

Rules for the 2015 Track Season

Listed below are the policies that we will be following. As an athlete, you are expected to read and adhere to all of the policies.

Attendance—All athletes are expected to be at practice every day. Only athletes who are home sick from school, or sent home sick from school by our school nurse are excused from practice. A phone call to your daughter's coach or a note from the nurse is required so that the coaching staff has some idea as to the whereabouts of our athletes. Athletes who do not feel well during school must talk to a coach before leaving school. Each athlete is responsible to the team and an absence could affect the team in preparing for meets. Absences (sick or otherwise) could result in missing a meet and will be considered on an individual basis.

Unexcused Absences—Unexcused absences are absences from practice for any reason other than illness, family emergency or doctor appointments. Do not leave a note in a coach's mailbox stating you will not be a practice or tell someone else to tell a coach. You must have personal contact with your coach or the absence will be considered unexcused. The reason for missing practice must be approved by the head coach. 3 unexcused absences may result in dismissal from the team. **Even if an athlete is injured, she is expected to be at practice.**

Tardiness—Athletes are expected to be on time, which is at 3:00. If you need help from a teacher, please bring a pass from that teacher when you come to practice that day. Try to arrange for help in the morning before school if possible.

Practices—We will practice every day after school and on Saturdays. Practices during spring break will be Wednesday through Saturday of break. Unless the athlete is going out of town, she is expected to be at practice. Students are excused from practice for illness. Athletes are not excused from practice for a job, babysitting, going to Chicago, going shopping, preparing for a dance, etc. If there are any questions as to whether or not an absence is excused, please feel free to call. Missing practice for any other reason other than illness may result in missing a meet.

Inhalers—Many athletes use inhalers, and the numbers increase each year. Athletes are **required** to have their inhalers at practice or risk being sent home.

Injuries—Athletes frequently have injuries—but injured athletes are still expected to be at practice. Injuries should be reported to the coach first. We will then direct the athlete to see our trainers. At home, injuries should be handled primarily with ice. Athletes who are injured and would require a doctor's visit are encouraged to see a sports doctor. Any athlete who has to spend more than 6 days with the trainer will be asked to see a doctor. Please let Mrs. Hass know if you are planning to see a doctor.

Uniforms—Each athlete is issued over \$200.00 in school uniforms. They are assigned numbers and are expected to return their assigned uniforms in at the end of the season. Uniforms that are lost or destroyed must be replaced. Please see the enclosed equipment sheet for the value of each item. The equipment that is assigned must be worn at the meets. No variations are acceptable. A track team must look like a team and wear the assigned uniforms and sweats.

Transportation—Transportation to and from meets is supplied by Glenbard West. Students may not leave meets with anyone other than their parents or brothers/sisters over the age of 21 or a person designated ahead of time. There is a form (believe it or not) for parents to fill out if athletes will not be going home on the bus.

Meets—Athletes are expected to dress and attend meets—attendance for home meets is required, whether you are competing or not. Those athletes not competing might be given a workout to do prior to the meet. All athletes are expected stay until the end of each meet. It is essential for athletes to support one another; in addition, injuries may force the need for substitutions. For home meets, every member of the team is expected to be at school to help set up and stay to help clean up. At meets, athletes are also expected to stay with their team and not sit with their family or friends.

Texting and Communication—On occasion throughout the season coaches may send and receive texts to/from your daughter(s) in general team texts or, when appropriate, individually. These texts are utilized to communicate, for instance, information regarding practice times & locations, updates on doctors' appointments/illness, or motivation; all texts sent by coaches to your daughters are intended to be transparent and parents are invited to read any and all messages. Athletes should refrain from texting coaches for non-urgent issues or issues that team captains/seniors can address. **REMINDE 101-- Text @gwtf123 to (630) 984-6341 to join the list.**

Academics—All athletes are expected to be students first. With good organization, this should not be a problem. If students fall behind in class or need help, they are expected to talk to their coaches and arrange for extra help. Extra help from teachers can be received in the morning or during study halls. By becoming a member of this team, it is expected that track remain a priority. It is an IHSA rule that athletes maintain passing grades in 5 academic classes and this will be monitored by the coaching staff. If an athlete is having difficulty in a class, it should be attended to immediately. **THE IHSA REQUIRES THAT YOU TO PASS 5 CLASSES. DRIVERS ED DOES NOT COUNT.**

Conduct Unbecoming—We have clearly identified that your academics are a priority; however, it must also be noted that your behavior matters as well. Your behavior in and out of the classroom is a reflection on the team and with this being said, it is an **expectation** that your behavior positively promote the track team. Misbehaving *outside* of the track arena may also result in consequences on the track team. Behavior in class is expected to be exemplary; detentions and SACS will cause an athlete to be late for or miss a practice, and this is unacceptable and may result in missing a meet. Poor behavior during practice will also result in being asked to go home—parents may be called.

Priorities—By becoming a member of the track team, it is expected that track will be a priority. All other clubs and practices should be scheduled around our practices and meets. Practices will be from 3:00 until 5:30 during the week, and Saturday practices will depend on track availability. Saturday practices will always be in the morning.

Other Tryouts—In the past, coaches from these sports have been able to work out schedules that are fair for everyone. This will also be the case this year. Please trust that athletes will be given a fair and equitable way to try out for these activities.

Prom and Senior Ditch Day—Prom falls on the Saturday of our home Sue Pariseau outdoor invite. It is still expected that athletes will adhere to the policy regarding prom. It is not an unusual practice for students to extend the weekend into Monday, but this is not a condoned practice by the school or by your coaches. **YOU MUST BE AT SCHOOL AND AT PRACTICE ON THE MONDAY FOLLOWING PROM.** If you miss that day and miss practice, there will be consequences for your actions above the normal consequences. We expect that you have fun at Prom, but remember that you are a member of a team, and by blatantly disregarding your commitment to the team, you are sending a strong message regarding your commitment level. *Maintaining a balance between all of your activities is an expectation.*

Phone Numbers

School number 469-8600

Kelly Hass, head coach	ext. 2554	Paul Hass, asst. coach	ext. 2211
Mark Staron, asst. coach	ext. 2906	Nick Posegay, asst. coach	ext. 2711

The home phone number for Kelly Hass is (630)545-2624 and the cell number is (630) 664-7073. Please use this number to call if there is an emergency or a problem that develops on the day of or the night prior to a Saturday meet. I prefer that most problems be handled during my time at school and I promise to return a phone call as soon as possible.

By signing in the space provided, I am acknowledging that I have read, understood, and will adhere to the rules set forth by the girls' track team.

Athlete Name

Athlete Signature and Date

Parent Signature and Date

Parent Names: _____

Parent Contact Number: _____

Parent Email: _____

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