

2011 High School Track Team Rules and Information

Rock Creek Junior/Senior Track Staff

Mike Zabel = Head Track Coach –HS Sprints/Hurdles– HS Relays

Dick Dugan= Shot Put

Jeremy Lehning – Javelin – Pole Vault – Long Distance

Amy Blackwood - Discus

1. Attendance.

*You are expected to be at practice just like any other sport you participate in.

It's pretty simple. If you are not at practice for whatever reason, you are reducing your chances of participating. WHEN YOU ARRIVE AT PRACTICE, YOU WILL CHECK YOUR NAME OFF ON THE ATTENDANCE SHEET. PLEASE DO NOT CHECK OFF OTHER PEOPLE'S NAMES. THIS WILL BE CHECKED AT THE END OF EACH PRACTICE FOR VALIDITY.

*IF YOU ARE ABSENT FROM PRACTICE FOR ANY REASON, YOU WILL MAKE UP THE CONDITIONING - MAKE UP CONDITIONING WITH BE (6) 100 YARD BUILDUPS, WHICH WILL OCCUR AFTER THE NORMAL STRETCH AND CONDITIONING PERIOD AT THE BEGINNING OF PRACTICE.

*BECAUSE OF LIABILITY ISSUES, YOU WILL BE REQUIRED TO CHECK OUT WITH COACH ZABEL IF YOU LEAVE BEFORE 5:30, WHICH IS THE OFFICIAL END OF PRACTICE.

a. Unexcused Absences and Tardies.

*1st Unexcused Absence = Double the makeup conditioning (12) 100 yard buildups.

*2nd Unexcused Absence= (12) 100 yard buildups + miss the next track meet

*3rd Unexcused Absence = OFF THE TEAM

b. Detentions/Mandatory Study Hall due to grades

*Detentions are regarded as an unexcused absence. (See A above).

*Mandatory Study Halls must be taken care in the mornings 7:30-8:15. If you have to do it in the afternoon 3:45-4:30, then you will need to show up at track practice at 4:35 and complete the makeup conditioning (6) 100 yard buildups before you go on to your usual events. If you do not show up, it will be become an unexcused absence

c. Leaving Practice Early/ Not Attending a Practice Session/Not Finishing A Workout Session

*If you leave practice early or do not attend a practice session you are suppose to be at, then you will be required to go through a makeup conditioning session (6) 100's. If not, it will be considered an unexcused absence.

*If you do not finish a running workout session, you will be required to complete that session on another day. If you cannot complete the workout session then you will not be going to next track meet.

NOTE: All makeup conditioning MUST be made up before you are allowed to participate in the next meet.

3. Daily Routine.

3:30-3:35. Sign Yourself in for Attendance/ Team Meeting / Announcements

*Meeting Area. Cold/extremely windy days = West FB locker room
Nice days = Northwest corner of track.

* Bring a filled water bottle to practice with your name on it. The water system will probably not be turned on for awhile.

* School-issued sweats or Rock Creek shirts and sweats bought from Coach Beam will be worn at practice and at meets.

* Always wear sweats to practice and to the bus and the meets.

* Bring everything with you that you want to take home that night to practice. You will not be able to return to the school building.

* On bad weather days, listen for announcements and if we have practice it will be held in the main gym. We will alternate with junior high on who has practice and who doesn't.

3:35- 3:50 - High School Warm Up (Everyone together)

1 lap warm up –Team Stretch –Team Agilities – Team Conditioning –

You cannot skip team warm up. You are required to be there regardless.

3:50- 5:30

-Practice time for all events.

- * Follow workout schedule and be where you are supposed to be. The coach responsible will take attendance. He or she will have a master schedule on who is supposed to be there and will report attendance to me after practice.
- * Do not practice events that you have no intention of participating in. Many athletes have been hurt in this fashion. For example, if you don't high jump, don't be caught at the high jump pit doing that. Subject to the track teams discipline policy outlined below.

4. Training, Practice, Meet Rules and Other Information

a. Locker room and bathroom use.

- *No athletes are allowed in the football locker rooms at any time without permission.
- *The concession bathrooms will be open for your use. However, we will have to use the school until the water is turned on at the field. You must let the head coach know each and every time you leave the track facility. Liability issue.

b. Leaving practice or a meet early.

- *No one may leave a practice or meet early without permission from the head coach.
- *A sign-out sheet will be made available for parents to take their athletes home after a meet. It will be located at the team meeting spot.
- *Please do not ask any of the coaches for permission to ride home with someone else other than your parents or legal guardian.
- *A signed note with an administrator's signature must be presented to Coach Zabel before this is allowed.

c. Bus Usage At A Meet

- * Unless there are extreme weather conditions, our bus will not be occupied, once we arrive at a meet.
- * You need to be near the track getting ready to participate or supporting your teammate
- *All equipment and personal items will be taken off the bus and placed at a team meeting spot in the stands or near the track. They are to be returned to the bus, once the meet is over. It is not responsibility of the coaches to put your implements back on the bus.
- *The bus must be free of trash, once we arrive home from the meet. Please cleanup.

d. Public Displays of Affection (PDA).

- *Not allowed at any time during practice, on the bus trips or at the meets. Strictly enforced. Subject to the track teams discipline policy. (See below)

e. Track Team's Discipline Policy.

- *Track practices, bus travel, and meets are an extension of the school day. The school's discipline policy will be in effect with the following changes.
 - 1st instance: Verbal warning.
 - 2nd instance: Miss next meet.
 - 3rd instance: Off the team.

f. Tobacco, Alcohol, and Drugs.

- *School handbook outlines this policy.

g. Jewelry.

- *Jewelry is **NOT** allowed in practice or at meets. "I have to leave them in is not an excuse"
 - Dangerous to wear in any athletic practice. Liability issue.
 - Will lead to immediate disqualification at meets.
 - If wearing jewelry is that important to you, then I suggest you don't go out.

h. Events

- * Like any other sport, the head coach will make the final decisions on what events you will participate in. Just because you sign up for something, doesn't mean you are guaranteed to do it.
- *In an emergency situations, you may be asked to fill-in in, particularly in a relay. Be a team player and help your team out in such situation.

*If you need out for a relay, you need to find an adequate replacement and let Coach Zabel know who it is.

i. Scratching.

*Under no circumstances are you allowed to scratch from an event without permission from Coach Zabel. Reasons had better be of "epic proportions". "I'm tired" really isn't a legitimate excuse...

j. Injuries.

*Please report all injuries to Coach Zabel.

* Athletic trainer Kevin Larrison will be at Rock Creek on certain mornings. Kevin is very good and may save you from being out an unnecessary length of time; and may save your family from unnecessary medical bills. If you are in need of a doctor's services, he will not hesitate to send you to one.

k. Medical conditions.

*Keep the head coach informed of any medical conditions you have,

*The use of inhalers. Please find a way to deal with your inhalers. We cannot carry around 30 of the them in our pockets.

l. Attire.

*As mentioned before, sweats must be worn at all times.

*Heavier coats may be worn on colder days.

*No arm bands, head bands, hats and caps (baseball), etc. may be worn at practice, on the bus, or at the meets.)

*When competing in an event, all warm up clothes and stocking hats must be taken off. Do not participate in any event with your sweats on.

*Tights may be worn under the uniform for meets and at practice, but they must be black and not have ANY markings (stripes) on them. This is a national rule. These are STRONGLY recommended early in the season

m. Eating Habits.

*These things will have an effect on your performance.

*Avoid sweets and drink plenty of water throughout the day.

*In particular, it is strongly recommended that you not drink soda pop.

n. Cell phones/Ipods. NO CELL PHONES at practice or meets. Keep them in your duffle bag and use only as needed to notify parents of practice/meet information. NO IPODS at practice. On meet days, you may use them on the bus or in the stands only. They are not be near any competition are. We are not responsible for lost, stolen, damaged items. (See discipline policy above for consequences).

o. Parents and Their Cameras (Cell Phones)

Please tell your parents that they cannot show you any type of video or pictures of you competing while you are competing. This a national rule and will lead to your automatic disqualification.

5. School-issued uniforms and sweats.

*All athletes are responsible for checked out materials.

*Numbers will be recorded at the beginning of the season for anything.

*Any lost articles will have to be paid for at the end of the season.

*Uniforms must not be altered in anyway. If so, you will be charged full price for replacement costs.

I have read and completely understand the information and rules for 2011 Rock Creek track season.

Signature _____

Date: _____-2011

2011 ROCK CREEK TRACK SCHEDULE

		<u>VARSDTY</u>	<u>JV</u>
March 31	3:00	Silver Lake	Silver Lake
April 5	3:30		Wamego
April 8	3:30	Wabaunsee	
April 12	3:30	Wamego	Abilene
April 15	3:00	Rock Creek	Rock Creek
April 19	2:30	Jeff West	
April 28	3:30		Manhattan
April 29	3:30	St. Mary's	
May 3	3:30	Nemaha Valley	Nemaha Valley
May 9			Onaga
May 12	3:30	MEL at Wabaunsee	
May 20	???	3A Regional at TBA	
May 27-28		State at Wichita State University	