



Minutemaids' Indoor Track and Field Code of Conduct and Regulations 2019-2020



Practice

- All practices are mandatory and held Monday-Friday from 2:35 to 4:30 - 5:15.
- Athletes are expected to be prepared with all necessary equipment and apparel for practice and meets (sneakers, workout apparel, digital watch, specialized footwear according to your events).
- Practices will be held during winter break and week day's school is not in session. Please see website for adjusted practice times.

Lateness, Detention and Attendance Policy

- Lateness, detentions and attendance will be tracked.
- 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. Despite arriving to practice late, athletes are expected to complete the entire workout.
- If you are not feeling well at the end of the day, you **must** still come to practice and talk to a coach. If the nurse sends you home sick during the school day, you need to email the coach regarding your absence.
- If you miss practice or meet without prior notification, it will count as an **unexcused absence**.
- The only excused absence consists of absent from school due to sickness, doctor's appointment or a family emergency. However, **a parent or the athlete must send an email before practice starts!**
- You must attend school to participate in practice and a meet. If a meet is held on a day we are not in school, you **MUST** attend school the day prior to the meet.
- **If an athlete misses either State Reals, Sectionals, or State Championship, they will be ejected from the team and will not receive a letter!**
- Athletes are permitted to go home with a parent/guardian at the end of the meet, as long the head coaches receives an email prior to the meet and one of the coaches sees the parent before leaving.

PUNISHMENTS FOR LATENESS

- 1st Lateness – Warning
- 2nd Lateness – Suspension from next meet and meeting with coaches
- 3rd Lateness – Ejection from program
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PUNISHMENTS FOR DETENTIONS

- 1st Detention- Warning
- 2nd Detentions- Suspension from next meet and meeting with coaches
- 3rd Detentions- Ejection from program
- If you **DO NOT** tell the Head Coach that you received a detention, you will be suspended from an additional meet as well.

PUNISHMENTS FOR ABSENCES (practice or meet)

- 1st Unexcused Absence- Suspension from next meet
- 2nd Unexcused Absence- Suspension from next meet and meeting with coaches
- 3rd Unexcused Absence- Ejection from program

PUNISHMENT FOR LACK OF EFFORT IN PRACTICE

- 1st Time - Warning
- 2nd Time – Suspension from next meet and meeting with coaches
- 3rd Time – Ejection from program

PUNISHMENTS FOR INTERNAL OR EXTERNAL SUPENSIONS will result in meeting with coach to determine future with the program.

Academics

- All athletes are to strive for academic excellence. Athletes must maintain passing grades in all their classes. **GRADES WILL BE CHECKED REGULARLY TO ENSURE COMPLIANCE.**
- If an athlete has ONE failing grade they will only be permitted to compete in SJTCA/Conference meets until the grade has improved to passing.
- If an athlete has MULTIPLE failing grades, the athlete will NOT be allowed to complete until all grades are passing.

Conduct

- All athletes are to treat coaches, teammates, officials and competitors with respect.
- 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.

Notifications:

- It is the athlete's responsible to regularly check our team website for information regarding the team schedule, booster club, meet line ups and other essential information. Website: <https://www.wtps.org/Domain/2174>
- Athletes must sign up for Remind notifications. Parents are also encouraged to sign up. To sign up, text @maidstrack to **81010**.

Important Dates:

First Day of Practice: Monday, Dec. 2nd
Code of Conduct & Regulations is due Thursday, Dec. 5th

Questions or concerns, email Coach Williams

AmWilliams@wtps.org

BY SIGNING THIS CODE OF CONDUCT AND REGULATIONS SHEET, YOU ARE SIGNIFYING THAT YOU HAVE READ AND UNDERSTAND THE CODE AND REGULATIONS THAT IS REQUIRED TO BE ON THE 2019-2020 WASHINGTON TOWNSHIP INDOOR TRACK AND FIELD TEAM.

ATHLETE'S FULL NAME PRINTED _____

ATHLETE'S SIGNATURE _____

PARENT/GUARDIAN FULL NAME PRINTED _____

PARENT/GUARDIAN SIGNATURE _____

PARENT/GUARDIAN CELL PHONE _____

PARENT/GUARDIAN EMAIL _____

Turn in this sheet to the Athletic Office.
Please keep the rest of the Codes of Conduct and Regulations to reference.

First day of Practice is Monday, December 2nd
Code of Conduct and Regulations is due Thursday, December 5th