

# Underwood Eagles Track



**Athlete Handbook  
2020**

## **USE COMMON SENSE, AND GO BY ALL SCHOOL POLICIES.**

### **Eligibility Policy:**

Track members are responsible for being familiar with all eligibility rules stated in the **Student Activities Policy found in the Student Handbook**. First and foremost, you are a student, athlete second.

Use of tobacco, alcoholic beverages and drugs are prohibited. Including any athlete that is in the mere presence of alcohol or drugs without adult presence will be considered an offense.\* Violation of this policy will result in being declared ineligible for participation as spelled out in School District Board Policy.

Ineligible students are expected to take part in all phases of track including practices, meetings, etc. as determined by the coaching staff.

Ineligible students do not leave early or travel with the team.

Ineligible students do not wear school-issued uniforms at home meets, but are expected to attend.

### **Attendance Policy:**

Track members are responsible for being familiar with all attendance policies as stated in the **Student Activities Policy** found in the **Student Handbook**.

Promptness is a must. Be ready at set time. **Practice starts at 3:40.**

All athletes and managers must be in attendance at school by 9:00 a.m. or have a prior in order to participate in practice or a track meet for that day.

**Absence from practice** will not be tolerated. If you are going to miss practice get **excused in advance**. Injured athletes must attend practice. If you are sick call the school (566-2332). This must be done in **advance**. If you attend school, you attend practice. If you become sick at 3:30 we will evaluate that at that time.

There are two types of absences: **Excused and Unexcused**

**EXCUSED:** Illness, medical appointment, funeral, personal family business and absences in which the coach has been given prior notification. However, an athlete should always make every effort to contact the coach. If a coach cannot be notified, the next person to try to contact would be the activities director. **NOTE:** Participation in required school events will not carry any penalty. We do not want to penalize the individual or the team for an excused missed practice, but want to give those who are in attendance the priority.

**UNEXCUSED:** The coach has not been notified prior to the absence (not including emergencies). If the coach is notified prior to the absence and does not believe the reason for the absence is warranted, the absence may be unexcused (**hair appointments, shopping, business**

**that may be handled at other times, jobs, non-school sponsored activities).** Consequence for unexcused absence from practice: 1<sup>st</sup> Offense- The athlete will be ineligible for the next competition. 2<sup>nd</sup> Offense- The athlete will be ineligible for the next 2 meets. 3<sup>rd</sup> Offense- The athlete will be removed from the team unless the team votes to give the athlete another chance. 4<sup>th</sup> Offense- The athlete will be removed from the team.

### **Policy On Who Competes At The Varsity Level**

We are all a part of the TEAM. Everyone on the team makes valuable contributions toward the success of the TEAM.

The stopwatch and tape measure will mainly determine who competes at the varsity level. Example: Athlete A runs a 51 second 400-meter dash and athlete B runs a 55 second 400-meter dash. Athlete A will compete ahead of athlete B. This is an objective decision. Practice attendance and consistency will also determine who competes at the varsity level. If the athlete cannot be trusted to be at practice or run/throw/jump consistently the athlete may not be able to compete at the varsity level.

If you ever have a question or concern regarding track and the progress of yourself or your athlete please contact any member of our coaching staff. The decision of who competes is solely on the coaching staff. The coaches are at practice every day and are the track professionals.

### **Lettering Requirements**

Three of the four criteria must be met to earn a Varsity Letter and the athlete must be considered a varsity level participant.

Criteria:

1. Athlete must participate in 75% of the varsity meets during the season.
2. No Good Conduct violations or unexcused absences.
3. Athlete's GPA is a 2.0 or higher for 3rd Quarter.
4. Athlete performs 2 hours of community service. (Clean up days count, working for specific activity, outside community service of any kind)

In addition to these criteria, athletes must be alcohol and drug free in order to letter. Any athlete that is in the mere presence of alcohol or drugs without adult presence will be considered an offense.\* The coaches reserve the right to letter an injured athlete who they feel would have met the criteria to letter if injury had not occurred. The coaches also reserve the right to letter an athlete who falls short of the meet participation criteria but who is vital contributor to the team.

\* In "the mere presence of" phrase is open to interpretation. The intent of the rule will be followed. There may be exceptions to this rule. Situations and circumstances will be considered. An example can be if an athlete goes to a place, discovers alcohol is being served with no adult supervision. Athlete immediately leaves the property. Although the athlete was technically in the mere presence of alcohol, they will not be considered to be in fraction of the training rules since he left immediately. Although these questions would be considered: What is immediate? What if he stayed 5 minutes or 15 minutes? What if a friend who drove him uses the rest room and then left? What if the police issued them a citation as they were leaving the driveway? Again, the intent of this rule will be followed. All requirements will be at the discretion of the coaching staff.

## **General Information**

Respect yourself, your teammates, managers and coaches. Managers are part of the team and help the team succeed. Treat them with the utmost respect.

Please bring any questions or concerns to the coaching staff. Your wellbeing is our number one concern. If you need anything feel free to come to us. We are here because we love what we do.

The calendar is always subject to change. Please be flexible.

An athlete may leave an event with his parents/guardians after the meet is over if the parents/guardians have signed the sign out sheet. Coach Ridder or Coach Anderlik will have this. No students driving themselves or riding with friends to or from an activity will be approved.

All members of the track team will be issued one uniform, which will be worn at all track meets. All clothing worn under our uniforms will be white, blue or black. Each athlete is responsible for the school issued uniform. Any lost items are the responsibility of the person to whom it was issued to and he will be responsible for paying for that item.