**Guidelines and Rules**

TO ACCOMPLISH TEAM AND INDIVIDUAL GOALS WE ALL HAVE TO WORK TOGETHER AND HELP EACH OTHER BECOME BETTER STUDENTS, ATHLETES, AND PEOPLE.

FOLLOW THESE SIMPLE POLICIES AND WE ALL WILL HAVE AN ENJOYABLE AND SUCCESSFUL TRACK SEASON.

1. Being an athlete means preparing your mind and body to perform at a peak level. We prepare at practice. Approach each practice as an opportunity to make yourself and your teammates better. Anything less is a waste of your time and talent.
2. Cooperation is the key to success. You must get along with your teammates and the coaching staff. There is no “us and them” on this track team. Success is a team accomplishment. When one athlete succeeds, we all share in the success.
3. Compete at a championship level. Even if you aren’t number one, act like you are number one. Champions operate at a high level of preparation and performance.
4. Honesty is a component of success in athletics and in life. Don’t lie about effort or injuries. Always tell the truth with your mouth and your actions.

1.) You will be expected to be dressed and ready to **practice at 3:20 everyday** (M-F), unless changed by the coaching staff. We will have some Saturday practices and you will receive a calendar which designates those dates.

**Penalties for unexcused absences:**

1st unexcused = suspension from next meet

2nd unexcused = suspension for one calendar week of competition. Attendance in practice is required, but no competition.

3rd unexcused = dismissal from the team.

2.) **Respect**- When a Coach or any other person is addressing an athlete individually or in a group, you will remain silent, and not be a distraction. Respect teachers, coaches, teammates, women, and opponents with the same respect you would want to be treated.

3.) **Athletes are expected to attend every practice and every meet.**

To be excused from a practice, the athlete needs to personally excuse him/herself with one of the coaches **IN ADVANCE** of practice (AM). Missing a practice can result in missing participation in the next meet. If an athlete is in school, he/she is expected to be at practice that day. The excuse should be in writing. If absent from school you should call Coach Jasper (563) 543-8049 or turn in a note with the reasoning why you are absent. **TEXT MESSAGES ARE NOT ACCEPTED!**

Injured athletes, while not participating in the regular workout for the day, are to always check with the trainer each day for treatments, as well as checking in with the coach, and should also volunteer their services to help during practice any way they can. An injured athlete doesn't skip practice.

4.) **Team Captains**

The team captains will be nominated and selected by your teammates to represent the leadership of the team.  A captain may be selected for demonstrating that leadership whether it be a vocal leader or a leader by example.  Also, the coaches are not concerned whether you are a senior or not, the question is “Do you display the qualities we feel are necessary to set a good example for the other athletes?”  The captain’s responsibilities are (but not limited) to lead all warm-ups during practices and meets and to make suggestions to the coaches concerning the team.

5.) **Dynamic Warm-ups will be lead each day by the coaches or captains.**

Stretching is a very integral part of our training program. Stretching increases flexibility of muscle groups, helping to prevent injuries. All team members will follow the coaches'/captains' lead on exercises. It is very important to have team unity, even on the simplest, most mundane activities.

6.) **Athletes are not to use tobacco, alcohol, or other drugs. (Code of Conduct)**

These are violations of school rules, as well as violating good, sensible training rules of any athlete, and will be reported to the Athletic Director's Office and Principal’s Office, and dealt with accordingly. We as a coaching staff cannot help you achieve your goals if you violate these rules. Anyone with a facebook account must be making appropriate posting on their boards. If it comes to my attention that you have inappropriate postings you will be suspended from the Track and Field Team indefinitely.

7.) **Rest is essential for an athlete.**

It is imperative that you as an athlete get enough rest during the track season. You should try to get 8 hours of sleep every night. Getting rest the night before competition is obvious, but it is also necessary to get lots of rest after a hard workout. **A well rested athlete will be a successful athlete.**

8.) **Eating properly is essential for an athlete.**

Getting a balanced diet is very important as well. If you eat junk food, you will perform like junk. Concentrate on eating plenty of carbohydrate-based foods: they are the body's primary source of energy. Pasta, breads, cereals, fruit, etc. all contain good amounts of carbos. Try to keep fatty, greasy foods to a minimum. Drinking plenty of fluids during the day is also important especially on hot days. You lose a lot of fluid when working out, and that needs to be replaced.

9.) **You will be expected to keep up your grades.**

All athletes must maintain the necessary grades to be eligible to compete in meets.  Your academics must come before athletics.  If you need extra help, go to your teachers and coaches before academics become a problem. Remember your Bobcat family is relying on you.

#### 10.) Locker Room Policy

We will dress in the new locker rooms on the south side. The locker room is an area to change clothing and shower. It is not a lounge or alternative area. Times of entry will vary according to the availability of a coach. All lockers and rooms are expected to be clean and tidy. **That is not the job of the custodian!** The music in the locker room will be appropriate for school. We will not provide towels.

11.) **Bulletin Board**

In the Athletic Hallway on the Northeast wall the daily work-outs, upcoming meets, results of meets, schedule, entries for meets, technique articles and motivation material will be posted.

12.) **Uniforms are issued by the school to athletes**.

They are the property of WDHS, and each athlete is responsible for the uniforms that they were issued. They are to be returned at the end of the season in the same condition as they were issued. All uniforms should be washed in COLD water, no bleach, and dried at a medium temperature. Many uniforms can be air dried over night. Uniforms are to be worn at meets and ONLY at meets, and not during practice, school, at home, etc. You will not receive your award and/or letter until you have turned all issued equipment in to your coach.

A good pair of running shoes is a must. If you need to purchase any, see your coach for suggestions. Spikes are a nice luxury if you can afford another pair of shoes. Usually, you can get a decent pair of running shoes for $50-$100.00. Spikes generally sell for $30-$70.

13.) **All members of the Track and Field squad will go to every meet**.

This is includes those who are injured or who for some reason are not competing. Failure to do so indicates poor interest in the team and in your teammates. Make yourself available to help in taking stats, etc.

If an athlete needs to miss a meet, he/she needs to notify the coaching staff **IN WRITING, 1 WEEK IN ADVANCE**. This is necessary, because many meets require entries to be mailed in advance.

14.) **It is crucial that everyone support and encourage teammates when they are participating in their events**. For this reason, all team members are expected to stay until the end of the meet to voice their encouragement for their teammates. After home meets, all athletes are expected to help put away all equipment that has been used. Only under extreme circumstances will you be able leave a meet early. Make sure your parents understand this. If a situation arises where you need to leave, that needs to be discussed a few days before the meet with the coaching staff.

All athletes are expected to take the bus to and from meets. The only exception to this is if your parents take you home from a meet. If you are to leave the meet with another parent, you need to give your coach a written note in advance, signed by your parents.

15.) **Good sportsmanship is a must!**

Ridiculing other teams or teammates is uncalled for. Positive encouragement is what you would like from your teammates and opponents, so be sure to return the favor to those around you.

16.) **Bobcat Track & Field Team members are expected to show their support for their team by also dressing appropriately for each meet.** Team members are expected to warm up as a team, wearing related team apparel (team uniform, sweats, team-issued T-shirts, etc.) At the very least, team members should display clothing relating to Western Dubuque. You will be given the opportunity to purchase a Team T-shirt early in the season so that you have something to wear for this purpose.

17.) Varsity Athletes are expected to work at the JV Meets, Junior High Meets, and Little Bobcat Meets. It means a lot to young developing athletes to see the varsity helping and cheering them on.

18.) We encourage you to limit your participation in Club sports that are at the same time as our season. This is a topic that is of great concern to our coaching staff about the direction of high school athletics. The number one concern is that it makes you more prone to overtraining and injury. We structure our track workouts to give you the opportunity to peak at the end of the season and improve as an overall athlete, thus complementing other sports that you might participate in. When you are injured we all lose. You lose valuable training time, your teammates lose your point production that may cause the team to lose a duel, district or state meet, and if you are fortunate enough to be on a relay team, it also causes team friction and animosity for the others that are true to our TEAM counting on you for an opportunity to compete at the district or state level. If you are in a club sport please notify your coach and present them with a schedule.

19.) **College Information**

If you have the ability to compete at the collegiate level in Track and Field, we encourage you to do some things that will assist you and your parents to prepare for that possibility.  Also, remember that there are various levels of collegiate competition such as Junior College (JC), NAIA (Small college), NCAA (Division I, II, & III) and each one may have different standards of what needs to be completed to have that school offer you a scholarship.

The following things should be completed or considered:  
  
1.  Maintain the highest GPA possible.  
2.  Focus on your core courses (Math, Science, English) and take a foreign language.  
3.  Take the SAT or ACT as many times as possible to get the highest score possible. Some colleges only accept one test, know what the college accepts. (The counselor’s office will have all test information)      
4.  During your Junior year of high school complete the NCAA clearing house and send it in.  These are available through the counselor’s office.  
5. If you are interested in a particular school, contact the coach, admissions office, or use the internet to find out questions about the school or track program.  
6. Ask your coaches to contact a school on your behalf.  
7.  Be realistic and talk with your coaches on what collegiate level you may be able to compete at.

20.) You are out here to do one thing and one thing only: **TO BECOME THE BEST TRACK AND FIELD ATHLETE YOU CAN BE!!!!** This will take a lot of self-discipline on your part to work and to push yourself and each other every day to the max. If you are not willing to put up with these sacrifices, then you will only amount to be one of those run-of-the-mill athletes and nothing more. If you want to be one of those athletes who is taking home medals each meet and participates in the State meet, then you need to work hard now - in February and March. There is no glory and fame now. The glory and fame comes in April and May, but only to those who work hard every day in February and March. Pain is only Temporary Victory lasts Forever.