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**Washington Township Boys Winter 2023-24 Track and Field Team**

**Code of Conduct and Regulations**

**\*\*\*First Day of Practice will be November 27, 2023\*\*\***

**Practice/ Practice Attire**

* Practice will start every day at **2:35** and will run from **4:30-5:30**, depending on practice and weightlifting schedule.
* The team will have set mandatory weight room days at least 2 times a week – all athletes must attend!
* All athletes (Runners, Jumpers, Hurdlers and Throwers) must have the appropriate attire for practice. Expect all practices to be outside. All athletes must prepared for the elements
	+ Running pants or sweats must be worn during warm-up and cool-downs regardless of the weather.
	+ Sweatshirts and long sleeve shirts are to be worn to practice
	+ T-shirts and shorts are only to be worn for inside practices or in extremely warm weather.
* **FAILURE TO HAVE PROPER ATTIRE MAY RESULT IN DISMISAL FROM PRACTICE**

**Lateness, Detention and Attendance Policy**

* Lateness, detentions and attendance will be tracked daily
* If you are going to be late to practice for any reason, you need to bring a **pass**. This includes coming late from the trainer or seeing a teacher for extra help.
* **All absences are required to fill out a the newly made Excused Absence Form – This form must be filled out any time an athlete is scheduled to miss practice or a meet**
* The only other excused absences consist of family vacation, family emergency/death in the family, absent from school due to sickness, doctor’s appointment, or school sponsored events. – NO OTHER REASONS WILL BE EXCUSED IN ORDER MISS A MEET.
* If an athlete is missing a meet they must – the Excused Absent Form must be filled out in full at **LEAST 2 WEEKS BEFORE THE MEET!!!!!!!!!!!**
* All athletes are allowed to miss one vacation length of meets -usually that range is 1 to 2 meets.
* You must attend the school day to participate in practice and a meet!! If the meet is on a Saturday, all athletes MUST attend school on the FRIDAY before the meet
* **IF YOU MISS A MEET WITHOUT AN EXCUSE YOU WILL AUTOMATICALLY BE SUSPENDED FOR THE FOLLOWING MEET YOU ARE ELIGIBLE TO RUN IN,**
* **IF AN ATHLETE MISSES MORE THAN ONE MEET UNEXCUSED THAT ATHLETE WILL BE EJECTED FROM THE TEAM WITHOUT A LETTER!!!**
* **If an athlete misses either State Relays, Sectionals, State Individual Championship or the Novice (Frosh/Soph) Meet (for those who do not qualify for those other three meets) - FOR ANY REASON OUTSIDE OF DEATH IN THE FAMILY OR ABSENCE FROM SCHOOL BECAUSE OF A SICKNESS, they will be ejected from the team and will not receive a letter! – Family vacations and trips DO NOT count as a family emergency!!!!**
* If a parent (or adult relative) is taking you home from the meet after competing in the meet, the coach must receive an email from parent prior to the meet and must see the parent at the meet before you are permitted to leave.
* If an athlete leaves a meet **without** permission from the head coach, the athlete will be suspended for next the meet. If this occurs on the last meet of the season, the athlete will **not** receive their letter.
* All athletes must participate in at least **1 MEET** in order to get a letter or miss no more than **3 practices** all year to get a letter – If you do not meet one of these requirements **YOU WILL NOT RECEIVE A LETTER**

**PUNISHMENTS SUSPENSIONS OF ANY KIND**

* **1ST Suspension --- Suspension from the first meet that you are eligible from – and for any additional days – ex. Suspension for 3 days = 3 meets**
* **2nd Suspension – EJECTION FROM THE TEAM – NO LETTER**

Academics

* All athletes are to strive for academic excellence. All athletes must maintain passing grades in all of their classes in order to compete in competitions. **GRADES WILL BE CHECKED REGULARLY TO ENSURE COMPLIANCE.** If need be any athlete who requires additional help to achieve this goal can and should stay after school and report to practice as soon as possible, with a teacher’s pass.
* If an athlete has ONE failing grade then they will only have **restricted participation in meets – which means you will barred from team championship Meets!!!**
* If an athlete has **MULTIPLY** failing grades, the athlete will **NOT** be allowed to compete in any competition until **all** grades are passing. – **THESE ATHLETES WILL BE MONITORED WEEKLY.**

Conduct

* All athletes are to treat coaches, teammates, officials , adult authority figures and other competitors with respect. – **ANY DISRESPECT FROM TOWARDS OTHER TEAMMATES OR COACHES WILL RESULT IN REMOVAL FROM PRACTICE**
	+ **REMOVAL FROM PRACTICE WILL MOST LIKELY RESULT IN SUSPENSION FROM THE UPCOMING COMPETITION**
* Athletes shall maintain good citizenship. Fighting, misconduct, vulgar or derogatory language or disrespectful behavior will **not** be tolerated and will result in **removal from the team.**
* You represent yourself, your coaches, your team and your school at all times – it is absolutely required that you act in a manner that displays Washington Township High School in the highest regard.
	+ **ANY BEHAVIOR OUTSIDE OF SCHOOL THAT IS DEEMED TO BE HARMFUL TO THE PROGRAM IN ANYWAY WILL RESULT IN BARE MINIMUM SUSPENSION FROM COMPETITTION**

Notifications: (Team Website & Remind101)

* On the team website you can find our schedule, booster club information, forms and any last second information (i.e. meets being canceled). If you think a meet may be canceled due to weather, check our site. If it is canceled, it will be posted. If nothing is posted, the meet is still.
* Head coaches will also use Remind101 to notify athletes’ important information. It is your responsibility to sign up in at the beginning of the season.

BY SIGNING THIS CODE OF CONDUCT AND REGULATIONS SHEET, YOU ARE SIGNIFYING THAT YOU HAVE READ AND UNDERSTAND THE VERY CRUCIAL CODE AND REGULATIONS THAT IS REQUIRED TO BE ON THE 2022-23 WASHINGTON TOWNSHIP WINTER TRACK AND FIELD TEAM.

PRINT ATHLETE’S FULL NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ATHLETE’S SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN PRINT FULL NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT NUMB ER OR EMAIL ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This paper **must** be printed out and turned in and signed to Coach Mitchell A.S.A.P

It can be returned to his Coach Mitchell’s mailbox or classroom (K211) in the 9/10 Building, or the Athletic Office.

**ALL OFFICIAL PAPERS MUST BE IN BY NOVEMBER 1, 2023 FOR FULL PARTICIPATION**

**CODE OF CONDUCT AND REGULATIONS MUST BE IN BY NOVEMBER 28, 2022 – IN ORDER TO PRACTICE/ BE ELIGIBLE TO COMPETE IN THE FIRST MEET**