allowed to participate without a physical.

Each team member must have **no more than 1 F for first semester, a 2.0 for both 1<sup>st</sup> and 2<sup>nd</sup> terms**, and to keep participating at meets, have no F's at the end of third term. In terms of citizenship, an athlete cannot receive more than one unsatisfactory citizenship mark in third term, or any negative reports from teachers. The coaches will check athletes' grades before every track meet. If grades do not meet the standards listed above, the student will not be allowed on the bus. Students must be passing all classes to participate in the track meets.

**Each member must attend and complete the assigned workout.** We need to know where our track members are at all times between 3:00 and 4:15-30 p.m. we will take attendance at the beginning of each practice. Students need to arrange to work with other teachers in the morning, pride time, or during lunch. Eighty percent (80%) attendance, performance, attitude, and coachability will determine which students will compete at the meets. Practices will be held Tuesday through Friday. Track practice **starts at 3:00**. If the weather is bad, practice will be held in the gym. Practices are **NEVER** canceled due to weather. Our practices will last until approximately **4:15-4:30p.m.** Please arrange to pick your students up by 4:45. We recognize there may be conflicts with other sports or activities, but in order to participate in the meets, the student must have arranged with their event coach for missing practices.

**Dismissal from the track team:** Students may face immediate dismissal from the track team for a variety of violations; remember, it is a privilege to participate in sports at Willowcreek. Some reasons an athlete may be immediately dismissed from the track team are: an athlete leaves a meet without telling a coach, unsportsmanlike conduct towards team members or opponents, vandalism, inappropriate conduct, harassment, and bullying to name a few.

**It is team policy that ALL participants ride the school bus to the meets. If an athlete needs to leave early and not return on the bus with the team, students have to leave with their own parents/guardians, and check out with a coach or an administrator. Athletes CANNOT leave with another athlete's parents.** Generally track is an individual sport, but you are still part of a team. It is important to stay for the whole track team to stay together at the meet and cheer and show support for your school and teammates.

There will be a **\$25 participation fee to cover transportation and equipment**. We appreciate your help with this matter. This fee needs to be paid to Ms. Broadhead in the office or online by **March 2nd**.

A track uniform will be issued to each participant. There is no rental fee. We expect each participant to take care of his or her uniform with pride. PE shorts or approved running shorts (black) are acceptable for meets. No Hawaiian or Bermuda shorts are allowed. **Please do not dry uniforms in the dryer! They will melt and are expensive to replace! Drip dry only!** If a uniform is returned damaged, a **replacement fee of \$50** will be charged to the student. Uniforms will be turned in the day after the **last track meet**. Yearbooks and students' refunds will **NOT** be issued to you until your uniform is returned.

**Running shoes are required, but spikes are not.** Spikes cannot be used when running at our school. The track is asphalt and they cannot be worn on the small indoor track. The only time track shoes with spikes can be worn is at some away meets. The cost of a good running shoe and spikes start at \$30 and go up. Get what fits you and feels the best on you. A good training and racing shoe will improve performance. **Basketball or regular school shoes are not beneficial and can injure a runner.** Spikes are only beneficial to sprinters, high jumpers, and long jumpers. Distance runners do **NOT** need spikes. We recommend that you bring sweats, sweatshirts, gloves, and hats to every practice; the weather is extreme during track season.

## Parent Permission Form

I have read the "Track Rules and Policies", "Heads up Concussion" document and give permission for my child/student to participate in the Willowcreek Middle School Track program.

### Track Athlete information:

1. Student full name (print neatly): \_\_\_\_\_
2. Gender: \_\_\_\_\_
3. Grade: \_\_\_\_\_

Student's signature \_\_\_\_\_

Parent's signature \_\_\_\_\_

When we host, we need parents to help the meet run smoothly. Parent volunteers allow the coaches to be available to run the logistics of the meet and coaching the athletes. Meets start at 2:30 and last to about 6:00. Would you be willing to help with home meets? We need help with timers, shot put, long jump, and high jump measuring. Thank you!!!

Parent Name: \_\_\_\_\_

Phone number to reach you: \_\_\_\_\_

E-mail: \_\_\_\_\_