

SJB TRACK & FIELD TEAM RULES PENALTIES and EXPECTATIONS

- 1. All practices and meets are to be attended – even if you have sustained an injury:**
You are responsible for notifying Coach Wood if you are unable to attend any practice or meets ahead of time. This should be done by e-mail. If you are sick on the day of a meet, you are to text or e-mail Coach Wood before the team bus is scheduled to leave. Missing two meets, even if you have told Coach Wood in advance, will equal one unexcused absence. **If you are injured, you will be used as a manager** until you are able to participate. You must also be vigilant with your recovery by seeking active rehabilitation, such as physical therapy.
- 2. If you are attending music, extra help or a school meeting before practice:**
You must get changed into your practice clothes before your meeting. After your meeting, you must bring a legible pass to practice. You must hustle out to practice.
- 3. All school rules must be followed while at practices and meets:**
This includes being properly groomed during vacations. Detentions, ISS or any other school disciplinary actions **are not acceptable** and are considered unexcused absences. If you break school rules and have to miss practice and/or meets for disciplinary reasons, you are letting your teammates down. You represent St. John the Baptist while attending meets! You are to behave in a manner that is consistent with being a St. John the Baptist student.
- 4. Lying, cheating and steeling will not be tolerated:**
Open communication and trust are mandatory in developing a quality program and developing quality student athletes. As such, violations of this nature will lead to immediate removal from the team.
- 5. Drug and/or alcohol use will not be tolerated.**

How does an athlete make the team?

There is a one-week tryout the first week of the season. We are looking for the following during the tryouts:

- The athlete is trainable. What does that mean?
 - The athlete does not “just go through the motions” at practice.
 - The athlete is willing to try and do things the way the coaches want them done.
 - The athlete is not a distraction to others.
- The athlete shows the potential of helping the team compete at either the Frosh/Soph level or the Varsity level.

How does an athlete EARN a Varsity Letter?

- Run/Jump/Throw the minimum standard that has been established. That standard is posted on the team website: www.coachwood.org.
- Be eligible and available to compete at the Varsity League Championships
- A Frosh/Soph that has not performed the Varsity standard but has earned a medal at the league Frosh/Soph Champs, will be awarded a Varsity Letter and is eligible to compete at Varsity Champs.

I have read and understand all of the rules above

X _____
Parent or guardian

X _____
SJB Student Athlete