

Minutemaids Track & Field Code of Conduct

Winter 2023-2024

**Practice**

o All practices are mandatory and held Monday-Friday from 2:35 to 4:30 - 5:15.

 o Athletes are expected to be **prepared** with all necessary equipment and apparel for practice and meets (sneakers, workout apparel, digital watch, specialized footwear).

o Practices will be held during winter break and weekday’s school is not in session. Please see the website for adjusted practice times.

**Lateness, Detention and Attendance Policy**

o Lateness, detentions and attendance will be tracked.

o 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.

o The only excused absence consists of absence from school due to sickness, quarantine, doctor’s appointment or a family emergency. However, **you must fill out the microsoft form prior to practice.**

o ***If you are missing days over winter break, they must be communicated via the attendance form by December 1st.*** [***Winter Break***](https://forms.office.com/Pages/ResponsePage.aspx?id=MNRd2DZlrkS7nnRxZaAHNQakbhZ-AwtDq7fcv9nhQbxUMks2NFlERDcyV1Q5WTFOVVFOMlQyRDFMWC4u)

o If you cannot attend a meet (for any reason) you must complete the google form at least one week prior to the meet.

o Microsoft Attendance Form: [Daily Absence Indoor 23/24](https://forms.office.com/Pages/ResponsePage.aspx?id=MNRd2DZlrkS7nnRxZaAHNQakbhZ-AwtDq7fcv9nhQbxUNzVFSkRVVVVWSDRVRlBaUVFaMFdVNzdVUC4u)

o You must attend school to participate in practice and a meet. If a meet is held on a day that school is not in session, you MUST attend school the day prior to the meet.

o If an athlete misses either State Relays, Sectionals, State Championship or MOCs they will not receive a varsity letter.

o An athlete is **only** permitted to go home with a parent from a meet **if**:

* ***The whole girls team is done competing for the da*y**
* ***Parent has emailed Coach Fraction the day before (not the day of competition)***
* Parents will need to talk to a Coach in person before leaving with their child.

**CONSEQUENCES FOR LATENESS or DETENTIONS**

▪ 1st Lateness – Warning

▪ 2nd Lateness – Suspension from next meet and meeting with coaches

▪ 3rd Lateness – Removal from team

\* If you do not tell the Head Coach that you received a detention, you will be suspended from the next meet as well.

**CONSEQUENCES 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- Removal from team

**CONSEQUENCES FOR INTERNAL OR EXTERNAL SUSPENSIONS** will result in meeting with the coach to determine your future with the program.

**Academics**

o All athletes are to strive for academic excellence. Athletes must maintain passing grades in all their classes. **GRADES WILL BE CHECKED REGULARLY**

 o If an athlete has **ONE** failing grade they will **only** be permitted to compete in SJTCA/Tri County meets until the grade has improved to passing.

o *If an athlete has multiple failing grades, the athlete will NOT be allowed to complete until all grades are passing.*

**Conduct**

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

o 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:**

o It is the athlete’s responsibility to regularly check our team website for information regarding the team schedule, booster club, meet line ups and other essential information. Website:

[Minutemaids](https://www.wtps.org/domain/2174)

o Athletes **must** sign up for Remind notifications. Parents are also encouraged to sign up. To sign up, text **@maidstrack** to **81010**.

Signed Code of Conduct & Regulations is due Tuesday November 21st, 2o23 to K109

Questions or concerns, email Coach Fraction

Afraction@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 2023-2024 WASHINGTON TOWNSHIP 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please keep the rest of the Codes of Conduct and Regulations to reference.

***Signed Code of Conduct & Regulations is due Tuesday November 21st to K109.***