

2020 OAKMONT TRACK AND FIELD TEAM RULES

All student athletes are expected to read this packet completely before tryouts and be ready to meet each and every obligation stipulated to make the team and remain on the team for the entire season. To receive your uniform the last page of this document should be removed, signed, and returned.

*EFFORT and FOCUS is
what we demand!*

OAKMONT TRACK & FIELD

Team Rules

When/Where We Meet:

- We practice every school day – Rain or Shine at 3:00 (to about 5:00). Do **not** be late!
 - We will meet in the stadium every practice – weather permitting.
 - If it is raining we will meet in the quad under the awning.

Necessary Paperwork:

- You need to complete all the necessary athletic paperwork prior to the first practice. (A physical and online clearance paperwork.) You will be given a *Ticket to Tryout* from the office to bring to Coach Bohren or Coach Enrico prior to tryouts.
- Once you are cleared in the front office you will also need to turn in one additional item to the Coaching staff before receiving your uniform. You cannot travel or compete until it is turned in.
 - The last page of this packet needs to be signed and returned.

Tryouts:

- We will be conducting tryouts the week of February 11.
- To make the team you must do each of the following...
 - Have all your paperwork turned in with the office, and show up the first day of practice with your *Ticket To Tryout*. (Those not cleared will not make the team.)
 - Come to each practice dressed to workout (unless injured) on time.
 - By the end of the first week you must demonstrate your ability to do each drill properly, and demonstrate a level of effort and focus that does not detract from the team's goals. **As you move forward through the season we will expect this to continue in order to remain with the team.**
 - All fines must be cleared with the office – including uniforms returned from other sports.
 - You must demonstrate through your effort and focus that you are serious about doing your best every day to help yourself get better and the team success. As you move forward through the season we will expect this to continue in order to remain with the team.
- If you do not make the team one of the head coaches (Coach Bohren or Coach Enrico) will notify you in person. The final roster will be determined by effort and focus – not ability.
- All Winter Sport athletes will be allowed to join at the conclusion of their sport. At that time they too will be granted one week to tryout.

To join the team after the season has begun:

- If an athlete wishes to join the track team after the start of practice they must do so after the week of tryouts but before the first league meet.
- These athletes will be given a two-week tryout during which time they must meet all the requirements of the original tryout. Only after they make the team will they be given a uniform and allowed to compete.
 1. This does not apply to athletes who are participating in a winter sport and finish that season before participating in track.
 2. This also doesn't include students who transfer to Oakmont once the season has begun.

Attending Practice:

- Your attendance at practice is required. Athletes who miss **3 practices** without prior communication may be asked to turn in their uniform.
 - Practice runs from **3 - 5 pm Monday - Friday**. Athletes are expected to stay for the entire practice. There is a **5:45 pm bus** for anyone who needs transportation.
 - Too much homework is not an excuse. Your teammates have homework too! We want you to do well in class, so come to practice and ask the coaches when/if you might be able to leave early. The coaches understand your needs, but joining this team is a commitment.
 - If you come to practice late with a note from a teacher explaining you were making up a test, or getting help in class it will be excused.
 - If you are late to practice without a note from a teacher, you are expected to warm-up before joining your event. If this becomes a recurring issue you may be asked to turn in your uniform.
 - If you forget any part of what you need to participate in practice you are still required to come to practice and check in with all your event coaches, before you may leave. If it happens three times we will ask you to turn in your uniform.
 - Athletes are expected to check in and out with *all* their event coaches every day. Failure to do so may result in removal from the team.
 - If you do not feel well after school we still need to see you (within reason). Do not simply head home. Communicate with your coaches directly about what is happening and let us tell you to go home and rest. If you are home ill – please email to notify coaches before practice that day. If you are ill, we do not want you at practice getting others sick. (Do not have a teammate talk to the coaches for you)
 - Athletes not participating due to injury must report to practice so that coaches may learn of your healing progress. You could also be asked to help the coaches during practice or meets with timing, equipment set-up, or clipboard duty. You are still part of the team.
 - Athletes must communicate with an on-campus coach during the school day prior to go to the athletic trainer. Immediately after school: athletes should change and go straight to trainer, then out to practice with a note

- Excused absences from school are excused absences from practice. Please email to communicate with your event coach prior to practice that day.

Medication

- If you use an inhaler, epipen, or any other type of prescribed medication you must carry it on you at all practices and on race days. Failure to have your prescribed medication with you will result in you not practicing/ competing until you bring it.
 - All medication must be on your Cleared Slip.
 - Athletes are not allowed to share any medication (prescribed or over the counter).
 - Coaches are not allowed to give over-the-counter medication to any athlete for any reason.

League Meets and Invitationals:

- Your attendance at League Meets is **REQUIRED**. If you cannot be in attendance, you need to communicate with your event coach at the latest the week prior to the meet. Athletes who miss a League Meet without prior communication may be asked to turn in their uniform.
- Your attendance at Invitationals is optional. You are expected to arrive **90 minutes prior** to your first event. However, if you sign up to go and do not show: 1st time you miss the next invitational, 2nd time you may be asked to turn in their uniform.
- Athletes will be entered into meets based on:
 - Communication of availability/ desire to compete in events via Google Classroom
 - Coach's determination if athlete is healthy/ injury free, conditioned & skilled enough to compete safely

Transportation:

- When transportation is provided by the school all athletes competing must arrive to the meet on school transportation. If you are not on school transportation, you **WILL NOT** be allowed to compete.
 - Be at the bus 15 minutes before departure. If the bus is moving, we will not stop.
 - Parents may sign athletes out at the school tent once the athlete is done competing and cooling down.
 - Athletes may only leave with their parents/ guardian. You are not allowed to sign out other athletes.
- If there is no school transportation provided, athletes are responsible for getting themselves to the meet. If you've signed up to compete, you are expected to be there and participate.

Two-Sport Athletes:

- Absences by two-sport athletes will be excused as long as they are competing in their other sport that day.
- Athletes are still required to attend track practice and check in with their event coaches on days their other sport does not compete – unless cleared prior with your event coach.
- If you don't show up to track practice after your other sport's practice you will be asked to turn in your uniform.
- On days we compete you are expected to be a "Track Only" athlete – unless there is a game in the other sport too. In which case we need this communicated ASAP.

Dress Code:

- During Practice: Shirts on at all times in the stadium unless the coaching staff determines that it is 95 degrees or hotter, or conditions are such that removing shirts is reasonable. You should dress appropriately for the weather – because we will practice in the cold, heat, wind and rain. Athletes may not be practicing if not dressed appropriately
 - Warm ups (pants) are required at the beginning of practice
 - Proper running/ training shoes are required
 - Note: Shirts are required at all times for high jump and pole vault. When in the stadium, no listening devices will be allowed. This is for safety! (You need to know if a discus is heading your way.)
- When traveling: All athletes must wear their "meet day shirt" or team warm-ups. You need to dress like you are part of the team. We are proud of our program and we show it – no exceptions. Athletes will be refused entrance onto the bus or van otherwise.
- When competing: You obviously need to be in uniform.

Sportsmanship

- The Vikings have a positive reputation because we have practiced and competed with good sportsmanship, dignity, and class in the past. Everyone is also required to continue to do so in the future. Leaving practices or meets without being excused, mouthing off, or showing disrespect to other athletes, officials, or coaches will result in removal from the team.

Do not test this one!

Uniforms & Warmups

- Uniforms, Meet Day Shirts, & Warm Ups will be issued to all athletes on the team after tryouts and who continue to follow team rules.
- Uniforms are to be turned in (in the stadium) within 7 days from the date when your competitive season ends.
- You will be fined for any part of your uniform that is lost or damaged.

Suspensions & Detentions:

- To be part of this team you need to be at practice. Students who are suspended from school will be asked to turn in their gear. You represent this program, your teammates and your coaches – do not give this program a black eye.
- Detentions count as late to practice. You are expected to be at practice on time. If detention is reoccurring the student/athlete will be removed from the team. Failure to report to practice following a detention will count as an unexcused missed practice and immediate removal from the team.

How Can I get Back on the Team Once Removed?

As coaches we want to work with those athletes who show the biggest commitment to our team (effort and focus!). That said, we do understand that high school kids make mistakes. For that reason we want to give an athlete the chance to earn their way back onto the team. To do so, they must complete the following...

- Return a completed grade check that has been signed by each of your teachers.
- If you were already issued a uniform (or piece of equipment), you must return all parts until it is determined that you are going to be allowed to re-join the team by the coaching staff.
- You must practice two weeks straight without incident regarding your effort, focus, or attendance at practice.
- This is a one-time opportunity. If you are removed a second time, there will not be another opportunity to join the Track Team until next year.

Track and Field Team Rules Agreement

I _____ understand and agree to the rules

(Student-Athlete's Name)

described in the Track handbook found online. I have read and accept the ramifications of breaking these rules as they apply to all members of Oakmont High School Track and Field Team.

Please Initial

_____ I will demonstrate through my effort and focus that I am serious about doing my best every day

_____ Practice runs from **3 - 5 pm Monday - Friday**. Athletes are expected to stay for the entire practice. There is a **5:45 pm bus** for anyone who needs transportation.

_____ I will communicate with my coaches directly what is happening if sick

_____ If injured I will report to practice so that coaches may learn of my healing progress.

_____ If I use an inhaler, epipen, or any other type of prescribed medication I must carry it with me at all practices and on race days. Failure to have my prescribed medication with me will result in not practicing/ competing until it is in my possession

_____ When transportation is provided by the school I must arrive to the meet on school transportation. If I am not on school transportation, **I WILL NOT** be allowed to compete.

_____ I may only leave with my parent/ guardian. I am not allowed to sign out other athletes.

_____ I may not be allowed to practice/ compete if not dressed appropriately (running/ track shoes, warm ups, uniform)

_____ I may not be entered into meets if I don't communicate and Coach determines that I am not conditioned & skilled enough to compete safely

Athlete's Signature X _____ **Date:** _____

Parent's Signature X _____ **Date:** _____

Please describe any **special needs/ considerations** that the coaches should be aware of.

Please sign and return to Coach Enrico or Coach Bohren in order to receive your uniform.