

# NEW BERLIN TRACK AND FIELD TEAM RULES

## 1. Attendance and Punctuality

- **Practice:** Athletes must attend all scheduled practices unless excused by the coach. Being late or leaving early without prior approval is not acceptable. Continued unexcused absences will result in dismissal from the team.
  - Doctor appointments are considered an excused absence as long as a doctor note is provided at the next practice attended.
- **Competitions:** Athletes will be required to attend all team competitions unless otherwise told so. Failure to attend the scheduled meets will result in disciplinary action.
- **Pre arranged Absence:** All athletes are expected to try and be at every practice. Work schedules, various appointments, etc. can cause conflict. If schedule conflicts are unavoidable please provide your respective coach with the day and time of the conflict beforehand so we can properly plan for alternate workouts. Failure to do so will lead to unexcused absences.

## 2. Behavior and Sportsmanship

- **Respect:** Treat teammates, coaches, officials, and competitors with respect at all times.
- **Team Spirit:** Athletes will be asked to cheer and support other team members at the meets. Spending time at camp is not accepted unless you are resting for an event.
- **Code of Conduct:** Follow School and Athletics Code of Conduct at all times when involved with the Track team. Failure to do so will result in disciplinary action.

## 3. Uniform and Gear

- **Uniform:** Athletes must wear the team-issued uniform during competitions. Failure to wear it correctly can result in disqualification from the meet.
- **Proper Equipment:** Athletes are required to bring tennis shoes and appropriate equipment to every practice and competition. (Ex. Sprinters - Spikes, Long Distance - Running shoes, Throwers - Throwing Shoes)
- **Team Apparel:** Wear New Berlin clothing to all competitions. We will represent our team and school with pride and a positive image.

## 4. Training and Conditioning

- **Effort:** You are required to warm up for meets/ practices, participate in all workouts given by coaches, and finish all workouts that are to be done independently. Failure to do so will lead to disciplinary action.
- **Health:** IF you have an injury, first inform your coach. After that you will be directed to our athletic trainer on staff. You are to follow their plan and instructions.

## 5. Communication

- **Coach Communication:** IF you must miss practice/games, you MUST communicate the date and reason with your coach. This will then decide if it is an excused absence or unexcused absence. If you fail to communicate it will result in an Unexcused Absence.

- **Team Communication:** Use team communication channels (group chats, email lists, etc.) to stay updated on practices, meets, and other team-related matters. Communication will be through the team GroupMe.
- **Travel Communication:** All athletes must ride the bus to athletic events. Athletes may ride home with parents/guardians as long as their parent/guardian signs them out on the sign out sheet. Failure to do so will result in a disciplinary action.
- If you are riding home with someone other than your parents, you must have confirmation from both your parent and the driver

## 6. Respect for Team Goals

- **Team First:** While individual performance is important, prioritize the success of the team in competitions and training.
- **Role Assignment:** Be flexible with event assignments. Athletes may be asked to compete in different events to benefit the team.

## 7. Competition Participation

- **Eligibility:** You must not have any grade under a D- or you will be academically ineligible.
- **Focus:** Be mentally and physically prepared for your event, and support teammates during theirs.

## 8. Discipline

- **Consequences** for actions that do not meet expectations of Athletic or School code of conduct at team events.

1 Team Disciplinary Action: Coach/Player Meeting

2 Team Disciplinary Action: 1 Meet Suspension / Parent Contact

3 Team Disciplinary Action: Removal from Team Consideration

If an athlete is to get a school disciplinary action and it leads to a missed practice/ meet, this will count as an unexcused absence.

### Unexcused Absences

1 Unexcused Absence: Meeting with Coach

2 Unexcused Absence: 1 Meet Suspension

3 Unexcused Absence: 2 Meet Suspension

4 Unexcused Absence: Removal From Team Consideration

### **I Agree to Terms and Conditions of Team Rules**

By signing below, I acknowledge that I have read, understood, and agree to abide by all the terms and conditions outlined in the team's rules and policies. I understand the expectations set for behavior, attendance, communication, and performance, and I commit to following them to the best of my ability. I understand that failure to adhere to these rules may result in consequences, including but not limited to disciplinary action or removal from the team.

I also agree to engage in a respectful and supportive manner with all team members, coaches, and staff, promoting a positive and collaborative environment.

**Team Member Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_