

Dear Winter Track parent:

Your son/daughter has signed up for or expressed an interest to participate in Winter Track for this winter season.

Please read all of the information and return the Rules sheet signature section only.

All athletes must have turned in a completed physical form and emergency form to participate in practice. A Section 7 form of the physical is needed if your son/daughter played a fall sport.

Rules and Expectations for Winter Track Student/Athletes

Practice and practice times

Be in the locker room and changing by **2:30**. Report to the Gym Lobby Area by **2:45**.
We will be practicing at the Middle School on Monday, Wednesday and Firdays.

Keep the following in your locker: Gloves, hats, extra sweats, windbreakers. We practice outside in some very cold weather. Being under-dressed does not excuse you and often leads to injury.

You may NOT leave the school grounds prior to or during practice unless directed by a coach.

Practices will be completed by 5:15. Often practices end even earlier depending on where we are in your training cycle. You may leave campus as soon as your coach gives permission. You may NOT leave the practice area (inside or out) before that time.

If you must leave practice before the team is dismissed as a group, bring all books, clothes, etc. with you to the practice as the locker room will remain locked during practice.

Coaches (not the athlete) make all decisions as to which group (sprinter, hurdler, thrower, etc) you workout with on a given day. Remain with the group you are assigned, unless coach tells you differently.

Activity buses arrive around 5:35-45. 5:15 when we are at the middle school. Remain in the locker room/hallway area until that time. You may want to arrange carpools with other teammates in your neighborhood since you may be finished with your workout an hour before the Activity Bus arrives.

Attendance/lateness

Attendance at **ALL** practices and meets is mandatory. If you are in school, you are expected to be at practice. *Excessive "missed practices" will result in removal from the team.*

“Missed practices” are defined as any absence from practice (illness is a missed practice *unless* a signed doctor’s note – not just a parent -- is provided).

Acceptable reasons to not be at practice:

- Family vacation (I must be provided with a parent note before the trip)
- School trips (You must tell me at least one day before and if you return from trip prior to end of practice you are expected to report in)
- Appointments (note *from person requiring the appointment* must be signed).
- If you are getting extra tutoring or taking a test after school, bring a signed note from that teacher and report to practice immediately.

Unacceptable reasons (“missed practices”) include -- but are not limited to:

Work
Babysitting (work or siblings)
Homework
Job interview
Detention
Transportation issues (call a teammate)
Injury (report to coach first then to the trainer)

Please note where **Winter Break** falls this year. We will hold practices during this time and there may even be meets held over this time period.

You must be in school prior to 8:00 am in order to practice or participate in a meet unless the lateness is excused (dr. appointment, funeral, etc). Overslept, not feeling well, car trouble are NOT excuses for lateness to school

Unexcused absence from practice the day before a meet will remove you from competing in that meet.

Injury

You must get a coach’s permission before going to see the trainer. Report directly back to the coach after being released by the trainer. Communicate trainer’s instructions to your coach upon return.

Do not spend time at trainer’s room unless required by the trainer or coach. Visiting / “hanging out” at the trainer’s is forbidden.

Meets

You must travel to and from all meets with the team. You may leave a meet early (if all of your events are completed) if you are taken from the meet by a designated parent/legal guardian and a signed note has been given to your head coach or athletic director the **24 hours before** the meet. This is a PGSD policy and is non-negotiable.

General Rules

- Only school issued locks are permitted and must be used.
- **Lock your locker!** We recommend that you do NOT bring any items of value to practice or the locker room.
- **Cell phones, ipods, and headphones are NOT permitted to be used or worn at practices.**
- School issued uniforms must be worn at all meets.
- Follow all coaches' directives.
- Our warm-up routine is vital and must be followed and taken seriously.
- Stay away from areas you are not assigned to. Do not "visit" other athletes. Stay with the group you are assigned.
- **You are responsible for all school issued equipment.** Report missing/damaged items. If your lock, sweats, or uniform is lost or missing you will be expected to pay the replacement cost. The coach will record the number of the item given to you and that item must be returned in the given condition, barring normal wear and tear.
- **Do not cut or alter the school issued sweats or uniforms in any way.**
- You may NOT enter *any* part of the building other than the locker room/gym area unless accompanied by a coach (no getting snacks from vending machines).

Violent behavior, illegal activities, as well drug and/or alcohol use will not be tolerated. If you are found to have participated in drug or alcohol use as well as violent and other illegal activities *in school or out of school*, you will be suspended from all team activities for a period of 30 schools days for the first offense. Please review the district policy on this as it will be followed.

At practices and meets your behavior must be controlled and respectful and sportsmanlike. Disrespect to coaches, officials, and other athletes will not be tolerated.

Summary of Team Rules

To make rules that are inclusive of all situations is a difficult and unwieldy endeavor. Therefore, in summary please sign and return the last page of this packet after reading the pledge below and reviewing it with your parent/guardian:

- I pledge to act responsibly and follow all rules outlined on the preceding pages *as well as any that are included in the school handbook*
- Any actions unbecoming a Pottsgrove student/athlete may result in disciplinary action up to and possibly including removal from the team.
- I am aware that my actions **in the school/team setting and outside of it** are open to review under this policy.
- I realize that I represent this team and Pottsgrove; therefore, as an athlete, I am very much within the eye of the community. I will bear this in mind when making any decision that may jeopardize my reputation or my teammates' reputations.

Athlete Printed Name: _____

Athlete Signature: _____

Parent Signature: _____