

2017 Lucas Cubs High 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 sugar, 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.wvchedulestar.com), Twitter account (@lucascubssports), direct email and/or 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 arrive 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 the practice and/or meets may be scheduled during spring break. Be sure to check the practice schedule before finalizing any spring break trips.
 - If a student must miss practice or a contest, please contact Coach McPeek at mcpeek.doug@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 each other. 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 2 ¼ or less.
 - Removing any part of the uniform, other than the 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, student 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-off's 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, student 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

Lucas Cubs High School Track

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27 Conditioning High School 3:45-5:30pm	28 Spring Conference Night	1 Conditioning High School 3:45-5:30pm	2 Conditioning High School 3:40-5:30pm	3 Conditioning High School 3:45-5:30pm	4 Conditioning High School 10:00-11:30am
5	6 Practice 3:45-5:30pm	7 Practice 3:45-5:30pm	8 Practice 3:45-5:30pm	9 Practice 3:45-5:30pm	10 Practice 3:45-5:30pm	11 No Practice
12	13 Practice 3:45-5:30pm	14 Practice 3:45-5:30pm	15 Practice 3:45-5:30pm	16 Practice 3:45-5:30pm Spring Picture Day	17 Practice 3:45-5:30pm	18 Comet Clinic @ Amherst Steele HS Bus leaves @ 11:15am
19	20 Practice 3:45-5:30pm	21 Practice 3:45-5:30pm	22 Practice 3:45-5:30pm	23 Practice 3:45-5:00pm Winter Sports Recognition Night	24 Practice 3:45-5:30pm End of 3 rd quarter	25 No Practice
26	27 Practice 3:45-5:30pm	28 @ Northwestern 4:30pm Bus leaves @ 3:00pm	29 Practice 3:45-5:30pm	30 Practice 3:45-5:30pm	31 Practice 3:45-5:30pm	1 @ Cardington- Lincoln 9:30am Bus leaves @ 7:45am

Lucas Cubs High School Track

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prepare for Indoor & Outdoor Practice Every day!						1 @ Cardington-Lincoln 9:30am Bus leaves @ 7:45am
2 Jog & Stretch on own	3 Practice 3:45-5:30pm	4 @ Crestline 5pm Bus leaves @ 3:45pm	5 Practice 3:45-5:30pm	6 Practice 3:45-5:30pm	7 Practice 3:45-5:30pm	8 No Practice Jog & Stretch on own
9	10 Practice 3:45-5:30pm	11 @ Loudonville 5pm Bus leaves @ 3:45pm	12 Practice 3:45-5:30pm	13 Spring Break Practice 5:30-6:45pm	14 Spring Break Practice 5:30-6:45pm	15 @ Northwestern Invite 1:00pm Bus leaves @ 11:30am
16 Jog & Stretch on own	17 Spring Break Practice 5:30-6:45pm	18 @ Crestline 5pm Bus leaves @ 3:45pm	19 Practice 3:45-5:30pm	20 Practice 3:45-5:30pm	21 @ Crestview 4:30pm Bus leaves @ 3:00pm	22 No Practice Jog & Stretch on own
23	24 Practice 3:45-5:30pm	25 vs. ST. Peter's & MCS 5pm need volunteers at 4:40pm	26 Practice 3:45-5:30pm	27 Practice 3:45-5:30pm	28 Practice 3:45-5:30pm	29 No Practice Jog & Stretch on own
30						

Lucas Cubs High School Track

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 3:45-5:30pm	2 @ Buckeye Central Invite 4pm Bus leaves @ 2:25pm	3 Practice 3:45-5:00pm	4 Practice 3:45-5:00pm	5 @ Galion Invite 4pm Bus leave @ 2:40pm	6 No Practice Jog & Stretch on OWN
7	8 Practice 3:45-5:00pm	9 Practice 3:45-5:00pm	10 Practice 3:45-5:00pm	11 Practice 3:45-5:00pm	12 Practice 3:45-5:00pm	13 @ MBCs in Loudonville 10am Bus leaves at 8:45am
14	15 Practice 3:45-5:00pm	16 Practice 3:45-5:00pm	17 Practice 3:45-5:00pm	18 District Championship & Bus time TBA	19 Practice 3:45-5:00pm	20 District Championship & Bus time TBA
21	22 Practice 3:45-5:00pm	23 Practice 3:45-5:00pm	24 Regional Championship & Bus time TBA	25 Practice 3:45-5:00pm	26 Regional Championship & Bus time TBA	27
28	29	30	31			