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**Washington Township Boys Spring 2023 Track and Field Team**

**Code of Conduct and Regulations**

**\*\*\*First Day of Practice will be MARCH 16, 2022\*\*\***

**Practice/ Practice Attire**

* Practice will start every day at **2:35** and will run from **4:30-5:30**, depending on weightlifting schedule and field event practices.
* 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, Attendance Policy, Suspension Policy**

* Lateness 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.
* **You are expected to complete the whole workout regardless if you arrive late.**
* If you are not feeling well at the end of the day, YOU MUST GO HOME – be sure to email the head coach. If the nurse sends you home sick during the school day, you need to notify a coach you won’t be at practice.
* 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
* **Outside of a family emergency (death in the family) or absence from school sickness – all athletes can miss ONE MEET ONLY for a family occasion or trip – BUT a parent must send an email detailing why the athlete is missing the meet – AT LEAST TWO WEEKS BEFORE THE MEET!!!!!!**
* The only excused absences consist of family emergency/death in the family, absent from school due to sickness or doctor’s appointment. However, **a parent must send an email before practice starts!** *(Coaches won’t accept hand written notes from parents, they must send an email)*
* **If an athlete misses either Counties, Sectionals, State Championship or Cherokee Novice Meet (for those who do not qualify for those other three meets) - FOR UNEXCUSED REASON they will be ejected from the team and will not receive a letter! – Family occasions and trips DO NOT count as a family emergency!!!!**
* If you miss practice or meet without prior notification, it will count as an **unexcused absence.**
* If a parent (or adult relative) is taking you home from the meet after competing, 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 come to meets on the team bus **– if an athlete misses the bus he will be suspended from the next meet.**
* **IF AN ATHLETE MISSES MORE THAN ONE PRACTICE IN A WEEK FOR ANY REASON OTHER THAN A FAMILY EMERGENCY OR ESTABLISHED SICKNESS MEANING YOUR PARENT HAS REACHED OUT TO THE HEAD COACH TO EXPLAIN THE SITUATION THAN HE THAN HE WILL NOT BE ELIGIBLE TO PEFORM IN THE NEXT UPCOMING MEET**
* **IF AN ATHLETE MISSED MORE THAN 2 PRACTICES IN A WEEK FOR ANY REASON OTHER THAN A FAMILY EMERGENCY THAN HE IS NOT ALLOWED TO PERFORM IN THE NEXT TWO MEETS.**
* **ALL ATHETES ARE EXPECTED BE AT SCHOOL RUN MEETS – ESPECIALLY SECTIONALS – WHETHER YOU ARE PERFORMING OR NOT – ALL ATHLETES MUST BE THERE -FAILURE TO BE THERE FOR ANY REASON OTHER THAN A FAMILY EMERGENCY WILL RESULT IN EJECTION FROM THE TEAM AND YOU WILL NOT RECEIVE A LETTER- FAMILY TRIPS DO NOT COUNT AS FAMILY EMERGENCIES IN ANY WAY.**

**PUNISHMENTS FOR LATENESSES AND UNEXCUSED ABSENCES (practices)**

* **1st Unexcused Absence- Warning**
* **2nd Unexcused Absence- Suspension from a meet**
* **3rd Unexcused Absence- Ejection from program – NO letter**

**PUNISHMENTS FOR DETENTIONS/ OR RESTRICTED LUNCHES**

* **1 Detention- Warning**
* **2 Detentions- Suspension from a Meet or for so many meets the athlete has the detention for. - Ex. 3 days of detention - 3 Meets**
* **3 Detentions- Ejection from program – NO letter**
* **If you DO NOT tell the Head Coach that you received a detention, you will be suspended from the next meet as well.**

**If an athlete gets multiple days of detention on the first offense - automatic suspension from a meet**

**SUSPENSION POLICY**

* **If a athlete is suspended from school in any way – you will be suspended from competition for as many days as you are suspended in school**
* **If an athlete get suspended a second time from school in any way – that athlete will be ejected from the team and will not receive a year ending 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 & Remind)

* 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 Remind 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 2019 WASHINGTON TOWNSHIP SPRING TRACK AND FIELD TEAM.

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

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

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

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

PARENT NUMBER OR EMAIL ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This paper **must** be 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 FEBRUARY 1, 2022 FOR FULL PARTICIPATION**

**ALL MATERIALS INCLUDING THIS DOCUMENT NOT HANDED IN BY MARCH 16, 2022 WILL RESULT IN DISQUALIFICATION FROM THE FIRST MEET**