



BUCCANEERS

TRACK & FIELD

2020 HAND BOOK

RULES, GUIDELINES & EXPECTATIONS

Dedication

Athletes who chose to come out for the track and field team are expected to make a total commitment to the team and to the sport. Dedication is demonstrated by an athlete's unselfishness and loyalty to his/her team and school. Throughout the season, there will be trying times as well as rewarding times; it is essential that athletes maintain their loyalty to their team, coaches and school. An organization is only as strong as its weakest member and cannot grow and survive without the loyalty and dedication of all members. Each athlete **MUST** remember that no individual is more important than the team. Athletes may find that they disagree with coaching decisions and policies, but they **MUST** support and respect the decisions made.

Stability

Everything else is pointless if it is not done consistently with a constant level of effort. We all slip, but you **MUST** have the mental discipline to recognize your error and make it right. You must be willing to be there at every function, every practice, every meet, and to be there for others. If your team cannot count on you, then you are not part of the team. Being a part of the team adds to the stability of your team. If you are not part of the solution, you are part of the problem. You must maintain a positive attitude. Be someone others can count on. Be a positive leader! Be a role model! Be consistent!

Character

As an athlete you represent not only yourself and your family, but also your team, your school and your community. We require that you represent your school well by demonstrating respect for yourself and others at all times. In other words: do not be rude, discourteous and/or obnoxious. Be proud and confident, but not cocky and loud. Athletes are expected to abide by rules of public displays of affection and to dress according to the dress code of Allatoona High School, setting an example for other students. They are expected to be courteous and respectful when speaking with fellow students, teachers, administrators, and coaches. Back-talking and disrespectful language is not permitted toward any coach, teacher, administrator, parent, spectator or athlete.

Responsibility

When an athlete makes a commitment to a team at Allatoona High School, the team, its members and the school count on that individual to carry out all of the duties and responsibilities that are included. It is for this reason, that if an athlete quits the track and field team, he/she will not be allowed to come out for the team again. It is the athlete's responsibility to follow up on all assignments in and out of the classroom, check for announcements, and be present and active at all practices and other activities. It is not enough for an athlete to "show up." He/She must be prepared and appropriately engaged at all times. An athlete's responsibility includes being physically and mentally prepared. Athletes must arrive on time, with all their gear, dressed appropriately, with the right attitude, and prepared to be accountable. Athletes are expected to be responsible for their behavior at all times. We do not make exceptions for work schedules and we absolutely **DO NOT PERMIT PRIVATE COACHES** to work with Allatoona track athletes while we are in season. Athletes are responsible for their actions, we ask that they trust the coaching staff in that we have their best intentions in mind. Excessive training is counterproductive and will result in injury. Removal from the teams will be the end result if athletes are working with private coaches while in season.

Honor

Honor is a multifaceted concept. You must not only honor yourself, but you must also honor your family, teammates, coaches, school and community. Making a total commitment is not an easy task; it involves self-discipline and respect. You must respect yourself and conduct yourself in an appropriate manner even when others do not. Further, athletes will not “share” their Marietta Track and Field clothing and equipment with others.

Academics

AHS is a school with high expectations of its students. The Track and Field program at AHS will work to promote each athlete's success in the classroom as well as on the track. An athlete's grades should go up during the season. Athletics is NOT an excuse for failing grades. A true athlete is well disciplined and realizes that the sacrifices required to become a team member does NOT include academics. Free time, social time and wasted time must be sacrificed, if necessary, for your academic and athletic well-being. Our priority is proper academic advancement. Student/Athletes are expected to complete all school work and maintain a GPA that reflects their best efforts. If a student needs to make-up work, or needs tutoring in one of their subjects during the season. It is expected that athletes meet with their teachers before school. If mornings are not feasible, athletes/parents are required to make arrangements with their teacher and notify Coach Parsons 24 hours before appointment in writing or email from parent. Suspension or dismissal from the team will be the consequence for athletes that refuse to follow these rules. Coach's discretion will be used on a case by case basis. It is a privilege to be a part of the AHS track program and not a right! Academics come first!!!

Practice

All scheduled practices are MANDATORY. Practice will start at 3:55 and will last until 5:30-6:00 Mon-Fri depending on individual situations. All athletes are expected to stay at practice until their workout is completed and a coach has dismissed them. Leaving practice early without speaking to a coach will result in an unexcused absence. All athletes need to be ready to warm up and stretch promptly at 3:55. If athletes need to see the trainer for any reason then they must see him immediately after school so they are ready for practice by 3:55. Athletes need to be responsible and prepare themselves to practice outside in all weather conditions. Athletes will not be excused for tardies or be given permission to miss practice because they don't have proper clothing or shoes. Parents/Guardians must avoid making appointments (doctor, dentist, etc.) during practice time or on days of competition.

Athletic Training Room

The athletic training room is used for evaluating injuries and recovery procedures from a medically trained athletic trainer. During the spring season, multiple sports with many athletes are in need of help. Too many athletes go immediately to the trainer after school and delay going to practice. To help with the high volume of traffic, ALL track athletes will report to practice at 3:55 for regular warm-ups. Then if necessary will be seen by the athletic training staff during practice. If a follow-up plan is necessary, then adjustments will be made. Ice bags will be available at practice, so athletes will not be allowed to go inside and not return to practice. Proper prescribed rehab work is expected. Failure to follow prescribed rehab on a regular basis will result in being held out of practice/meets until a doctor visit has been taken with a note.

Unexcused Absences

When an athlete has an excused absence from school they are also excused from practice. If an athlete does not come to practice and has failed to inform a coach with both a valid explanation and a note from a parent or teacher, it is considered to be an unexcused absence. For each of the first two unexcused absences the athlete will be suspended for one meet. After the third unexcused absence the athlete will be dismissed from the team.

Winter Break (Feb.) & Spring Break

If an athlete is going out of town for winter break or spring break, we ask that the athlete notifies a coach in advance so we can plan accordingly. Practice will be held on from 10:00am–12:00pm on dates TBA! It is strongly suggested that these practices are attended. Schedule is subject to change.

Uniforms, Equipment & Dress Code

Allatoona runners own their gear. However, athletes are not allowed to share their official team gear with anyone not part of Allatoona Track & Field. We are a uniformed group and each athlete MUST be in team designated gear for the current year. During meets athletes need to keep track of additional equipment (shots, discs, poles, tape measures, batons, etc.). During track meets, athletes must wear the warm-up suit that is the current year's theme during team warm-ups and warm-ups for your individual/team events or they can wear any clothing that says Allatoona on it. Athletes may also wear shorts, sweatshirts, hooded sweatshirts, warm-up pants or any other type of sweats they must be black, red, or gray during downtime of meet to keep warm. Athletes are not allowed to wear jean pants or shorts to a meet. We want to look like a team!

Home Meets

All athletes are to be involved in the set up and break down of equipment before, during and after a home track meet. Athletes are expected to stay for the entire meet regardless if their events are completed unless they have had prior approval from the Head Coach. We want all athletes to be either on the infield or in the stands watching and supporting their teammates, we are a team and we must support each other. During a home meet athletes should be on the track to help set up at 3:45. After the meet is over athletes must put the starting blocks away, cover the long jump, high jump & pole vault pits and make sure all the trash is picked up off the infield and in the stands.

Away Meets

We expect our athletes to represent our school and our team with pride and dignity. Everybody must ride the bus to and from the meet with the team. If an athlete must leave the meet early, they can only leave with their parents or guardians and it must be pre-arranged & approved with the Head Coach before the meet day. We will not allow anyone to go home with a request the day of the meet.

Policies

- All school and academic policies will be enforced.
 - All scheduled practices are MANDATORY.
 - Any member failing to abide by published school rules relating to conduct, use of drugs, alcoholic beverages, tobacco products, or other illegal activities will be subject to review by the coach. This includes being present, regardless whether the students used or possessed any of the items listed, in any location where the above occurs. Dismissal from the team may result from that review.
 - Any athlete who is assigned in-school or out of-school suspension will be suspended from the track program for a minimum of one meet determined by the Head Coach based on the severity of the infraction. Athletes are not permitted to attend school functions including track practice and track meets when on the date the suspension is served.
 - Athletes must wear UA Warm-ups for bus travel and must wear Allatoona gear during track meets.
 - No jewelry may be worn while participating in track and field activities, including practices and meets.
 - Work cannot interfere with scheduled practices. Work is not an excuse from practice or performance and is not an excuse to come late or leave early.
- Athletes are not allowed to share their gear with people who do not participate in the season. Discovery of a non-track athlete wearing gear in season will result in penalties determined by the coaching staff.

Note on Track and Field Policies:

Athletes will abide by the Track and Field Handbook, team rules, and coaching decisions. The policies in this handbook are not all-inclusive. The coaching staff reserves the right to add to, modify or delete the above policies as the program's needs change. Athletes and parents will be properly notified of any changes in the policies before they are enforced by the coaching staff. It is the expectation of the coaching staff that athletes and parents will read through the policies together and discuss them before their season begins. It is the aim of the coaching staff to ensure that any changes to these policies and procedures are communicated in a written manner, preferably email, to all parents and athletes at the earliest possible convenience. In all matters, CCS and AHS policy takes precedent.

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Handbook Contract and Acknowledgment

I, _____ agree to all of the policies outlined in the Allatoona Track and Field Handbook. I understand that my violation of any policy contained within the handbook can result in my immediate dismissal from the team or other penalties as deemed necessary by the coaching staff. If I am dismissed, I must return all of the items provided by Allatoona Track and Field and I forgo the right to participate in any track and field activities. Furthermore, I understand that there will be **NO REFUNDS** for monies paid to Allatoona High School and/or Allatoona Track and Field Booster Club. I understand the commitment I am making. My parents/guardians support this handbook and its policies.

Signatures:

Athlete

Date

Parent

Date

URL for Electronic Signature

<https://forms.gle/nX69d5XXvW93fmqH6>

Scan QR Code for Electronic Signature

