

# Boys and Girls Cougar Track Expectations 2024 - Salina South Middle School

ALL team members must have a completed **physical form, parent permission form, medical emergency form witnessed), concussion release form** in the office before they can participate in a practice or meets.

## I. Practice Procedures

- All 7<sup>th</sup> and 8<sup>th</sup> grade team members should be dressed and ready to stretch by 2:50. (Girls stretch in gym 2 and boys stretch in gym 3.)
- Each team member is required to supply his/her own practice uniform. This includes: shorts, t-shirt, socks, running shoes, and sweats.
- *Dress for the weather – when it is cold wear more clothes – we will go outside*
- **Practice will be over no later than 4:30pm**, there could be some exceptions.
- Students are expected to work at practice and if a student fails to participate fully, they may be left out of the meet, **NO MATTER WHAT THEIR RECORDED TIMES. You must practice to participate in meets.**
- **Injuries** are to be reported to the coach **IMMEDIATELY**. Any injury that is reported after the day of the injury must be assumed to have happened away from practice.

## II. Absences and being late to practice

- ISS and detentions are unexcused tardies. Makeup tests or assignments under the direct supervision of a building teacher may be excused with a pass from the teacher. **There will be no unexcused absences.**
- Team members will notify one of the coaches directly if they cannot make it to a practice or meet. Two days' notice is needed for missing a meet.
- **If a team member is at school, they must be at practice.** If the team member gets ill during school and must go home, the student should give a written note from the nurse to a coach. There are three coaches in the building, notify one of them.
- Students must provide a written note from the doctor to be excused for an appointment. Regularly scheduled lessons or practices (piano, dance, band, baseball, softball, soccer, etc.) should be moved to after track practice. Missing practice could negatively affect your chances of going to meets. You must practice to participate in meets.
- **Loss of meet time and/or Dismissal from the team may occur when:**
  - a. The student is ineligible for two consecutive weeks.
  - b. Any problem at school or with school staff (any ISS, OSS, detention, grades, or repeated offenses). Unexcused absences may result in dismissal or suspension from the team.
  - c. A reoccurring problem at practice or school, and/or a disruption during a track meet or on the **bus ride**, or repeated refusals to participate at practice and/or attend practices.

### III. Grades and Behavior

- Students who are failing any classes will be encouraged to go to the after school program or to their teacher for assistance. **Academics come first – track comes in a distant second.**
- Team members will obey all school rules regarding bus transportation and may be assigned seats, extra work at practice, ISS for “unsafe” noise levels or behavior, and even dismissal from the team.
- Bullying will not be tolerated. This includes: intimidation, pushing and shoving, profanity, lack of sportsmanship, not following direct instructions and disrupting practice for others. These actions may result in the offender being sent home from practice, extra work at practice, loss of a meet, or even dismissal from the team.

### IV. Uniforms and equipment

- Team members will be responsible for their individual uniform and warm-ups. Uniforms should only be worn on meet days. **Warm-ups should only be worn for practice or meets – not every day to class.** Uniforms/warm-ups are numbered and the number checked out will be the number that should be returned. The uniforms/warm-ups should be washed in cold water and drip dried – DO NOT DRY THEM WITH HIGH HEAT. **Should all or parts of the uniform/warm-up be lost or damaged, the team member will be charged for a replacement.**
- Team members will be responsible for their individual equipment and the return of school equipment should be made to the coaches only. **(This includes shot puts, javelins, discuses, relay batons, tape measures, and stop watches.)**
- **Hair should be neatly groomed and out of the eyes for the safety of themselves and others. This is at the coaches’ discretion.**

### V. Meet Procedures

- All meets are set up by times, distances, and heights recorded by the coaches. We also take a look at grades and behavior in classes and practices. Only two to three members of each team may participate in an event. **Not all of the team members will go to all the meets.**
- Team members must stay with the coaches, in the stands, at track meets unless participating in an event.
- If a team member wishes to ride home with their parents after a track meet they must have a parental note in the **OFFICE PRIOR TO DEPARTURE** for the meet. If you choose to ride home with your parents anyway – then the student will forfeit participation in the next meet. Team members must stay at a meet until dismissed by the Head Coach and support their TEAM.
- Team members cannot participate in track related events during SMS track season. (ie. Fun runs, track clubs, and road races)

