

Strath Haven Boys Track & Field

Team Policies

The Track and Field teams at Strath Haven are rich in history and tradition. Those traditions are carried on by individuals who have dedicated their time, effort and heart to the sport. This sport is diverse in the talent and abilities necessary to field a competitive and championship caliber team. Because of this, all individuals must share the responsibility and workload in a variety of disciplines for a common goal. The team's success is dependent upon the commitment of each individual to fulfill their personal responsibility. Those responsibilities start well before the starter's gun sounds, and include academic, personal, and social tasks. Your ability to adhere to all school policies, maintain academic eligibility, keep your body healthy and sound, and to work as hard as possible at your sport are major commitments. But if you are able to accomplish these, you will not only be successful on the track or field, you will find that success will be found in all aspects of your life.

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ATTENDANCE

1. Attendance is mandatory. You must commit to being at practice every day to ensure a spot in the line-up for the next meet, or even on the team. We practice every day, with Sundays being optional group activities. Be on time to practice, meets, bus departures, meetings, etc. When you are late, you can give the perception that your time is more valuable than your teammates and coaches. Practice begins at 3:15 after school, roll will be taken every day.

YOU ARE EXCUSED FROM PRACTICE IF:

- you are absent from school.
- you have a doctor's note for an appointment involving an illness or injury which would prevent you from coming to practice. Please inform coach Munro of impending appointments.
- you have a personal or family emergency. Please have your parent or guardian contact coach Munro for these circumstances.

YOU ARE NOT EXCUSED FROM PRACTICE IF:

- you need to attend extra help for a class or work on a project. When arriving late bring a note from the teacher you were with, after you complete the school work. (cross country and track are extracurricular activities, which means school comes first, if you are unable to maintain

your academic progress, it is suggested you take a leave from the team to catch up, before resuming your practice schedule)

- you have a job. Your work schedule cannot conflict with your practice schedule. It is your responsibility to talk to your employer, so that they are aware of your commitment to the team. See coach Munro if you have questions.
- you need to rent a tux, meet your girlfriend, get a haircut, etc.

One unexcused absence will make you ineligible to run in the next meet. If you have an unexcused absence from that meet in which you are ineligible for, you will most likely be removed from the team.

Two unexcused absences will remove you from the squad.

We cannot work with athletes who are not here everyday. You cannot improve unless you are here. Numerous studies show that an athlete will simply work harder and longer when accompanied by other athletes of a similar caliber.

Moreover, for us to become a cohesive team, we must be together.

***NOTE*: You must be in school the day of the meet to participate.** Arrange doctor and other appointments around the schedule of meets. If an appointment must be made on the day of the meet, remember that you must be in school for some portion of the day. Also, if you are suspended (in-school or out of school) you cannot practice or attend a meet.

CONTROLLED SUBSTANCES

2. Alcohol, tobacco, and drug use has never made any athlete perform at a higher level.

In practice we constantly try to build up the body. Alcohol, tobacco, and drugs only counteract what we are attempting to accomplish. Obviously then, if you are using controlled substances your goals are very different than the goals of the team, and as a team we only have room for one set of goals.

These infractions generally bring about suspension from school, which will remove your privilege of being on school grounds, attending practice, and attending home or away meets. Upon your return to a normal schedule, your position on the team will be reevaluated by the coaching staff.

BEHAVIOR

3. Swearing or vulgar language will not be tolerated. This reflects your character to a great degree, as well as reflects on the school district, your family, and your team. Don't let us down. Failure to adhere to this rule, by school policy, will result in suspension from the team for the next competition, and possibly removal from the squad.
4. We only have a limited time in practice. We have no time (or tolerance) for goofing off. If you want to goof off and disrupt practice, you should not be here.

When you are at practice or a meet, you are the responsibility of your coaches. You must check in and out with them each day at practice and at meets. A coach must know where you are at all times, and you should always be in the area where your coach has assigned you. Sneaking out of practice or meets for any reason will not be tolerated.

5. Initiations and hazing are strictly forbidden. Such unnecessary foolishness can lead to injury, discourage younger athletes, and give the team a bad name.
6. Do what the coaches ask-when they ask. Do every workout to the letter. Many times, the little things may not seem important, but everything is crucial, or we would not ask you to do it at all. Failure to adhere to the behavior rules will result in a one week suspension from the team on the first offence, and removal from the team for the second offense.

TRANSPORTATION

7. You must ride the bus to all away meets unless transportation is approved and arranged through the head coach. You must also return on the bus, unless your parent or guardian completes a travel waiver and submits it to Coach Munro who permits you to leave with your parent or guardian. Students may not drive themselves to off campus competitions. (Link to [Travel Waiver](#))

EQUIPMENT

8. You are responsible for any equipment issued to you. If you lose or damage something, you will have to pay for it. Keep your uniform and sweat suits clean and tidy during the season. All issued uniforms and equipment will be collected at the conclusion of your last race. Bring everything with you on the last meet day and turn it in to coach Munro. Do not plan on washing anything after that race.

You must have clothes and equipment with you every day. You must always be prepared for working out inside or outside, rain or shine. Long sleeves and long pants must come to practice every day. Long sleeves and long pants will be required every day at the onset of the season, and they will continue to be required until further notice by the coaches. On days that start above 80 degrees, you may leave these in your school or gym locker.

ACADEMIC ELIGIBILITY

9. You must be academically eligible. You must not be failing more than 1 major subject each week. Remember, student first, athlete second.

Remember, you are a student first, an athlete second. The odds of obtaining an academic scholarship are far greater than those of getting an athletic scholarship. Moreover, you would not believe the number of athletes of a scholarship caliber who do not get scholarships because of poor academic performance.

EARNING A LETTER

To earn a Varsity Letter, the Strath Haven Track and Field program requires that an athlete:

- compete in a minimum of 50% of the scheduled meets
- and earn a medal in varsity competition, or compete at the CL Champs, or Delco Champs, or meet of champions or state championships, or score 11 points against Central League opponents
- and finish the season
- and return your equipment obligations.

To earn a Junior Varsity Letter, the Strath Haven Track & Field program requires that an athlete:

- attend practice on a regular basis
- compete in a minimum of 20% of the scheduled meets
- and finish the season
- and return your equipment obligations.