

ATHLETIC TRAINING RULES

Track and Field

If you wish to be part of any team at GPLHS, you must be eager to work together, to work hard, to excel at your greatest potential, and to consistently model your Christian faith. That takes dedication! Most people are not willing to make the sacrifices necessary for that type of dedication. **You are not most people!** You are the few! You are dedicated and you are willing to make the necessary sacrifices that produce success. Agreeing with and obeying training rules is simply part of the dedication you already possess.

I. The Use or Possession of Alcohol, Tobacco, or any other Controlled Substances

For a complete listing of GPLHS's policy on controlled substances, refer to the *Student Handbook*.

II. Parties

If you are at a party where the training rules are being broken, leave immediately. Your presence alone **may** be considered a violation. Please do not place yourself in an incriminating situation.

III. Excuses

- A. Athletes are expected to attend all games and practices. Permission to be excused **must** be obtained from the coach (or athletic director when the coach is not available) **well before** the practice. Here are some examples of excused absences: driver's tests, doctor appointments, and funerals. Injuries and illnesses will be excused **at the coach's discretion. (Speak with your coach before you leave school due to an illness.)** Vacations, hunting trips, and simply leaving on the weekend to get home earlier are **generally unexcused absences unless they are family-planned.**
- B. Point of Emphasis: Under normal circumstances, all athletes are expected to stay for the entire meet to cheer on their teammates. Parents should talk to the coach if an early departure is absolutely necessary.
- C. An athlete will lose participation because of an unexcused practice OR BEING TARDY to practice and will be suspended for one meet if there is a second unexcused practice. Missing a meet without being excused will result in a one meet suspension.
- D. If a player is at school at 3:30, he or she must report to the coach personally if he or she is going to miss practice. If you know ahead of time, tell the coach before lunch time.
- E. A practice must never be missed without notifying the coach **personally** beforehand. Otherwise you are unexcused regardless of the validity of the excuse itself.

IV. Eligibility

- A. Refer to the *Student Handbook* for eligibility requirements.
- B. **Academics come first!!** Players must not let their grades or classroom behavior fall below an acceptable level. Players declared ineligible will not necessarily be reinstated to the team at a later date. If your grades fall below an **acceptable** level, you may be given a two hour required study hall during practice.
- C. In order to compete or travel with the team a player must be in school by chapel. Friday's attendance has no impact on Saturday meets.

V. Conduct

- A. Athletes are to give their coaches the utmost cooperation in all matters. Each player is expected to show a consistent and maximum level of cooperation and effort.
- B. Show respect for meet workers, officials, and other athletes.
- C. DON'T BE LATE! BE EARLY!!
- D. Unsportsmanlike conduct in a meet will result in the loss of attending the next meet.
- E. Remember you are the light of the world, the salt of the earth. You not only represent yourself, your parents, your coaches, and your school; you also represent your Savior. Therefore, any **misconduct** during meets, during school, before or after school, in or out of season, or even in the summer **may** result in loss of events at a meet up to the expulsion from the team. **Misconduct** may be defined as, but is not limited, to the following: being kicked out of class, receiving detentions, breaking curfew, vandalizing property, stealing, truancy, violating any school rule, (dress code – “present yourself in a modest manner”), violating any civil law or ordinance, being dishonest with coaches, arrest etc..
- F. The team travels to and from meets on the team vehicle. Players may leave at the completion of the meet with their parents or another adult as long as *written permission* is obtained. Please use the *Transportation Permission Form*.
- G. Drink pop in moderation! (12 oz. per day) **Refrain** from drinking pop 48 hours before meets and listen for any further restrictions throughout the year.

VI. Curfew

- A. Dorm Curfews – 10:15p Freshmen and Sophomores; 10:45p Juniors and Seniors
- B. The night before a meet, the same – failure to comply may affect participation.

VII. Dress Code

Attire during school and practice must be appropriate and in keeping with the school's dress code. Spandex may be worn under shorts but not as a single item of clothing. Tops should cover all undergarments. Avoid wearing shirts with enlarged or ripped arm-holes.

VIII. Independent Participation

- A. Athletes are asked to refrain from rollerblading, ice skating, snowmobiling, and skiing for a period of 72 hours before a meet. In addition, SDHSAA prohibits the participation in non-school running clubs during the school season. Athletes must notify the coach of any independent participation.
- B. In an attempt to help student athletes succeed in track and field as well as the classroom, participation in other organized athletic events is highly discouraged. Coaches are concerned with student athletes stretching themselves too thin and not being able to give 100% to the team and the classroom. Parents are encouraged to talk to the coach for specific situations.

IX. Season Length

The track season starts on March 2 and ends on May 30, 2020. If you are fortunate enough to qualify for the state track meet, you will be required to stay in Watertown the week between the region meet and the state track meet. Staff will assist you to make housing arrangements for that week.

**By signing this form, you are making a commitment to yourself,
to your coaches, and to your teammates.**

I support these rules and agree to obey them.

Player's signature _____ **Date** _____