

Palo Alto High School Track & Field

2017 Team Rules & Expectations

To be a member of the Palo Alto Track team, you are required to follow the rules and expectations outlined below. Participation will not be allowed until this document is signed and returned. Failure to adhere to the rules and expectations may result in disciplinary actions up to and including dismissal from the team.

Attendance

- Athletes are expected to be at and on time to practice and complete the prescribed workouts. If you have a valid excuse to miss practice, your parent must contact the coach with the reason prior to the miss. (3) unexcused practice absences within one week may result in non-participation in the next upcoming meet or potential dismissal from the team.
- 2 unexcused missed meets may result in dismissal from the team.
- Being late twice in a week with no valid excuse counts as an absence.
- Missing more than 15 practices for any reason may result in dismissal from the team.
- Practice will take place even during inclement weather & during Spring Break. Plan appropriately.

Practice

- Athletes are expected to be respectful of their Coaches and teammates at all times.
- Athletes are expected to check in and out with their respective coach at the beginning and end of each session.
- Each athlete is expected to take pride in our team & the facility.
- Horseplay, rough housing, wrestling, boxing, etc. are prohibited to insure athlete safety.
- Swearing and profanity will not be tolerated.
- Coaches **are not** responsible for lost or stolen backpacks or valuables.
- While on the track athletes must be aware of their surrounding at all times. Be aware of flying objects and runners on the infield, track, and runways. For this and other reasons, athletes are not permitted use any electronic device during practice or meets. Athletes may not listen to music, text or talk on cell phones during practice except with permission from the coach.

Meets

- All Athletes are expected to assist with set up for meets and clean up after meets.
- All Athletes are **REQUIRED** to stay until the finish of the 4x400 relay unless given prior approval from the coach.
- On meet days, athletes **MUST** wear their team uniform to and during the meet.
- Coaches will decide the events in which each athlete will compete. The coaches will consider the health, doctor recommendations, personal goals, athlete preference and team goals in selecting the right events for each athlete.
- Relay team participants are completely at the discretion of the coaches.
- Athletes and parents should **NEVER** contact meet or CCS/CIF officials regarding meet registration, results or events. Failure to do so may result in the athlete being pulled from the meet, removed from the team and the team being sanctioned.
- All participating athletes are expected to travel on the team provided transportation to and from all meets.
- Athletes may ride home from meets with their parent or another parent who is district approved to drive. **BUT**, athletes must first checkout with a coach before leaving. Riding home with a non-authorized driver or without prior approval from the head coach (min. 1 day) will result in immediate dismissal from the team.
- Use of electronic devices during a meet is **prohibited** and is grounds for immediate disqualification from the meet. Repeated failure of adherence to this policy will result in dismissal from the team.
- Athletes are expected to be available for all invitational meets. If you will be unable to participate in an invitational meet you must notify the coach a minimum of 3 weeks prior to the meet. If you are entered in an invitational and do not attend, you will be suspended for invitational participation for the remainder of the season.

By signing below, parent and athlete acknowledge and accept the terms of participation on the Team.

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| <p>X _____ (STUDENT'S SIGNATURE) (PRINTED NAME)</p> | <p>X _____ (PARENT'S SIGNATURE) (PRINTED NAME)</p> |
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