

Versailles Track & Field Team Training Rules / Guidelines

1. **Curfew.** You must be in your home no later than 1:00 AM on weekends (Friday and Saturday with no contest the following day) during the track season. On weekdays, including Sunday, a maximum of 10:30 PM. Athletes with a Saturday contest will also have a curfew of 10:30 PM on Friday evening. Any exceptions to this must be arranged with the coach prior to the exception. Periodic checks throughout the season can be expected.

Curfew Violations:

1st Offense: Denied participation for the next contest.

2nd Offense in Same Season: Denied participation for the remainder of the season.

2. Possession, use, consumption, sale, or transfer of alcoholic beverages, drugs, or tobacco (including smokeless tobacco) by any team member at any time or place during the track season will result in **removal** from the team for the remainder of the current season.
3. Hazing, intimidation, or abuse of a teammate of any kind is strictly **forbidden** and may result in team suspension or dismissal. The punishment of “hazing” will also be handled in accordance with the school handbook.
4. Abuse or disrespect of the coaching staff (through the use of profanity, gestures, insubordination, etc.) will **not be tolerated** and may result in denied participation, team suspension or dismissal.
5. When the team is practicing, you are to be there! The only excuse is sickness, special unforeseen circumstances, or if arrangements of a legitimate reason were made with the coach **in advance**. Even if you are injured, you will still be expected to come to practice so as not to miss anything and to remain a part of the team. If you have to miss practice or a meet, you are required to contact the coach beforehand. **Unexcused absences** and/or **excessive absences** from practices or meets will be a reason for denied participation or dismissal from the team.
6. In order to run in a meet, you must practice the day before. The only exceptions are holidays or getting it cleared **in advance** with the discretion of the coach.
7. To receive a varsity letter you must score an average of 2 points per non-invitational meet. Although your letter is determined only on the basis of these non-invitational meets, the points scored during any invitational or tournament competition will also be added towards gaining your letter. Also, points earned in relays are divided equally amongst the four relay participants.
8. The coaching staff will determine the line-up of the team for every meet. This will be accomplished using a number of criteria, including but not limited to: run-offs, attitude, health, the chemistry of a relay team, times in meets, team strategy, and/or **hard work in practice!**
9. On days of home meets, you are expected to be at the track and ready to go by the start of warm-ups. The warm-up time will be announced a day in advance of the meet. Tardiness could result in you not participating in that meet. During the meet, you will be expected to stay inside the track area until the end of the meet unless prior arrangements have been made with the coach. You are expected to support your team, not leave early! At all times, only members of the team shall be in the team camp area.
10. We all must pull our weight when hosting home track meets, whether it is varsity or junior high. During varsity meets, help out whenever possible (by moving hurdles, helping at field events, etc.). During junior high meets, varsity team members will be assigned tasks on a rotational basis. This list will be posted inside the team camp and be made available online on the track website (see #22 below). If you cannot work on your assigned day, then it is **your** responsibility to get someone to take your place and notify the coach in advance of your absence and of your replacement.
11. On days of away meets, the Versailles Athletic Department will provide the transportation to and from the meets, and you are required to use that transportation. **Any exception must be made with the high school principal and the coach prior to the meet.** Be sure to complete the necessary paperwork and obtain the necessary signatures as required by board policy. As required, your parent must provide the transportation to and from the meet, and they must personally see the coach prior to departure to take responsibility for the athlete.
12. If you miss the bus without prior approved arrangements, even if you should still come to the meet, you will not be allowed to compete. **Be prompt!** You should always aim to arrive at school at least 10 minutes prior to the departure time to assure that you avoid any unforeseen circumstances along the way (like trains, slow moving vehicles, etc.) and to alleviate unnecessary phone calls and stress!

13. If you go to a meet with the team, **you must be in uniform**. This includes both those competing and those not competing. While at the meet, you will be expected to conduct yourself as you would if you were participating and to wear team attire so to appear as a team (no boxers, ball caps, etc.).
14. You will be issued a full uniform and you are responsible for that uniform. **DO NOT** borrow someone else's uniform if you forget yours. Simply ask a coach, and we will see that you are given a replacement for that day and that the proper meet officials are notified of any changes.
15. During meets, stay sheltered from the weather elements (wind, heat, cold, rain, sun, etc.) as it can adversely affect your meet performance. Also, you are to avoid excessive contact with your boy/girlfriends until your competition is over. Under **NO** circumstances should anyone outside the track program be in the team camp! Radios w/o headphones and other non-track recreational equipment is also forbidden at meets.
16. At all times, **be prepared** during practice and meets for the type of spring weather that is common in Ohio. You need to wear proper attire and bring extra clothing that is suitable for the cool and/or damp conditions of our climate in order to help avoid sickness and injury. Improperly dressed athletes may be denied participation until the proper attire is worn.
17. If you have an injury of any type, you are expected to inform your coach immediately of the problem. **Don't ignore it or hide it!!!!** It is very important that the coaches be made aware of any injuries in order to avoid the possibility of additional complications or injuries that might result from not receiving the proper treatment or needed rest. Please keep us informed!
18. Unfortunately, injuries can occur in track and field. If not properly cared for and/or left untreated, even the smallest injury can eventually become more serious. A good way to avoid injury is proper stretching before and after practice and competition. Do this as a team and on your own prior to your events. **THIS IS VITAL!** It is your responsibility to be prepared for your event. Running in the proper shoes, competing with the proper equipment, dressing correctly for the weather, and using proper techniques during practice and competition are very important in avoiding injuries. Hydration, diet, & rest are also important ingredients to staying healthy. Make sure that you rest at least one day per week and that you keep your body properly nourished and hydrated throughout the entire season.
19. You are a member of a track team with a rich history of tradition and success. You need to be **committed** to this program as much as your coaches are committed. Performing in other sports-related activities can detract from that commitment and cause you to be tired, injured, and/or unfocused, thus affecting your performance in track. While you are in track, the track program and your fellow teammates should be your main priority, not your other team(s).
20. Your conduct on and off the track will reflect how important this program is to you. If it is important to you, then do NOT do anything to jeopardize the program or your position in the program. If you have pride in the team, reflect that pride in everything you do and always show good **sportsmanship** to both your teammates and your competitors.
21. You are always welcomed and encouraged to share any suggestions, concerns, and/or feelings that you might have that are important or concerning to you; however, it should always be done so **in private**. If you ever have any questions or need extra help with something being done in practice or in meets, please just ask. The coaches will make every effort to explain things and help you when needed.
22. **<http://darke.k12.oh.us/vhstrackweb>** – This is our track website that will be used to post general information and announcements, order forms, work schedules for parents and athletes, meet information, practice and meet cancellations, and so on. Please use this website as a reference for you. Certainly, we will do our very best to keep it updated unless circumstances prevent us from doing so.
23. In all cases of emergencies or cancellations, we will try to reach you via telephone if possible. If a situation pertains to the entire team, then we will use the district's Alert Notification System to notify you.
24. Parents: It is important that you are also aware of the training rules that are outlined above and know what is being expected of your athlete(s) in the track program. Please contact a coach if you have any further questions and/or concerns regarding these above expectations or any further inquiries this season.