

2022 Waiakea High School Track & Field Program

TEAM RULES & EXPECTATIONS

Expectations are part of life, and the WHS Track and Field program is no exception. Participating in Track and Field is not a right, it's a privilege, and the way each athlete follows these expectations earns them the right to participate. We have a few simple rules, but the rules we have, we seriously enforce. Track & Field is a sport with many individual events, but make no mistake it is a team sport, and these team rules will help create a fair and positive team environment.

TEAM RULES: Please read these team rules & expectations with your parents. If in agreement please sign below:

Practice: Attend practice with a great attitude, ready to learn and grow as a person and a track athlete. Be respectful toward coaches and teammates, both on and off the track. Use appropriate language that is positive and respectful to others, and yourself.

Be coachable by listening and complying to instruction from our track & field coaching staff. This includes communicating with coaches in regards to injuries, schedules, disagreements, grades and illness.

Track Meets: Each athlete is responsible to participate in the track events he or she is assigned. Events will be decided in consultation with the athlete and event coach, but the head coach will make the final decision with the best interest of the athlete and team in mind. Each athlete is also responsible to show up to meets on time, in uniform and ready to participate.

Academics: In order to participate in Track & Field you must take your academics seriously, because it's not just about staying eligible for track, it's about striving for excellence in all areas of your life. Your grades earn you the right to run. *See academic standards of WHS

WHS Rules: Be in compliance with all WHS athletic department rules.

TEAM CONSEQUENCES: (All athletes are responsible for WHS school & athletic rules)

1st Offense: Coaches will meet with the athlete to discuss the offense. If the athlete is sent home, it will be considered an unexcused absence. Parents will be informed of the situation.

2nd Offense: The athlete will be sent home, and it will be considered an unexcused absence. There will be a meeting with the athlete and their parents, and the athlete could be placed on the non-participant list.

3rd Offense: The athlete will be dismissed from the team, after parent notification.

By signing below you signify you are in agreement with all WHS Track & Field rules, and will accept the consequences for not upholding them.

ATTENDANCE & PARTICIPATION:

We expect you to be at **FIVE practices** each week. BEING AT PRACTICE MEANS DOING THE WHOLE WORK OUT!

If you miss practice and provide a **TEXT/WRITTEN** excuse/explanation PRIOR TO PRACTICE we will consider you EXCUSED. If you do not provide this **PRIOR TO PRACTICE** you will be marked unexcused. If you have TWO UNEXCUSED absences in one week, you will not participate in that week's meet. (Text Coach Tim 808-443-6787) YOU WILL BE **EXCUSED FOR:** Sickness, academic obligations, parental requests, drivers training, mandatory school functions, doctors appointments, etc.

If we see a weekly pattern of missed practices, you could be placed on the non-participant list for that week's meet, at the **COACHES DISCRETION.**

If you are in school, you are expected to be at practice. IF HAVE EARLY COLLEGE, DRIVERS TRAINING ETC. or other school related activities and come late you must still do the work out on your own.

If you have another spring club sport we may make exceptions on a case by case basis, but Track & Field will need to be the **PRIORITY SPORT.** These exceptions must be worked out in advance with the coach, and you must hold up your end of the arrangement in order to participate in meets.

PARENTS PARTICIPATION:

Please be prompt in picking up your child from practice and meets. If you desire to take your athlete home from an away track meet you must provide a note to the head coach releasing him from responsibility.

The WHS Track & Field program could use help in the following areas:

1. Providing and setting up team tents for the home and away meets.
2. Assistance in running our home meets
3. Assistance with photo/video for the team
4. Communications director & parent liaison for the team.
5. Team boosters & fundraising.

ALL COMMUNICATION WILL TAKE PLACE ON OUR TEAMREACH AP AND OUR WEBSITE WWW.WAIAKEATRACK.COM

Please provide your contact information below. Each parent will need to download the **TEAMREACH AP**, for team communication. Just go to your AP store and download with the code provided below.

Team AP: **WARRIOR TRACK & FIELD** (Code: runjumpthrow)

Our team website: **www.waiakeatrack.com**

Team Email: **waiakeatrack@icloud.com**

Coach Carigon's Phone #: **808-443-6787**