



**RIVERHEAD
TRACK & FIELD**

2016 BLUE WAVES SPRING TRACK & FIELD



www.riverheadtrack.weebly.com

@riverheadtrack -#ROLL WAVES

TRACK POLICIES & ATHLETE RESPONSIBILITIES

ACADEMICS: Remember you are here to get an education first and all athletes must be committed to their education. The team policy will be that any student failing 2 subjects will be on probation and must attend extra help for the classes that you are failing. Any athlete failing three subjects will be terminated from the team; the only exception to this is to follow the RHD appeal policy.

ATTENDANCE: Athletes are expected to be at all practices on time if not early. Any athlete that cannot attend practice must see a Coach to get an excused absence. Athletes with more than two unexcused absences in a season could be terminated from the team and will not receive a varsity letter.

Make it a point not to miss any practice!!!

Famous Quote by 3x National Champion Earl Blaik:
"There is no substitute for work. It is the price of success."

BEHAVIOR: The coaching staff must be able to trust YOU! Many times practice will be in different areas. Obviously, a coach cannot monitor every second of practice time. It is very important that you represent your team and the program in a positive fashion and do what is right... even when nobody is watching. All of your actions are a reflection on the school, your teammates, and the coaches. The coaching staff wants to be able to trust each and every one of you!!!

Citizenship includes behavior while representing the school as a player and during regular school hours. Disciplinary action taken by school officials will be adhered to and carried over to participation on the team. Behavior that is demeaning to the team and school may result in your being removed from the team.

PRACTICE: Practice starts promptly at 2:30pm and will end at approximately 5:00pm. You must be on the track at the start of practice; if you are late you will receive disciplinary action.

It is important that you adhere to the following so that the team as a whole can get better with each and every practice.

- We practice outside everyday (keep warm clothing in your locker- wear layers).
- You may only wear Riverhead colors to practice (white, blue, black, and grey).
- At the end of practice you must board the late bus or get picked up. The only way you may remain after practice is to get permission from the coach and your parent.

*** It is your responsibility to plan in advance to make sure that your ride is present and on time after practice and for all meets/invitationals. You will get a warning if a coach has to wait an extended period of time for your ride to pick you up. If it becomes a pattern you will be in jeopardy of being terminated from the team.

EQUIPMENT/UNIFORMS: You are responsible for any equipment issued to you. Treat it with respect and return it in the same condition in which it was issued. Do not lend out any portion of your uniform (i.e., sweatshirt) to friends for any reason. On days of meets, no one is to wear jeans or school clothes – Look like the athlete you are.

SHOES/SPIKES: It is your responsibility to have proper shoes for practice and meets. See your position coach if you are not sure what you need. It is so important that you have proper shoes, imagine a doctor without a stethoscope.

INJURIES: Athletes who sustain an injury during the season will still be responsible to attend practice every day and be prepared for a specific workout geared around your injury. Some athletes may need to see the trainer, but you are still responsible to report to the track first and the coach will send you the athletic trainer's office. No athlete is permitted to see the athletic trainer without a coach's permission first.

PHYSICALS: It is the school district policy that you must have a current physical and a triplicate form on file in the nurse's office.

EXTRA HELP: If you have extra help or a club meeting that will cause you to be late you must let your coach know in advance. You will be expected to come to practice with a pass and you must be at practice no later than **3:00**. You will also be responsible to complete the entire workout prepared for you that practice day.

CLUB or OUTSIDE TRAINING GROUPS: Any training or outside running clubs are strictly prohibited. Only approved activities are allowed during our season. This includes 5k, 10k runs and other invitationals.

ELECTRONICS: Athletes are strongly encouraged not to bring cellphones, iPods or any other electronic devices to practice and/or meets. If you do, you are required to secure it on your own, as no coach will be held responsible.

WEBSITE/TWITTER: Practice and meet schedules are all on our team website. You will also find athletes of the week, school records, pictures/videos, alumni.

***** Follow Riverhead Track on twitter @riverheadtrack -#ROLL WAVES, for up to the minute information.**

"The price of victory is hard work!"



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I, _____ have read and understand all policies and athlete responsibilities. I promise to abide by these to the best of my ability.

Athlete's signature: _____

Date: _____