

Los Altos Track and Field Rules and Expectations

To be a member of the Los Altos Track team, you are required to follow the rules and expectations outlined below. Please read all of them carefully, and then both you and your parents need to accept these terms on the team website (losaltostrack.com) to acknowledge your understanding and acceptance. Failure to accept on the website will result in not being a member of the team.

Grading Athletes are not guaranteed to receive an A in Track. Grading will be determined by the following factors:

- Attitude - a positive attitude toward training, competing and learning the sport of competitive track and field.
- Attendance - unexcused absences may result in dismissal from the team and/or a lower grade grade.
- Performance is not a factor in grading. **Daily Rules** (Violations

may result in a lower grade and/or dismissal from the team)

- To be on the team and receive credit, athletes must maintain a minimum of a 2.0 GPA and meet all other CCS/CIF and district policies for eligibility.
- Athletes are expected to conduct themselves respectfully around campus. Athletes are held to higher standards.
- All athletes are required to pay or fill out a waiver for transportation/participation assessments.
- Each athlete is expected to take pride in our team and respect all the athletes that are part of the team.
- Horseplay, rough housing, wrestling, boxing, etc. are prohibited to insure athlete safety.
- Swearing and profanity will not be tolerated.
- Coaches are not responsible for lost or stolen backpacks or valuables.
- While on the track athletes must be aware of their surrounding at all times. Be aware of flying objects and runners on the infield, track, and runways. For this and other reasons, athletes are not permitted use any electronic device during practice or meets. Athletes may not listen to music, text or talk on cell phones during practice or at meets. **Attendance**
 - Athletes are expected to be punctual to practice and complete the prescribed workouts. If you have a valid excuse to miss practice, your parent must email or text the coach with the reason. More than one unexcused tardy in a week counts as an unexcused absence.
 - 3 unexcused practice absences may result in a lower grade and/or dismissal from the team.
 - 2 unexcused missed meets may result in a lower grade and/or dismissal from the team.
 - Being late twice in a week with no valid excuse counts as an absence.
 - Missing more than 15 practices for any reason is grounds for dismissal from the team.
 - We practice even during inclement weather and on non-meet Saturdays.
 - Athletes are expected to attend practice during Winter Break and

Spring Break. **Meet Rules** (Violations may result in a lower grade and/or dismissal from the team)

- All Athletes are expected to set up for meets and clean up after meets. We will have job assignments for meets. Athletes are required to stay until the finish of the 4x400 relay and cheer on their team mates.
- On meet days, athletes must wear their team uniform to and during the meet.
- Coaches decide the events in which each athlete will compete. The coaches will consider the health, doctor recommendations, personal goals, athlete preference, event variety as well as team goals in selecting the right events for each athlete.
- Relay team participants are completely at the discretion of the coaches.
- Athletes and parents are not allowed to contact meet or CCS/CIF officials regarding meet registration, results or events. Work with the coaches on this. Ignoring this rule may result in the athlete being pulled from the meet, removed from the team and the team being sanctioned.
- Athletes may not drive themselves or others to and from meets including invitationals. This will result in immediate dismissal from the team.

- All athletes must ride the bus to meets (league and invitational meets) unless approved by a coach.
- Athletes may ride home from meets with their parent or another parent who is district approved to drive. BUT, athletes must first checkout with a coach before leaving. Riding home with a non certified driver this will result in immediate dismissal from the team.
- Use of electronic devices during a meet is grounds for immediate disqualification from the meet and can lead up to a team disqualification from a meet.
- Athletes are expected to be available for all invitationals. If you do not notify your coach 3 weeks prior to an invitational that you cannot attend, we will enter you if you qualify. If you are entered in an invitational and you do not attend, it will be considered an absence. For more detailed information about the rules and expectations please refer to the Track and Field Handbook. By signing below, parent and athlete acknowledge and accept the terms of participation on the Los Altos Track Team.