

2018 High School Track Team Rules and Information

Huntingdon Area Junior/Senior Track Staff

-Adam McBride- Pole Vault, High Jump, Sprints

-Andy Socie- Long Jump, Triple Jump

-Rachel Webb- Distance

-Ron Prough- Throws

-Jay Hosler- Hurdles, Sprints

-Ken Bookhammer- Javelin

1. Attendance.

*You are expected to be at practice just like any other sport you participate in. If you are not at practice for whatever reason, you are reducing your chances of participating.

*IF YOU ARE ABSENT FROM PRACTICE OR LATE TO PRACTICE FOR ANY REASON, YOU WILL MAKE UP THE CONDITIONING – **Except for excused absences like illness, Family Emergencies, ect.**

A. Unexcused Absences and Tardies.

*1st Unexcused Absence = Double the makeup conditioning.

*2nd Unexcused Absence= Double the makeup conditioning

*3rd Unexcused Absence = Double the makeup conditioning, miss next meet, Parents and coach meeting

B. Detentions

*Detentions are regarded as an unexcused absence. (See above).

C. Leaving Practice Early/ Not Attending a Practice Session/Not Finishing A Workout Session

*If you leave practice early or do not attend a practice session you are supposed to be at, you will be required to go through a makeup conditioning session. If not, it will be considered an unexcused absence.

2. Daily Routine.

3:20-3:30. Attendance/ Team Meeting / Announcements

*Meeting Area. Cold/extremely windy days = Gym Lobby (Gym Lobby meet time 3:10)

Nice days =Track

* On bad weather days, listen for announcements and if we have practice it will be held in the gym/ Hallways/weight room/wrestling room

3:30 - Warm Up (Everyone together)

-1 lap warm up –Team Stretch –Team Agilities – Team Conditioning –

4:00- 5:30 -Practice time for all events.

* Do not practice events that you have no intention of participating in.

3. Training, Practice, Meet Rules and Other Information

A. Locker room and bathroom use.

*No athletes are allowed in the locker rooms at any time without permission once practice has started. You must let the head coach know each and every time you leave the track facility. Liability issue.

B. Leaving practice or a meet early.

*No one may leave a practice or meet early without permission from a coach.

*A sign-out sheet will be made available for parents to take their athletes home **after** a meet is over. It will be located at the team meeting spot or with Coach Webb. You may not leave prior to the meet being over, just as in any other sport. The only exception to this is districts and invitational meets at Altoona.

C. Bus Usage at a Meet

* Unless there are extreme weather conditions, our bus will not be occupied, once we arrive at a meet.

* You need to be near the track getting ready to participate or supporting your teammates.

*All equipment and personal items will be taken off the bus and placed at a team meeting spot in the stands or near the track. They are to be returned to the bus, once the meet is over. It is not responsibility of the coaches to put your implements back on the bus. Failure to return implements/ measuring tapes will result in extra Team conditioning.

*The bus must be free of trash, once we arrive home from the meet. Please cleanup.

D. Track Team's Discipline Policy.

*Track practices, bus travel, and meets are an extension of the school day. The school's discipline policy will be in effect with the following changes.

- 1st instance: Verbal warning.

- 2nd instance: Conditioning and/or miss next meet

- 3rd instance: Miss next meet /or Off the team.

E. Tobacco, Alcohol, and Drugs.

*School handbook outlines this policy.

F. Events

* Like any other sport, the head coach will make the final decisions on what events you will participate in. Just because you sign up for something, doesn't mean you are guaranteed to do it.

*In an emergency situations, you may be asked to fill-in in, particularly in a relay. Be a team player and help your team out in such situation. If you need out for a relay, you need to find an adequate replacement and let coaches know who it is.

G. Scratching.

*Under no circumstances are you allowed to scratch from an event without permission from that event coach. Scratching without permission will result in extra conditioning and/or missing next meet.

H. Injuries.

*Please report all injuries to your event coaches. Trainer Dan will be at the high school every afternoon before practice. If you can, meet him before practice starts.

I. Medical conditions.

*Keep the head coach informed of any medical conditions you have.

J. Attire.

*When competing in an event, all warm up clothes must be taken off. Do not participate in any event with your sweats on unless your event coach allows you.

*Tights/spandex/leggings may be worn under the uniform for meets and at practice, but they must be **black** and not have ANY markings (stripes) on them. This is a national rule. These are **STRONGLY** recommended early in the season. All members of a relay team must match, including socks.

K. Cell phones. Keep them in your bag and use only as needed to notify parents of practice/meet information. On meet days, you may use them on the bus or in the stands only.

L. Parents and Their Cameras (Cell Phones)

Please tell your parents that they cannot show you any type of video or pictures of you competing while you are competing. This a national rule and will lead to your automatic disqualification.

4. School-issued uniforms and warm ups.

*All athletes are responsible for checked out materials.

*Numbers will be recorded at the beginning of the season for anything.

*Any lost articles will have to be paid for at the end of the season.

*Uniforms must not be altered in anyway. If so, you will be charged full price for replacement costs.

5. Other Sports and events

* Students may participate in other activities so long as they do not interfere with practice or meets.

I have read and understand the Huntingdon Track Team Rules:

Parent Print/Sign

Student Print/Sign

Must return signed form by March 9th.