

## RMS TRACK & FIELD

### Team Protocol

#### 1. Practice:

- a. 3:20 – 4:30
- b. Monday - Friday (unless otherwise noted)
- c. There may be modifications / cancellations due to weather
- d. Be prepared for cold - plan ahead.
- e. Bring a water bottle.
- f. **On-going expectation to listen to / respect all squad leaders and coaches.**

#### 2 Attendance

- a. Attending practice and meets is required
  - i. Absences are OK as long as they are excused
  - ii. If a student has an excused absence on the school attendance for the day they missed, a note is NOT required. Otherwise a note explaining the absence is required from the parent/guardian.
- b. **Two unexcused absences – the athlete will NOT be able to participate in the next meet.**
- c. **Four unexcused absences – athlete will be dropped from the team**
- d. Early dismissals from track must be excused with a note from the parent/guardian

#### 3. Meets

##### a. Prior to meet

- i. Quickly dress out and sit next to your leader
- ii. Make sure your name is on all of you belongings
- iii. Appropriate bus behavior
  - a. Quiet/respectful behavior
  - b. Spend time visualizing successful completion of your events
  - c. Keep bus clean
- iv. Team leaders will set up camp in north bleachers. You will stay in that area during the meet unless you are competing
- v. The entire team will take a warm up lap on the coaches' signal
- vi. Team stretching and form running. (Demonstrate enthusiasm).
- vii. Team huddle in mid-field for last minute instructions.

##### b. Bleacher Behavior

- i. Be supportive at all times. Cheer on your teammates whether they are first or last.
- ii. Eat healthy foods. No junk food. Students are expected to follow nutrition guidelines for meets. Pretty much, if it comes from the concession stand, it does not comply with the nutrition guidelines.
- iii. Watch the track meet, not the baseball game.
- iv. Listen and be respectful to coaches or parent volunteers.

##### c. Events

- i. After you finish your race, stay in your lane until timers tell you to leave.
- ii. Return back to the bleachers or your other events
- iii. When checking in for your relays, make sure your entire team is accounted for. The starter should get the baton from Coach Prickett. Get tape to mark your exchange positions.
- iv. Anchor person must wear the team's sticker and return the baton to the bag after the race.
- v. Each relay member should stay in your lane until all teams have passed.
- vi. Always listen to the track clerk for instructions.
- vii. If you are in a field event and have to leave for a race, check out first and back in when you return.

##### d. Check out procedure

- i. **When leaving the meet, it is extremely important to check out. There are consequences for those who do not check out.**
- ii. Make sure you clean up our bleacher area. Leave no trash behind for others to pick up.
- iii. Demonstrate good sportsmanship to our team and others.

##### e. Transportation is only provided **to the meet.**

**f. Arrangements must be made in advance to get students home after a meet.**

4. Spring Break Training

- a. We recommend participating in strength / conditioning activities throughout the break
- b. We encourage the intake of performance enhancing food and recommend limiting intake of performance robbing food. See nutrition guide.

5. Injury

- a. Any injury involving suspected concussion symptoms must be evaluated by a doctor
  - i. Students which have a diagnosed concussion must comply with district concussion protocol which includes a reevaluation before athletes are permitted to resume practice and competitions
  - ii. Injured athletes may still attend practices in a support role with parent and doctor permission
- b. Other injuries:
  - i. Please make every effort to ensure long term well-being of the athlete
  - ii. We request clear communication of doctor / parent recommendations pertaining to recovery of injuries
  - iii. Injured athletes may attend practices in a support role with parent and doctor permission

6. Equipment

- a. Recommendations for personal equipment (i.e. shoes) may be given as a suggestion to improve performance. An athlete will not be denied the opportunity to participate as long as their equipment permits them to safely participate in an event.
- b. Students will be held accountable for destructive treatment of any school district property/equipment

7. Code of Conduct

Athletes are expected to strive to abide by the True Sport Code of Conduct.

8. Eligibility requirements

- a. Middle School Athletic Clearance Form
- b. Appropriate fees
- c. Parent / athlete letter Registration Form  
Payment record  
Protocol Acknowledgement  
True Sport Code of Conduct