



## 2019 Track & Field Policies

Welcome to the 2019 Denver East Track & Field Season. In addition to the **Denver Public Schools/East High School Student-Athlete Participation Agreement**, Track & Field Athletes and their parent(s) or guardians will need to read and sign the following policy agreement.

Before an athlete is able to attend practice, all athletic forms and Pay to Play fees must be turned in during the Spring Sport Registration. This 2019 Track & Field Policy form must be signed and turned in to Coach Tasker.

### **Purpose and Mission Statement**

The purpose of the Track & Field Policies is to create clear and reasonable standards for all Track & Field Athletes. East Track & Field Athletes are expected to be willing to constantly strive to improve their athletic and leadership abilities. They must also come to each practice, meet, and event with a positive attitude, respect and integrity.

### **Communication**

The East Track & Field Team has a website for communication purposes. The website address is: <http://easthightrack.org>. In order to receive notices of new information posted on the T&F website, athletes and parent(s)/guardians should click **+Follow** to subscribe (located located in the lower right hand side of the [Denver East Track & Field](#) website). The website has information on the team, schedules, meet locations, bus departures, meet results, fundraising, coach contact info and meet photos. *It is the athletes' responsibility to sign up to **+Follow** or check the website regularly for team updates/details.*

### **Attendance Policy**

The Track & Field attendance policy is the same as East's attendance policy. All athletes are expected to attend all practices. If an athlete cannot attend practice, they must notify their coach before practice by phone, voice mail or text to excuse the absence.

Two or more *excused* absences in a week = NO competition for the week unless cleared by the head/event coaches. Any unexcused absence will result in not competing in that week's meet. Frequent unexcused absences will result in dismissal from the team.

If an athlete is absent at school the day of a meet or on the Friday before a Saturday meet, they may not compete in the meet. Athletes must have an 80% attendance record in order to receive a P.E. waiver for Track & Field participation.

### **Tardy Policy**

Practice begins promptly at 3:45, Monday through Friday. Tardies can only be excused if a student is working with a teacher, counselor, taking a test, or participating in a school activity. A note from the school official is required to excuse the tardy.

If an athlete is late to practice, he/she will need to meet with the head/event coaches. Consistent tardiness will result in being held out of meets and/or dismissal from program.

### **Practice Policy**

The 2019 Track & Field season begins on February 25, 2019. Practices begin promptly at 3:45 pm and will last to approximately 5:30 pm or 6:00 pm. Practices will not be canceled due to weather, but may be modified. All athletes should be prepared to workout in any type of weather and should bring hats, gloves, warm ups etc. to each practice (a list is available on the website).

Check the track website or the wall in front of Coach Kohuth's office if you are unsure if practice will be inside or outside.

### **Monday Meetings**

All Track & Field Athletes are required to attend a weekly Monday Meeting. The successes from the last meet will be discussed and ribbons/awards from the previous week will be presented to those who won them. Information on the new week's practices, meets, opportunities and challenges will also be discussed. The meeting will be held after warm ups each Monday.

### **Academics**

Academics/eligibility are a priority for the East T&F Team. See specific requirements in the school form.

### **Track & Field Study Table**

Study Table will be in the Commons (lunch room). Study Table will be available from 3:00–3:30 for all athletes and from 3:00 to 4:00 for those who need extra support and are working to become academically eligible to compete. The study room is NOT a place to socialize. Athletes who excel in specific areas of study are encouraged to sign up as peer tutors. See more info on the website.

### **Transportation**

Athletes are expected to ride the bus to and from meets. If an athlete does NOT ride the bus, the parent(s) or guardian must communicate directly with one of the head coaches in order to check out from a meet. DPS policy does not allow athletes to leave a meet with anyone other than their guardian without prior written consent from their guardian.

### **Meets**

All athletes who are registered for a meet must attend the meet. To check the status of the athletes registration for a particular meet, the athlete or parent can check the website at [Denver East Track & Field](#). The meet roster will be posted online by the Wednesday before a weekend meet or by the Monday before a Wednesday meet. Note that event registration and meet rosters may change, depending on team needs. Athletes are not allowed to scratch themselves from an event, they must contact their coach immediately if there is a problem with an event. If an athlete doesn't compete in a meet they are registered for, they might forfeit their future place in the event or relay.

### **Sportsmanship & Behavior**

Athletes are expected exhibit excellent sportsperson behavior and represent East High School as an inclusive, unified, outstanding team.

- Treat fellow team members, coaches competitors, fans, officials and host facilities with respect;
- Be prepared mentally and physically to do your best during practice and at meets;
- Do not do anything that is detrimental to you. If you do, it is also detrimental to your team and school;
- Trust your coaches;
- Do not use or possess drugs, alcohol or tobacco;
- Have a winning attitude. We won't focus as much on victory, but on performance. If you perform to the best of your ability, winning often follows.

### **Uniforms**

Uniforms for checkout will be before the first meet. Watch the website for more details.

### **Fundraisers**

We raise funds to buy equipment for the team and to fill gaps in support of the athletes. See website for details on fundraisers and please help in any way you can.

### **Team Captains and Leadership Opportunities**

#### **Captains and Leaders**

1-2 Male or Female Captains for Track and field (preferably 1 from Sprints, 1 from Distance, 1 from Jumps, and 1 from throws.

1-2 Leaders from each class (Freshman, Sophomore, Junior, Senior)

**Captain:** representative of the team as a whole; helps with communication between various members of the track and field team including coaches. Helps with warm up oversight, coordinates with (class) leaders, acts as a liaison, but most importantly an important part of the cohesion of the team.

**Leaders:** Represents different classes within the track and field team. They use leadership to guide their teammates with teamwork to interact with fellow teammates most efficiently.

Leaders are good examples or teammates and through example or respect and responsibility portray that to add to the greater good of the team.

If an athlete is interested, please write a note to your coach explaining how your leadership, athletic and work ethic skills could help the Team.

Send your note to your specific event coach via email.

**CHSAA Constitution and Bylaws**

All Athletes and Coaches must comply with the [CHSAA Constitution and Bylaws](#) .

**End of Season Banquet/Celebration**

Please check website for details on the End of Season Celebration.

We know the East Track & Field Athletes are committed to improving their performance, displaying a positive attitude and treating everyone with respect. We are a team! With this in mind, the above policies will be easy to abide by and the Angels will have a productive and fulfilling Track & Field Season.

Go Angels!

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*Athlete's Name Printed*

*Date*

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*Athlete's Signature*

*Date*

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*Parent or Guardian's Name Printed*

*Date*

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*Parent or Guardian's Signature*

*Date*