

CCHS OUTDOOR TRACK & FIELD TEAM RULES

1. Strive for greatness. Have fun, win a lot.
2. Be a great teammate. Help and support your teammates. Contribute to their success. Put the good of the whole team ahead of your own interests.
3. Be good people. Respect your opponents, opposing coaches, officials, parents, etc. Whomever you interact with, treat them well. Be nice, helpful, and courteous.

If you keep the above three in mind, your actions perfectly in line our rules and expectations.

Finally:

COMMUNICATE

IF YOU ARE GOING TO MISS PRACTICE OR BE LATE, EMAIL A NOTE TO COACH LANE – BEFORE PRACTICE.

IF YOU'RE FEELING ACHES, PAINS, ILLNESS, LET YOUR EVENT GROUP COACH KNOW.

Be aware of the following policies:

1. **TARDINESS:** Be ready to begin practice – shoes laced, needs taken care of, dressed to run – when practice begins. Otherwise, you are tardy. Pushup rule in effect. Arrive 10 minutes early to make sure you're ready to go – so for 9:00 practice, arrive no later than 8:50.
2. **ATTENDANCE:** Success only comes from consistency. Schedule the rest of your life so you can be at practice every day. Doctor appointments, extra help sessions with teachers, college visits, etc., should all be scheduled around practice time.
 - a. For each practice you miss, you must be back at practice the same number of days before you can compete.
 - b. First unexcused absence (which includes absence for school disciplinary violations), you will be suspended for one meet. Second unexcused absence, you will be dismissed from the team.
 - c. You must attend all your classes / studies in order to participate in athletics. If you arrive late to school, you cannot practice (and this would be an unexcused absence). Exceptions ONLY for pre-arranged appointments through the main office.
3. **MEETS:** All athletes are expected to take school transportation to and from all meets (this is part of being on the team). If exceptions must be made, parents must email the Athletic Director (bhaley@colonial.net) 24 hours in advance of the competition.
4. **INJURIES:** Report all injuries to the coaching staff immediately. We'll figure out how to proceed from there. Even if you are injured, you must attend practice every day unless Coaches say otherwise. Expect to do alternate workouts on your own if you cannot run.
5. **CHEMICAL HEALTH:** Athletes who violate the school Chemical Health Policy will be suspended for the remainder of the season, or dismissed from the team outright. If less than half the competitive season remains, the suspension may carry over the subsequent seasons, at Coaches' or Athletic Director's discretion.
6. **MIAA BONA-FIDE RULE:** You may not miss a team practice or competition in order to attend a practice or competition for another athletic team. Waivers will be granted very rarely, and must go through the Athletic Director.
7. **PARTICIPATION:** Participation in all meets is solely at the Coaches' discretion.