

Southridge Track and Field

Athlete Contract - 2019

Team Agreements

As an athlete of Southridge Track and Field, participation is a privilege. Choosing to participate you agree to the following:

- Be in class on time everyday ready to learn. Excuse all appointments prior to absence. Attendance in school is mandatory for athletic participation as well as grade requirements. **If you are sick and absent from school for the day, you are not eligible to practice or compete. If you have an unexcused absence in a class, you are not eligible to practice or compete.**
- If athlete is on a grade contract with the athletic director, they will be expected to attend the activities/athletics study table group on Wednesdays at 1:15pm.
- Practice is Monday - Friday 2:50 - 5:30 - Some athletes may be done earlier depending on their specific events. Meets are typically on Wednesday. Practice and Meets are not optional. **We do expect that during the season if you are involved in other extracurricular activities that Track and Field is your priority.**
- Be on time to all team practices, bus departure for meets, and team functions. Practice and meets are not an option. We understand that emergencies come up. If an athlete is unable to attend a practice or meet for any unforeseen reason (illness or emergency) contact event coach immediately. **Coaches reserve the right to hold an athlete out of a meet due to missed practices either excused or unexcused. Athletes must complete their training prior to meet in order to compete.**
- Communicate absence at least the day before or morning of practice or meets. If there is not appropriate communication the athlete will be held out of competition. Telling a fellow athlete that you will not be at practice is not an appropriate way to communicate. If absence or lack of communication continues, the athlete will be asked to turn in their gear. We do expect all student athletes to plan their time wisely to ensure both academic and extracurricular success. **Communication is key!**
- Complete the entire practice plan and check out with your coach **before** you leave practice.
- Check with coach before going to the athletic trainer. **There should be no one in the training room prior to practice.**
- Gear required: running shoes, athletic shorts, t-shirt, sweats and sweatshirt/jacket. Stocking hats and gloves are great. **Put your name on your clothing. Lock up your belongings in the locker room.**

- Dress down in athletic clothing and shoes for every practice and be prepared for the weather. We practice in all weather conditions except lightening. If school is closed for weather, there is no practice.
- Do not use alcohol, tobacco or drugs OR be in a situation where it's happening. **I have signed the Southridge Athletic Drug and Alcohol Policy and understand the consequences.**
- **Ride the bus to and from the meet as a team.** Only exception for those athletes that attend other schools. Be in team uniform on bus to meets and during team warm-up. JV athletes may check out with a coach after their events if going home with their parent. In the rare circumstance an athlete may drive themselves to a meet, a call or note from the parent explaining the situation is required at least one day in advance. Students are not allowed to drive other students to or from school sponsored meets.
- Help set up and take down equipment used to host home track meets. Athletes are expected to stay to the end of all meets and cheer on teammates. We will have a team meeting after each meet. If there is an emergency and must leave early, check with event coach before you leave.
- Event coaches will determine meet entries for all **varsity** events. JV athletes may pick events (up to 4) that they would like to compete in.
- Behave in a manner that represents you, our team, school and community well in person as well as online. Athletes must understand that their actions, words, and pictures have consequences. Athletes agree to the expected standards set forth by school and team.
- There is a zero tolerance policy for hazing and/or bullying behaviors directed at others.
- Be a supportive teammate and positive member of the track and field program by being coachable, encouraging teammates, attending team functions and participating in fundraising. Enjoy eachother!
- Invitational track meets are for selected team members only. Typically these meets are on Friday or Saturday.
- Take care of the uniform issued and return all gear at season's end. Athletes are responsible for the numbered uniform that was issued to them. Replacement costs if lost is \$240.00.
- Compete in all events you are entered in. If you feel you are unable to compete due to sickness or injury, communicate with your event coach, he or she will determine if you should compete or be scratched from the entire meet.
- Bring concerns or ideas to Coach Rife. Healthy communication is necessary for the success of the team and individuals.
- Team communication will be done through:
 - Website: www.southridgetrack.org
 - Instagram: @southridgetrack
 - Athletic.net www.athletic.net
 - Email: Make sure your email in synergy is correct (both athlete and parent)