

SUNDEVIL

TRACK & FIELD

Parent/Athlete Handbook
2016-2017

Rules and Guidelines

Rules

1. All athletes must have at least a 2.0 GPA on both academic and citizenship grades.
2. Athletes are responsible for following all school rules and policies
3. Athletes must be on time and attend practice daily, with proper equipment and clothing
4. Athletes will bring and wear appropriate attire to practices and meets.
5. Athletes will notify the head coach if they are going to miss practice or be late. Failure to do so will result in an unexcused absence.

Guidelines

1. There will be no food at any time during practice.
2. 6th period PE does not count as practice; athletes must attend all practices after school.
3. Athletes will be held accountable for their actions; negative actions could cause them to be dropped from the team.

Any conduct deemed detrimental to the team could result in immediate suspension or removal from the team.

Attendance and Meets

Attendance

Attendance is mandatory; athletes are expected to be at practice and on time daily. Practice starts at 2:15 pm, which gives athletes 20 minutes to change and be ready for practice. Absences whether excused or not are still absences. Practice is scheduled daily from 2:15pm – 4:30pm. During spring break, practice is in the morning from 9:00am – 11:00am.

Absences - Failure to attend practice or leaving early from practice.

Tardies - Failure to be at practice at the starting time of 2:15pm.

After 5 absences, tardies, or failure to stay for a meet, or if an athlete shows a pattern of missing or being late. An athlete can be removed from the team at any time.

If an athlete misses one or more practices during a track week, they will be held out of the next meet. Track weeks are the day after the last meet to the day before the next meet. ***If an athlete misses practice the day after a meet, they will not compete in the next meet.***

Example: If a meet is on Thursday a track week is Friday through the day before the next meet.

If a meet is on Wednesday a track week is Thursday through the day before the next meet.

Meets

All athletes are required to stay at meets until the meet has concluded, to cheer on their teammates and to help put equipment away and help with cleanup. At the conclusion of the meet there will be a short team meeting.

Athletes are required to ride the bus to all meets; parents may take their athlete home from away meets. However, athletes will not be released until the meet is over; and the parents have signed-out the athlete on the release list with a coach. Athletes may only be released to their parents or persons on their school emergency card.

Notes of release for an athlete to go home with friend, or persons not on the school emergency card will not be accepted and the athlete must ride the bus back to school.

Lettering and Awards

Letters and awards are symbols of accomplishment, good sportsmanship and completion of a successful season. Success is not based solely on wins and losses but rather finishing the season a better athlete and perhaps even a better person. The following is the criteria for lettering

In order to be eligible for a varsity letter athletes must:

- Earned 15 or more varsity points.
- Finish the season in good standing.
- Have 5 or fewer absences and/or tardies to practice.
- Participate in team fundraising efforts.
- Purchase an ASB card.

Anyone who finishes the season will receive a certificate of athletic participation.

The coaching staff reserves the right to letter anyone they feel is deserving of a letter.

Points are awarded as follows: 1st place = 5 points, 2nd place = 3 points, 3rd place = 1 point. Points earned as part of a relay team are divided equally between the members of the relay team.

In order to be eligible for individual awards athletes must:

- Finish the season in good standing.
- Have 6 or fewer absences and/or tardies to practice.
- Participate in team fundraising efforts.
- Purchase an ASB card.

Individual awards are not solely based on points earned throughout the season.

Team Captains

In order to represent the team as a captain, athletes must meet the following requirements.

- Finished the previous season in good standing.
- Meet the requirements for lettering from previous season.
- Be a junior or a senior.
- Participate in team fundraising efforts.
- Must be a positive role model and show leadership potential on and off the field.

Upon voluntarily quitting or being dismissed from the team for any reasons, an athlete automatically forfeits any letters or awards the he or she may be entitled to receive. Also, in order to receive a letter or awards, one must attend the awards banquet. The banquet is meant to signify the end of the season as well as reflect on the season and all that was accomplished. The ceremony is to honor the athletes for all their hard work.

Meets and Practices

During meets spectators need to stay out of competition areas, spectators are not allowed on the track or infield area of the stadium. And need to stay behind the roped off areas of the shot put and discus area.

This is for the safety of both the spectators and athlete's

During practices the same policy applies anyone wishes to watch practice, will need to do so from outside of competition areas. Again ***this is for the safety of both the spectators and athlete's***

Contact Information

Should you have any questions during the season feel free to contact the coaches:

Coach Sluder Boys Head Coach 760-247-7206 ext 336 mike_sluder@avusd.org
Coach Godfrey Girls Head Coach 760-247-7206 ext 285 kyle_godfrey@avusd.org

If you leave a message, please leave your name, your athlete's name and a phone number where you can be reached.

Our team's website is www.avhstrack.com, the site has copies of the rules handbook, schedules, and directions. You can also sign up for text alerts to receive updates during the season, regarding any changes or updates that occur during the season.

Signature Page

By initialing here you indicate that you have read and understand that *all athletes are required to stay at meets until the conclusion of the meet and team meeting.* _____

By signing below you are indicating that you have read and understand, the Athlete / Parent handbook and the rules and policies of the Apple Valley High School Track and Field Program.

Parent signature

Date

Athlete signature

Date

Athlete print name

Athletes will not be issued a uniform or allowed to travel until this page has been signed and returned.