

2017 LUCAS CUBS MIDDLE SCHOOL TRACK & FIELD

Team Expectations, Regulations and Procedures

The expectations, regulations and procedures contained within this information
Are in addition to those of the Lucas Athletic Participation Handbook.

EXPECTATIONS

- Display a positive attitude
 - Negativity is destructive to individual effort & team performance. We don't believe in "I can't."
 - Track & Field is a demanding sport that takes place in a variety of conditions.
- Reach your goals
 - Identify your reason(s) for participation and set appropriate goals for competition.
 - Effort in daily practice is the only way to improve.
 - Attend practice daily in order to be successful in competitions.
 - Attempt to set a new personal record during each competition.
- Be prepared
 - Be on time for all practices, events and bus departures.
 - Plan for inclement weather on a daily basis and have indoor and outdoor training gear available every day. Even when the weather is not perfect, we will train outdoors!
 - Have your water bottle filled before you head to the track for the start of practice.
- Factors that affect performance
 - Maintain a healthy diet by avoiding excess sugars, fats and energy drinks.
 - Maintain your academics; bring your homework to weekday meets when necessary.
 - Get plenty of sleep to help your body recuperate overnight.
 - Practice preventative icing and stretching at home.
 - At the first sign of pain or discomfort while practicing or competing, inform a coach.

REGULATIONS & PROCEDURES

- Practice sessions will begin and end as scheduled regardless of weather.
 - ***Mandatory practice begins Monday, March 6th***
 - Any changes to practice dates/times will be communicated over the Athletic Department's scheduling program (www.schedulestar.com), Twitter account (@lucascubssports), direct email and/or at practice.
 - No activities may occur without a coach present. If you arrive before the coaches, sit and wait patiently with your teammates.
- Participants are required to display proper behavior, attitude, dress, sportsmanship and respect for school employees, officials, opponents, fans, etc., at all times when on the track, traveling to/from events and/or in the public eye.
- Any missed practice, late arrival and/or early departure from practice must be accompanied by a written note from a parent/guardian indicating the reason for the absence.
 - Missed practice time must be made-up before a student may participate in the next contest. Habitual tardiness or absence will result in disciplinary action.
 - Note that practice and/or meets may be scheduled during spring break. Be sure to check the practice schedule before finalizing any spring break trip.
 - If a student must miss practice or a contest, please contact Coach Teague at 419-892-2338 x224 or teague.eric@lucascubs.org.
- Disrespect, insubordination, inappropriate language, obscene gestures, inappropriate use of social media, etc., will not be tolerated in any situation.
- The following are prohibited during practice and/or competition: Electronic Devices, Gum, Food, Jewelry and/or PDA.

- Students must ride the bus to all events and are not permitted to leave meets early. *We are a team and will support our teammates as they participate in their events.*
 - Students may travel home with a parent/guardian following an event given they follow Athletic Department policy outlined in the Athletic Participation Handbook.
- When traveling to/from events, boys and girls may not sit with one another. The gender that sits in the front of the bus on the way there will sit in the rear of the bus on the way back.
 - Students will help unload team equipment at contest sites and upon returning to campus following events.
- The team uniform and/or warm-up is the student's responsibility. It must be kept clean, in good repair and be available for all contests. Failure to do so will result in replacement charges.
 - Uniform tops must hang below the beltline or be tucked into the shorts when the competitor is standing.
 - All visible undergarments, including bras and leggings, **must be black** and may not contain more than one (1) manufacturer's logo of a single, solid color 2¼" or less.
 - Removing any part of the uniform, other than shoes, in the competition area is grounds for disqualification from competition.
 - Track spikes cannot be worn on our home track (except for long jump and pole vault), but should contain 3/8" spikes if purchased for use in competitions at other facilities.
- Injuries resulting in doctor's care will require a written release provided to the coaches before the student may return to participation.
 - Injured students are expected to report to practice as scheduled.
- Infraction of any expectations, regulations and procedures contained within this information or the Lucas Athletic Participation Handbook will result in disciplinary action including up to the following:
 - Extra conditioning
 - Denial of participation in events/meets
 - Removal from the team

ADDITIONAL PROCEDURES

On practice days:

Arrive at the track dressed in practice gear and be sure to have tennis shoes and track spikes as appropriate. All students will participate in a team warm-up at the start of each session. Students will engage in an individual/group cool-down following their workout. At the conclusion of practice, students will examine the area to ensure that all equipment used has been properly stored, trash deposited and personal items collected.

On meet days:

Arrive dressed in your uniform & warm-up and be sure to have tennis shoes and track spikes as appropriate. Pack a bag that includes hand warmers, a blanket, extra socks, water repellent jacket, snacks and a trash bag large enough to hold the entire bag. All students will engage in a team warm-up at the start of each meet. All students will engage in an individual warm-up prior to their event. Students will engage in an individual cool-down following their event. Relay teams will practice hand-offs while jogging the track or in the grass off the track surface. After conclusion of meets, students will examine the area to ensure the facility is cleaner than when we arrived. Upon return to school, students will unload equipment from the bus and ensure that the bus is cleaner than when we loaded.

On the weekend or off-days:

Students should engage in some type of light running, lifting, stretching, icing or other activity to maintain physical conditioning.

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Acknowledgement Form

By affixing our signatures below, we attest that we have read and understand the Lucas Middle School Track & Field Team Expectations, Regulations and Procedures and know the consequences of violating them. Further, we agree that we understand our role within the Track & Field program and will do all we can to meet the goals established by the coaches and the team. If at any time we have concerns about the program or our participation, we will contact the coaches at the appropriate time to discuss our issue.

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PRINT Student Name *Student Signature* *Date*

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Student E-mail Student Contact Number

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PRINT Parent/Guardian Name *Parent/Guardian Signature* *Date*

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Parent/Guardian E-mail Contact Number

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PRINT Parent/Guardian Name *Parent/Guardian Signature* *Date*

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Parent/Guardian E-mail Contact Number

**PLEASE COMPLETE AND RETURN
TO COACH TEAGUE BEFORE
MONDAY, MARCH 6TH.**