

EDISON TRACK & FIELD BOYS TEAM POLICIES

I. PRACTICE:

- A. All team members are expected to be at every practice. If there is an excused absence the Head Coach will decide if the athlete is eligible to compete in the next meet.
- B. Practice takes place daily. In the case of rain, the team WILL practice. Dress accordingly.
- C. If you are going to miss practice, present a note to Coach Powell at the start of practice (into the excuse box). A note from a parent will excuse an absence. If you are late to practice you must bring a note from the teacher/counselor that detained you in order for it to become excused. Excessive absences or tardies, EXCUSED OR NOT, will result in the athlete being dropped from the team (see below). If you cannot make the necessary commitment to the team ... don't come out for the team. Serve your detentions & meet w/teachers when practice is not scheduled, whenever possible.

Unexcused Absence	1.0 point against athlete
Excused Absence	0.75 points against athlete
Unexcused Tardy	0.75 points against athlete
Excused Tardy	0.50 points against athlete
First & last name, date, and if late, the time, must appear on the note: signed by a adult . No note will be handled as an unexcused absence. If an athlete reaches 10 points during the season he will be dismissed from the team. Attendance tracking will start on January 14 th .	

- D. All athletes must dress for every practice - No exceptions. If you are injured, ill, or have a written excuse from your parents, you will still dress out but the extent of your participation will be determined by you and your event coach.
- E. The whole team will stretch together to start practice. Proper and thorough stretching is essential to ensure maximum mobility & injury free practice and meets.
- F. Team members should be dressed and on the field ready for practice by 3:20 PM. Practice will start promptly at 3:30 PM. Anyone who arrives after 3:30 PM is considered tardy.
- G. After any roadwork, report promptly to your coach.

II. WEIGHTS:

- A. All athletes are encouraged to lift weights. The boys track program has reserved time in the weight room.
- B. Everyone who uses the weight room should be on a program - not just lifting without proper guidance and supervision from a coach. See your event coach. If no program is provided by your event coach, see Coach Powell.

III. ROADWORK:

The following rules for running workouts on the roads should be strictly observed by all athletes for their own safety.

- A. NEVER RUN ALONE
- B. Always run on the sidewalk.
- C. Never challenge a car or driver. Remember the "rule of bigness".
- D. Misconduct on the roads will not be tolerated. Remember who you are & whom you represent.
- E. Always report any unusual occurrences immediately upon your return to the track.
- F. Always check in with your event coach when you return to the track.

IV. MEET DAYS

- A. C.I.F. allows an athlete to compete in a maximum of 4 events. The coaching staff will utilize the athlete's talents to benefit 1) the team and 2) the individual. IN THAT ORDER.
- B. A track meet is like a 10 ring circus with many chores to be done. Every athlete is expected to help make sure that the meet runs smoothly. Be willing and happy to assist.
- C. Your level of competition will/may vary from meet to meet.
- D. All athletes are expected to stay until the end of every dual meet. There will be a brief meeting following the final event. Parents please note this and be cooperative. Very few exceptions will be allowed. Attendance will be taken this year at the end of every meet. See point system above.
- E. Athletes are permitted to leave an invitational meet following their last event provided they check out with the Head Coach.
- F. Athletes are expected to provide their own transportation to selected invitational meets (check with Coach Powell). This allows them to leave after their last event.

- G. All athletes will travel to away dual meets and selected invitationals on the bus or van provided by the school. All athletes are permitted to go home with **their own parents** following the team meeting that takes place at the conclusion of every dual meet. In order for an athlete to go home with a parent other than his own, or with another student, the head coach must have a signed permission form on file, and the parent driver must be cleared through the school as a VIP driver.
- H. If you fail to compete in an invitational that you have been entered in, you will be held responsible for the entry fee and the accompanying discipline.
- I. Any athlete who quits the team or who is dropped from the team & wants to return to the team in a future year must submit a letter to Coach Powell requesting consideration to be re-admitted to the team.
- J. ANY EXCEPTIONS ARE SUBJECT TO THE HEAD COACHES' DECISION.

V. ELIGIBILITY FOR AWARDS

In order to win any end of season award, the athlete must meet the following criteria.

- A. The athlete must complete the season. Anyone who fails to compete in an end of season meet for which they qualified will be considered to have quit the team - NO AWARD
- B. To earn a VARSITY LETTER an athlete must
 - 1. Track & Field is a team effort, and therefore any athlete expecting to make the varsity team must commit to competing in the following meets:
 - a. All league competition (dual meets and league finals)
 - b. All C.I.F. competition
 - c. Surf City Invitational
 - d. Arcadia Invitational
 - e. Orange County Championships
 - 2. Earn 15 points in Varsity competition.
 - a. Competing in an invitational at the Varsity level will earn an athlete 1 point per event.
 - b. Scoring in a dual meet is 5 - 3 - 1
 - c. A Frosh/Soph athlete can earn Varsity points by running at the Varsity level OR by winning a Frosh/Soph competition with a time or mark that would have scored points in that day's Varsity competition.

OR
 - 3. Qualify for League Finals at the Varsity level AFTER having competed in at least 50% of the team's meets.
- C. The coaches will take into consideration any athlete who competes at the Varsity level in 66% of our meets yet fails to score 15 points.
- D. All 4 year performers in the sport will have earned a Varsity letter.

VI. RESPONSIBILITY OF TEAM MEMBERS

- A. All team members are expected to treat each other with courtesy and respect.
- B. All team members are expected to treat the entire coaching staff (boys and girls) with courtesy and respect.
- C. Team members are expected to attend every practice, every dual meet and every invitational they are entered in unless excused by Coach Powell.
- D. Any circumstance which prevents a team member from attending a practice or meet must be reported to Coach Powell as soon as the athlete knows that he cannot attend.
- E. All athletes are required to report all injuries to their event coach. (Note; sore muscles, blisters and minor bruises etc. are pains - not injuries) See the trainer.
- F. Team members must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of any individual team member.
- G. Violations of any team policy will be reviewed by the coaches and penalties will be assessed as the staff sees, **Further more any behavior not listed on this contract yet deemed to be detrimental to the team will not be tolerated.** At anytime during practice or a meet a coach may ask an athlete to leave for such behavior. If at any time after that the athlete continues his behavior that is detrimental to the team he will be dropped from the team.
- H. Athletes, who quit the team or have been dropped, are expected to return any/all school issued equipment within 48 hours.

Athletes are expected to conduct themselves in a manner reflecting credit upon themselves, their coaches, their parents, and their school. It is expected that all athletes will act according to the high standards that are expected from all Edison High School students. It is, of course, impossible to identify and list all possibilities for the many infractions that could result in disciplinary actions in a sport contract. We have tried to specify as much as possible, but we are aware of the limitations. There will be some student/athletes who will search for ways to get around the "letter of the law" and this WILL NOT BE TOLERATED. We expect our athletes not only to observe the letter of the law, but also to

integrate the spirit represented by this contract. Athletes who cannot or will not manage this will be dropped from the team.

RETURN JUST THIS SHEET SIGNED BY BOTH PARENT/GUARDIAN AND STUDENT

To the coaching staff:

I have read and understand the Team Policies of the Edison High School Boys Track & Field program. I agree to abide by these policies and realize that I may be asked to leave the team if I am unable to comply.

ATHLETE: _____
(Signature)

PARENT OR GUARDIAN: _____
(Signature)

DATE: _____