

Carlisle Boys and Girls Track & Field

Team Expectations

Our behavior and conduct impact not only ourselves but our teammates and the team as a whole. Thus, we will seek to conduct ourselves in a way that will never embarrass or reflect negatively upon the Carlisle Track and Field Program, the Carlisle Track and Field coaching staff, the Carlisle Athletics Department, or the Carlisle Area School District.

In an effort to promote EXCELLENCE in the Carlisle Track and Field Program and myself:

- I. I agree to follow all Carlisle Area School District policies and rules throughout the season. These include, but are not limited to the following: Attendance and tardiness guidelines; grades and academic standards; smoking and vaping; use of alcohol or illegal drugs; any type of illegal behavior; etc. *Failure to follow these will result in school-imposed consequences as well as any consequences related to the team as decided on by the coaching staff and/or Athletic Director.*
- II. I will help the team by attending and being on time for all practices, meets, and team events. If I will be late or unable to attend any of the above I *will* notify the coach ahead of time by phone, e-mail or written note. My parent(s) will also be aware of the situation. If I arrive late for practice (after 3:15), I will have a note from a parent or teacher. If I don't I will be sent back to get one. (Please make every attempt to schedule doctor, dentist, and appointments at other times). I understand that I will receive 3 excused absences for any activity that my parent or guardian says is a priority. A 4th, 5th, and 6th absence will be treated as strikes referenced below in section IV. Exceptions such as planned family or academic trip will be requested in writing from a parent or guardian to the Head Coach by the last Saturday in March.
- III. I understand that not all practices will end at a standard time. Track and Field involves many technical events and weather affects us on a daily basis, some days may be shorter than others, while others may be longer depending on the daily workouts of the event groups. We practice every day unless it is Sunday, the team is at a competition, or specifically announced otherwise.
- IV. I will conduct myself respectfully at all times while representing Carlisle Track and Field. Any disrespectful behavior towards officials, opponents, coaches, fans, etc. is inappropriate and does not promote excellence in our program. Disrespectful behavior includes, but is not limited to: cursing, failure to follow directions, deliberately slacking off, vandalism to property, **academic ineligibility**, etc. Any behaviors deemed to be disrespectful will result in a strike being issued. A second strike will necessitate a meeting with a parent, and finally if the student is issued a third strike, the Head Coach may choose to remove the athlete from the team. Each athlete reflects upon the Team, the coaches, the school, and the community of Carlisle.
- V. I will be accessible to the coaching staff during competitions. If I am not competing or preparing to compete, I will be actively engaged in supporting my teammates who are.

- VI. If I am unable to travel to and/or from competitions with the team, I will have written permission signed at least 24 hours ahead of time by a parent/guardian. You must complete the form on the school district's athletic page which is received by the AD and sent to the coaching staff.
- VII. **I WILL BE IN ATTENDANCE TO EITHER COMPETE IN OR ASSIST WITH THE STAN MORGAN INVITATIONAL on the first Saturday in May from roughly 3pm-9pm.**
- VIII. I know my health and well-being impacts my team. Thus I will report any injuries immediately to the coach and be seen by a trainer. I will still attend practices and other team events when injured, unless directed otherwise by the coach or trainer. If I am directed to seek a medical opinion from an outside physician I will make sure that the High school Trainers are aware of all outside medical recommendations. Routine visits to the trainer for icing, taping, etc. will be done **prior** to the beginning of practice. At 3:25 unless I am the *single* athlete that is getting treatment from the trainer at that moment, I will leave and attend the 3:30pm team meeting.
- IX. I understand that the coaches are doing the best they can for the Carlisle Track and Field Program, the team and each of the athletes individually. I will abide by their decisions related to all aspects of the Carlisle Track and Field Program even if I or my parents/guardians do not agree with them. I (or my parents/guardians and I) will schedule an appropriate time to discuss any concerns with the Head Coach. IF that fails to bring about resolution, then we will schedule a meeting to include the Athletics Director.
- X. I understand that in order to earn a varsity letter, I must score at least 6 team points for the team in competition this season.
- XI. Equipment return for any athletes not competing during Championship season will be the Monday after the Stan Morgan Invitational. Equipment will be returned at this time and it will be clean ready for re-issue. The only equipment turned in prior to this will be directly to Coach Rodkey, NOT to the AD's office, NOT to an assistant coach.
- XII. *Poor Sportsmanship Clause*-If I or my parent **initiates** any type of physical or verbal assault against an opposing athlete or coach I understand that I could be removed from the team immediately as such behavior has no place in High School athletics. If a situation occurs along this vein please notify an event coach and/or the Head Coach immediately and let us take the proper channels between or among meet officials, coaches, athletic departments, or whatever appropriate level to create an acceptable resolution. Do not take matters into your own hands; doing so would be a complete and total embarrassment to everyone associated with Carlisle Track and Field.
- XIII. **RODKEY RULES:** R – I will be respectful to the coaching staff, my teammates, officials, and competitors at all times. O – I will “own it.” By being here I will conduct myself in a manner to improve and help the team win. D – I will comply with all disciplinary actions taken by the school district, its personnel, officials, etc., and understand my actions affect others and have consequences. K – Keep it clean! I will maintain good hygiene, return my uniform clean and dry, and not use inappropriate language. E – I will not make excuses for myself. Y – YOU determine your success.