

Casteel Jr. High Track Team Expectations

Attendance

Once the season has started, every second counts as we prepare for the upcoming meets. All team members must be present and prepared for every single practice if we are to be successful individually as well as a team. **Attendance to all practices is required.** If any player has two unexcused absences they will meet with coaches to determine what action will take place. Athletes who do not attend practice will not compete in meets and excessive misses will result in removal from the team. Practice starts at 2:40 every day and will end as close to 4:00 as possible. If an athlete will be late for academic or other excusable reasons it will not be held against them as long as a **parent** contacts a coach **before** the practice.

Education

Our coaching staff believes that the first part of a student athlete is more important than the second. All athletes are expected to be eligible. Progress reports will be handed out so we can make sure no players are having trouble with their grades. There is nothing worse then getting knocked out of a sport by a book.

Behavior

“First Class or No Class.” Our track athletes should not have any discipline issues. They represent Casteel track as well as in the classroom. They should set the example in class and help resolve problems rather than start them. This goes for behavior at school and away from it. Any use of alcohol or illegal drugs is reason for immediate dismissal from the team and will not be tolerated. Any other actions the coaches deem inappropriate may also result in removal from the team.

Team

In order to be successful, all teammates must be supportive and helpful to one another. There is no room for hazing or bullying in the locker room or on the field. To help build our team unity we want all athletes to travel to and from dual meets on the bus. If you have a real problem and need to leave after a meet with a parent, the parent needs to contact the coach **prior** to the meet, and sign the player out with a coach before leaving. **No player may leave a game with anyone but their legal guardian and the meet needs to be over**

Communication

It is important that parents understand the coach's needs as well as the coaches understanding the parents' needs and concerns. With this being said, there are appropriate times when these conversations should occur. First of all, please do not approach the coaches during practice. This takes valuable time away practice when teaching and learning should be occurring. Please wait until the practice is over and we will be more than happy to talk with you. Secondly, after or during meets is not a good time to talk to coaches over concerns. Feel free to come and talk after a practice or email Coach Ross at ross.randy@cusd80.com or Coach Droeg at droegs@gmail.com any time. If it is an issue about how many or what events your son/daughter is competing in, please encourage **them** to come and talk to their event coach first, and the coach will tell him where they stand and what they will need to do to achieve their goals.

The necessary **Mandatory** Fee stuff
This must be done before you can compete!

Track Participation Fee

\$20.00 The athletes are required to pay \$20.00 for track. It must be paid before any athlete can participate in a meet or be issued equipment. They athletes should keep their receipts for when they issue equipment.

Uniforms provided:

Tops and shorts (for meets only)

You provide:

Running shoes

Recommended: black compression shorts(if wanted), shorts for practices and meets

Spikes (for sprinting, jumping, & hurdles) or “throwing” shoes

(Running shoes are needed regardless of your events)

Practice:

Wear athletic gear—**weather** and school dress code appropriate!

Everyday from 2:40 - to around 4:00 out on the track

Expectations Recap:

- Be on time and prepared for every practice
- After 2 unexcused absences you will have a meeting with the Head Coaches
- Be at all track meets and invitationals
- Remain in good academic standing
- Pay \$20 before **Wed. April 3rd** (pay to the bookstore)
- Perform each workout given to you to the best of your ability
- Communication with Coach Ross or Droeg about any extenuating circumstances
- Work your hardest, put your heart into it, and expect to gain physical stamina and strength as well as character!!

Facilities:

*All of our practices are on the Casteel field.

*Practice will be held every day regardless of weather.

*All students must ride the Chandler transportation to the meets (AIA rule). All track athletes need to stay for the **entire** meet and support their teammates for every Dual meet.

They may sign out with their parents with the coaches at the end of the meet.