

MADISON TRACK RULES AND EXPECTATIONS

2017

1. Show up to practice on time. If practice starts at 3:00, be there 5 minutes early.
Consequence for tardiness: extra running
 - A. If this is a continual problem, you and I will have a meeting to discuss your future on this team.
2. When we travel via bus, show up on time. The bus will not wait for you if you are late.
Consequence for tardiness: We will have left, you figure out what happens.
*If this is a continual problem see 1A
3. Show up to practice. Unless you have a doctor's note, medical appointment or a family emergency you must be at practice. However, if you are not at school, you cannot practice.
Consequence for 1st Unexcused Absence: 6:00 a.m. practice for you
Consequence for 2nd Unexcused Absence: 6:00 a.m. practice for you,
And lose next meet of eligibility
Consequence for 3rd Unexcused Absence: Don't let the door hit you on the behind
4. Complete all workouts. The only way to get faster, farther, higher is to practice consistently.
Consequence for skipping workout: 6:00 a.m. practice for you
Consequence for continued offenses: Don't let the door hit you on the behind
5. Spring Break. We will be having practice over Spring Break. It occurs Friday March 31st through Sunday April 9th. If you are in town, you will be expected at practice. The only way you will be excused from practice is if you have a note from your parents stating that you will be out of town (and you actually are). We do have a meet the Tuesday we get back (11th vs. Whitmore Lake/Summerfield). Be prepared!
6. If you are at school but are going to miss practice for an excused reason, you alone must tell me. Do not give the info to another person and expect them to give me the message. I need to hear it from you. (i.e. excused=doctor appt. unexcused="I don't feel good")
7. **Athletes must stay for entire dual meet. You may not be signed out until after warm down.**
8. You must ride the bus to all meets unless you have special prior(day before preferably) permission from the Athletic Director. You may ride home with a PARENT only after the meet with written verification. (No uncle, cousin, boyfriend/girlfriend)
9. Prom is Saturday, April 29th. We have a meet Friday, April 28th. Please arrange tux/dress/etc. plans so they won't interfere.
10. Spring Sports Awards are Thursday, June 1st. You must attend to receive any awards.
11. VARSITY LETTER REQUIREMENTS-
 - A. 10 Points Minimum
 - B. I reserve the right to make the final decision (i.e. veterans).
12. Uniforms and Warmups
 - a. Are **NOT** to be worn to school or other places except on the day of a meet. Do **NOT** let your friends wear them around.
 - b. Will be collected Thursday June 1st after the Spring Sports Awards. (State Qualifiers will turn in equipment Wednesday June 7th.) Athletes will be charged for damaged/missing/late equipment.
13. **If injured, you are expected to be at practice unless you are receiving therapy for the injury (Discussed, approved, coordinated ahead of time).**
14. Senior skip day(s). If you are planning on skipping, you must be at school half the day and you must practice in order to compete the following day.
15. You may NOT drive down to the track for practice. You may drive to the edge of the new parking lot.
16. Please don't wear your spikes in the school.
17. Music off, earbuds out when your coach is talking. **No texting/social media when you are supposed to be doing a workout or drills.**
18. See the Trainer first!!! Before you see a doctor, see the trainer first. If she feels you need to see a doctor she will advise/refer you. Please communicate all limitations or doctor's orders to the trainer.