**Hornet Track & Field Expectations**

**Practices:**

* Practices are daily from 3:00-5:00. Ten practices are required for track athletes to be eligible for competition.
* Attendance will be taken at 3:00 on practice days. Athlete/coach meeting in the plyo room. Important announcements are made at this time. Don’t be late!

-Tardy for attendance will result in a warning. If you are consistently late, we will ask you to go home for the day.

-If you know you will be late to practice, pre-arrange with Coach Stussy.

* Absences from practice will result in suspension from the next meet.
* Leaving early from practice will result in suspension from the next meet.
* Missing two meets will result in dismissal from the team.
* Athletes will train and compete in proper attire. Sweats are required for warm up and cool down activities. Always bring water and appropriate apparel to all practices.
* See your coaches for information on training and competition shoes. Proper footwear will prevent many injuries. Replace training shoes about every four to six months, because mid-soles break down easily. **Attend Spike Night!**
* Practices will be conducted under the supervision of a school coach. Practices may be individualized to athlete’s specific needs. Individual coaches may require weekend practices. Check with your event coach for specific training plans.

**Competition:**

* Athletes must represent themselves and their teammates to the best of their abilities. Any unbecoming behavior will not be tolerated. Athletes, who offend, may be suspended for a meet or dismissed from the team. Good sportsmanship is required.
* Athletes must be warmed up and ready to compete on second call.
* Athletes may earn the opportunity to compete in invitational meets as they qualify for competition in individual events or on relay teams. Additionally, athletes must be in good standing with their academic performance and attendance, as indicated on tracking sheets, progress reports, and grade reports. They must also have demonstrated a good attitude at practice, meets, and in the classroom.
* Athletes who advance to post-season competition must compete at sub-district, district, and state or as far as they may advance. Athletes may not pull out of one event in which they are entered and then compete in another event in high school competition.
* All injuries must be reported as soon as they occur. The school trainer and/or coach will give athletes alternate training plans or rehabilitation modalities.
* Athletes who are injured and cannot participate in a meet shall work under the direction of their coach with appropriate duties.
* **League Meets: All athletes are required to stay until the last event has been completed.**