

Red Raider Track & Field

The Pride of Bellefonte

Dear Student-Athletes and Parents and/or Guardians,

Welcome to the Bellefonte Red Raider Track & Field TEAM! We, as a coaching staff, have assembled *Team Rules* for all student-athletes of the TEAM. The rules place an emphasis on PRIDE, RESPECT, CHARACTER, and TEAM UNITY that we feel will help build the Red Raider Track & Field TEAM into ***“The PRIDE of Bellefonte”***.

TEAM rules are to be signed by each student-athlete participating on the Bellefonte Red Raider Track & Field TEAM as well as a parent and/or guardian of such athlete. All TEAM rules are to be followed accordingly and one must always remember that as a member of the TEAM, they are a public representative of their family, TEAM, school, and community and because of this one may be subject to more harsh punishment than those who are not in the public eye.

The TEAM rules are established to help achieve our goals for the season and it is the responsibility of all members of the Bellefonte Red Raider Track & Field TEAM to follow the set rules so that we can do so as a TEAM.

Sincerely,

Bellefonte Track & Field Coaching Staff

GENERAL CONDUCT –

- Be Respectful toward Parents, Teammates, Competitors, and Coaches
- Bring A Positive Attitude
- Be Academically Eligible
- Be On Time
- Be At Practice
- Work Hard

ATTENDANCE – Attendance is MANDATORY!!!

- Be to practice on time.
- Board the bus on time
- Student-Athletes are NOT permitted to leave practice, meets, or invitationals early to attend what might be considered unexcused. **If it is not school related, it probably is unexcused.** Ask Coach Miller for clarification if you are not sure!
- If you have an unexcused absence, you may be subject to sitting out of competing at a meet.
- In order to be eligible to compete at the District VI Championships student-athletes must make every effort to compete during league meets. Absence from a league meet (excused or unexcused) may hinder the opportunity to compete at the District VI Championships.

INDOOR ATTENDANCE –

- Attendance will be taken daily.
- In order to compete at any of the indoor meets, the student-athlete must maintain 75% attendance at indoor workouts.
- Please note that maintaining 75% attendance does not guarantee participation during the indoor meets as some indoor meets do have participation limitations. As a coaching staff, we will do our best to get as many student-athletes as possible to compete at these meets.

DRESS CODE –

PRACTICE GEAR –

- Be respectful in the apparel you are wearing. Realize you may be sent home if you are violating the dress code or are not dressed properly. Always prepare for the worst weather conditions.
- Long sleeves and pants are required for team warmup when outside temperatures are below 60° F.
 - 1st Violation will be warning
 - 2nd Violation will lead to sitting out a meet

MEET DAY GEAR –

- We will wear our PRIDE t-shirts to school on meet days.
- Open Toe shoes are NOT permitted to be worn prior to the meet (only after you have completed all your scheduled events can you change into open toe shoes).
- You are NOT permitted to wear your warm-ups during physical education class but ARE REQUIRED to participate in physical education class.
- Immediately after you are dismissed, you are to change into your TEAM uniform if not already done so and report to Rogers Stadium or the bus.
- All student-athletes will wear warm-ups when not competing in an event during a meet.
- If optional clothing is worn under your uniform, it is the recommendation of the coaching staff that the clothing be RED or WHITE. Please check with a coach before purchasing.
- Take care in washing uniforms and warm-ups.
- Student-athletes are financially responsible for all gear that is assigned to them.

TRAVEL POLICY –

- All student-athletes handle preparing for a meet differently. Bus trips will consist of individuals being respectful and talking kept to a minimum.
- All student-athletes, managers, and TEAM personnel must travel to the meet and return with the TEAM on the bus. Wanting to travel to the meet on an individual basis is NOT permitted. TEAM before individual!
- If an individual must travel home with their parents (and only their parents) an official Travel Release Form must be secured by Coach Miller no later than one day prior to the meet as per school policy.
- Traveling home early to events that would otherwise be considered unexcused absences will NOT be tolerated.

BEHAVIOR –

- Disruptive and disrespectful behavior will NOT be tolerated at any time. Any student-athlete that becomes a negative influence on the TEAM through their behavior will be dealt with in the following manner:
 - Verbal warnings will be given to individuals asking for improvements in their behavior. No explanations are necessary. Discussions about the incident are most appropriately addressed one-on-one with the coaching staff after practice or the meet.
 - Individuals will be given a separate activity for inappropriate behavior. They will not be allowed to re-enter the original activity until approval by the coaching staff.
 - Conferences will be held with the individual, coaching staff, parents, and others as needed to evaluate the problem as well as the individual's future role with the team.
 - Student-athletes can be suspended from the team for an indefinite period of time for inappropriate behavior. Length of suspension will be the coach's discretion.
 - Only under extenuating circumstances are practices open to parents, guardians, and/or spectators. If you have a question relating to practice plans, please coordinate a meeting with Coach Miller (and if necessary the event coach).
 - *** Parental support is key to the continued growth and success of the program. Parents should not demean coaches or student-athletes. If this becomes an issue, the parent and/or student-athlete may be banned from all events relating to the program. ***
 - *** Each incident will be handled on an individual basis and will not be subject to public discussion! ***

PRACTICE SCHEDULE AND TIMES –

- March 4th First Day of Pre-Season (Monday - Friday) ----- 3:32 PM – 5:58 PM
- Practice is to be taken seriously at ALL times. The way you practice reflects the way you perform!
- The coaching staff will try to integrate fun and enthusiasm into practice times. Student-athletes must come prepared with appropriate gear and appropriate attitudes to get the most out of practice.

EVENT SELECTION AND PARTICIPATION –

- Selection of student-athletes for events will be based on several factors including knowledge, ability level, attitude, sportsmanship, team spirit, as well as other aspects of track & field. ALL grade levels are eligible to compete in a maximum of four (4) events per each meet. Verbal feedback will be given by the coaching staff during practice sessions regarding student-athlete's performances. These comments are designed to be constructive and challenging and are only offered as ways to help student-athletes improve their skills. The coaching staff will be asking student-athletes to put forth their best effort. If at any time you are confused or questioning why you were placed in a particular event - do not hesitate to talk with a member of the coaching staff privately before or after practice or meets. Parents should NOT come to the coach to question event placement - ONLY athletes.
- **The coaching staff has final authority over the event(s) each student-athlete participates in.** Factors that the coaching staff will consider when adjusting event placement are as follows:
 - Grades and scholastic performances
 - Attendance and performance at practice and meets.
 - Athletic ability and event skills
 - Attitude and sportsmanship
 - Interaction with the team and coaching staff

VARSITY LETTER REQUIREMENTS & JV/JR HIGH PARTICIPATION AWARDS –

VARSITY –

- Must score at least 20 team points. Team points are awarded as follows for a dual meet:
 - First Place, 5 Points
 - Second Place, 3 Points
 - Third Place, 1 Point
 - Invitationals may have more points awarded for more places depending on the event organizer and team participation.
- Points toward lettering can also be awarded by working additional home track and field meets. Points will be awarded as follows:
 - 2 points for each Jr. High meet worked
 - 5 points for working an invitational or conference championship meet

JV/JR HIGH –

- JV and Jr. High awards are given on the recommendation of the coach to all students who complete the season.

EQUIPMENT –

- Each student-athlete on the team will be issued uniforms. Priority in selecting sizes for uniforms will be given as follows:

Uniform Selection Order:

- Senior Returning Letter Winners
 - Junior Returning Letter Winners
 - Sophomore Returning Letter Winners
 - Senior Non-Returning Letter Winners
 - Junior Non-Returning Letter Winners
 - Sophomore Non-Returning Letter Winners
 - Freshmen
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- All equipment issued by the school will be treated with respect and taken care of by the student-athlete. Each student-athlete will be asked to sign a receipt for their equipment, which will list all of the equipment they received and the condition it is in.
 - Student-athletes will be held accountable for the equipment they are issued. They must pay for any lost equipment or equipment repairs due to carelessness or neglect. Normal wear and tear does not count. Student-athletes that are unsure about problems with any of their equipment should contact anyone on the coaching staff. Student-athletes that do not pay outstanding balances for equipment replacement or repairs can have any track & field awards and high school diplomas withheld until payment is made.
 - Some equipment is the personal responsibility of the student-athlete. All individuals must supply their own running shoes, event spikes and/or flats.
 - Student-athletes are to be responsible for keeping track of their own equipment and belongings. Any clothing, equipment, books, homework, audio gear, food, etc. left after practices or meets becomes property of the coaching staff and will be put in the lost and found collection. Items can be purchased out of the lost and found by paying a small fee. You may only purchase back your own belongings. Any fees collected during the year will be used to benefit the team in some way.
 - ***Note Jr. High will distribute uniforms at the manner the coach designates.

BASD ATHLETIC HANDBOOK –

- In addition to the above team specific rules, all student-athletes and parents are required to follow and obey all school and athletic rules. These can be located at the school's webpage. Please be sure to also read and go over these rules understanding that you will also be held accountable for knowing them as well!

PLEASE COMPLETE AND RETURN IT TO THE COACH NO LATER THAN THURSDAY OF THE
FIRST WEEK OF PRACTICE

I, _____, the parent/guardian of
_____, a student-athlete on the Bellefonte High School's Track
& Field Team has reviewed the *Team Rules* by going online at the BAHS Track & Field Webpage. Both my
child and I understand and agree to the rules set forth and understand that it is important to follow ALL rules
and procedures stated in the manual. We also acknowledge the fact that it is the coach's responsibility to
implement ALL rules and procedures stated in the manual and team rules. We also understand that it is
important as a parent and student-athlete to promote and follow ALL the rules and procedures stated in the
manual and team rules.

X _____

(PARENT'S SIGNATURE)

X _____

(DATE SIGNED)

X _____

(ATHLETE'S SIGNATURE)

X _____

(DATE SIGNED)