

2010 DELTA WOODS TRACK HANDBOOK



Boys' Team

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Girls' Team

Head Coach:

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Gator Track 2010 Notes and Guidelines

Welcome to the Delta Woods Track Team. The following information can and should be used by both the player and the parents as a guide to Gator Track. The information in this packet was written to inform the student-athletes and their parents of the expectations the Delta Woods Track program has for the 2010 season.

Academics

As a member of the Delta Woods Track Team, the student-athlete will be expected to maintain satisfactory academic progress throughout the season. Grades will be checked periodically throughout the season. During the season, a student-athlete who has a “D” or an “F” in any class will be required to report to a designated classroom at 7:40 am on Mondays and Wednesdays for a study hall. **Any athlete that is unexcused from their assigned study hall will have to make-up the study hall or accept the consequence of an unexcused practice. Athletes must raise any failing grade in order to participate in track meets.** Delta Woods Track promotes the student-athlete.

Drugs/Alcohol

All school policies and rules in the code of conduct apply to track. No one will be permitted to use any form of drugs or alcohol. If there is any association with drugs or alcohol, the student-athlete will be subject to dismissal from the team.

Behavior

Participating in athletics is a big responsibility. It is important that you represent yourself and the track program in a positive manner. Non-athletes sometimes do not understand how behavior plays a role in an athletic program, so do not fall victim to peer pressure. Always remember that as a member of the Delta Woods Track Team, you are representing yourself, your teammates, your coaching staff, and your school. Take pride in who you are and what Gator Sports stand for.

People make mistakes. The coaching staff understands this. However, since track is an extra-curricular activity, track athletes must abide by the team's guidelines for behavior. If classroom and/or hallway behavior is a problem, there will be consequences. Punishment may vary based on the severity of the behavior, but the following can be used as a general rule:

1. A detention will result in extra conditioning and a conference with the coaches.
2. Once the punishment is completed, there will be no more discussion about the detention.

If a player's behavior becomes such a problem that they are referred to the office, the following consequences may occur:

1. 1st offense—extra conditioning and a conference with coaches.
2. 2nd offense—extra conditioning, conference with parents, and a one meet suspension.
3. 3rd offense—DISMISSAL FROM TEAM.

The Gator Track team needs leaders . . . individuals that have the guts to do what is right.

Practice Information

Practices will be held according to the calendar that is in the front of this packet. It is very important that the athletes have a ride to pick them up when practice is over. Rides should be at the back of the school no later than 15 minutes from the end of practice. Please take note that all practices end at 5:00 pm.

The athlete is responsible for all of their issued uniform and sweats. **Issued uniform and sweats are only to be worn for competitions.** If any part of the attire is lost, the player will be responsible for replacing it at cost. Also, the coaching staff is not a maid service. Any articles that are left out after practice or meet will result in extra conditioning. Make sure that you have everything before leaving the track and the locker room. Track athletes will be issued a locker for the track season. This locker will be big enough to keep belongings, except for an occasional band instrument. If something of value will not fit in a locker, please see a coach about storing in the locker room office.

Track athletes are expected to be dressed properly for practice. Practice gear should include the following: t-shirt and shorts, sweats, running shoes, stocking cap and gloves. Track athletes will be expected to be at all practices. When an athlete misses a practice, it is a major concern of the coaching staff. In order to be successful in track, athletes need to be at practice everyday. The coaching staff realizes that there are some instances in which an athlete would need to miss practice. If an athlete has an unexcused absence, the athlete is expected to do conditioning on their own time. If the absence is unexcused, the following will occur:

1st offense—extra conditioning.

2nd offense—extra conditioning and a meet suspension.

3rd offense—dismissal from the team.

Excused absence: Any practice missed that the head coach knows about and is approved of prior to the absence. This would include any absence from school due to illness.

Unexcused absence: Any practice missed that the head coach is not aware of and/or does not approve of prior to the absence. If you are going to miss for any reason, you must notify the head coach.

Parents

Parents are welcome at Gator Track practices. We understand the amount of time and effort that parents give to their children so that they can participate in extra-curricular events. In order to maintain a sense of purpose and unity at practice, the coaching staff is requesting that any parent who wishes to watch practice stay either in the bleachers or in the parking lot. For liability reasons, no one is permitted to be on the track or field or the practice field. We hope you understand our reasoning behind this policy and that you will help us keep our practices “open”, so you can watch.

The coaching staff realizes that from time to time, a parent may want to visit about their son/daughter. If there is a concern, please feel free to contact Coach Koch or Coach Hackett. Conferences will be held after practice has ended and the athletes have left the locker room. Unless there is an emergency, please do not expect a conference during practice hours.

Gator Track will be based on trust. We want the athletes to look to the staff for direction and leadership with 100% belief in our system. We want the athletes to trust one another and to do what is best for the whole (the team). Please encourage your son/daughter throughout the season. This experience will be quite a challenge, and they may need your support and understanding.

Delta Woods Track Informational Packet

This packet needs to be read by both the student-athlete and his parent/guardian. This sheet needs to be turned in to the head coach by March 5th.

I have read the Delta Woods Track Informational Packet and understand the information that is contained within it. Furthermore, I agree to abide by the rules and guidelines that are set forth in this packet while I am a member of the Delta Woods Track Team.

Student-Athlete's Name (Print): _____

Student-Athlete's Signature: _____

I have read the Delta Woods Track Informational Packet with my son/daughter and understand the information that is contained within it.

Parent/Guardian's Name (Print): _____

Parent/Guardian's Signature: _____