

## **2019 John Marshall High Girls Track and Field**

### **TEAM GUIDELINES**

#### **SAFETY**

1. The safety of our athletes is a primary focus, consequently all Rochester Public Schools and John Marshall High School rules and regulations concerning safety will be enforced at all times.
2. All practices will be directed by a designated coach. Work-outs cannot be modified or changed.
3. Event equipment or training aids must be used in the manner for which they were designed.
4. Horseplay during practices, meets or any other activity is unacceptable.
5. Report all safety issues to a coach immediately including personal injury, equipment issues or environmental conditions.

#### **RESPECT**

1. Respectful behavior is expected at all time; profanity, obscene gesture, derogatory comments or negativity will not be tolerated.
2. Respect the property of others.
3. Respect the decisions of all authority figures-administrators, school staff, coaches, opponents, meet officials and parents.
4. Event placement of each athlete in a meet will be determined by the coach - decisions will be made in the best interest of the team and athlete.

#### **RESPONSIBILITY**

1. The athlete's primary responsibility is to family and academics. If participation in track and field negatively impacts either of these areas, the athletes needs to reconsider participation and perhaps return when conditions are more favorable.
2. All Rochester Public School athletes are STUDENT-athletes. Participation is indeed a privilege for those who are able to fulfill both their student and athletics responsibilities. Student-athletes are expected to be passing all classes. Students who are struggling (with more than 1 F) will meet with the Athletic Director and develop a contract with the Athletic Director which will outline the guidelines and achievements which will allow continued participation in track and field.
3. Daily classroom attendance is essential. An unexcused absence from class will result in a one meet suspension. A second unexcused absence will result in further disciplinary action. Three tardies to class are equivalent to an unexcused absence with the same penalty.
4. Attendance at all practices and meets is mandatory. Athletes may be excused from practice by a teacher or parent for a legitimate reason such as an illness or family emergency. One of the head coaches must be notified in writing or via phone or e-mail prior to the absence. An unexcused absence from practice will result in the suspension from one meet. Two or more unexcused absence will cause further disciplinary action.
5. Practices will be held daily from 3:20-5:20. Athletes must be on time and properly prepared for activity indoors and outdoors. Work-outs must be completed. Inability to complete the work-out for any reason will result in reduced participation in meets. Athletes must be at practice the day before a meet to be eligible to compete.
6. Any behavior considered unbecoming of an athlete and subsequently detrimental to the team, John Marshall and the Rochester Public Schools will be discussed directly with the athlete and parent(s)/guardian with a plan to correct behavior developed at that time.
7. Lockers are available for personal use in the stadium. The athlete is responsible for providing a lock and securing their belongings daily. Coaches are not responsible for lost or stolen items.