



HSE Junior High Track & Field 2019

Coaches:
Aaron Beck, John Wegener
Hilary Normand, Jacob Wright

We hope to have a very successful 2018 season. To ensure success, we must work very hard together. We want athletes that have dedication, motivation, positive attitude, and a desire to be their very best. In order to provide fairness to all team members, the following rules and regulations have been established.

ELIGIBILITY

- These forms **MUST** be on file before the season begins: **IHSAA physical** and **Online Signature Forms** (See coaches or Athletic Director for instructional sheet)
- Students must meet the requirements for athletic eligibility outlined in the student handbook.

ATTENDANCE

- All team members and managers are expected to attend **all** practices and HOME meets (NOTE: Only Varsity competes at AWAY meets, so not all athletes will attend)
- A written excuse (or email) is needed for **ANY** missed practice. The note should be given to a coach **BEFORE** practice is missed, unless the student is absent from school or sent home by the nurse. An absence from school is an excused absence from track.
- **A student-athlete must be in school for at least 3 full periods to be able to participate in a practice or a meet that day (SLT does not count as a period).**
- **Multiple unexcused absences will result in disciplinary action with possible dismissal from the team.** (See Discipline section below)
- **Athlete Pick Up for practices:** Girls and boys should be picked up by the tennis courts near door 3,4, and 5. Please pick up by 5pm. Carpooling is encouraged but make sure parent(s) or Guardian(s) are aware.

MEETS

- **Parents must sign out** with a coach if a team member will **NOT** be riding the bus home from an **Away** meet. We will have an attendance sheet available at the meet. **Do NOT leave without signing out.** The whole bus will stay until we locate you. There is NO sign out sheet for **Home** meets.
- Athletes wanting to ride home with another parent from an **Away** meet must present a note or email from their Parent to the Coaches **before the meet.**
- **All members are encouraged to stay and cheer for their team until completion of the meet. This is a team sport.**
- **No phones, ipods, tablets, games, books, etc. are allowed out during meets or practices.** Team members are always expected to support one another and keep a positive attitude.
- **For most meets, this is the Order of Events:**
Field Events, 3200 Relay, Hurdles, 100, 1600, 400 Relay, 400, 800, 200, 2400, 1600 Relay
- At **Home** meets, **all team members will be able to compete in at least 1 event.** Some are exhibition (JV) and/or distance events.
- **Not every athlete will compete in Away meets or at the County meet.**
- Since only a certain number of athletes can compete in the field events at meets, we will have regular throw-offs, jump-offs, and time trials to determine who competes in those spots.

PRACTICE GEAR / UNIFORMS

- All students should have a pair of comfortable **running shoes**, a water bottle and digital watch.
- All students should have t-shirt/shorts (no wellness uniform allowed), as well as sweatshirt/sweatpants for all practices (always be prepared to run both inside and outside, even in unfavorable conditions). Failure to participate in practice due to forgetting items at home will result in an unexcused absence.
- Team uniforms are **NOT** to be worn during practice. If any portion is lost or ruined, you are responsible for the replacement cost.
- Please do not wear attire representing other schools during Track meets.
- Locks will be issued so personal items can be left in your assigned locker in the locker room. **LOCK UP YOUR BELONGINGS! We will not be responsible for stolen or damaged items.**
- Students requiring an inhaler need to bring the inhaler to practice every day. If an athlete does not have an inhaler, he or she might not be able to practice that day. It needs to be accessible.

DISCIPLINE

All athletes are expected to behave in school as well as on the track. As a member of the team, you are a representative of the school and your community. Behavior/attitude problems, both on and off the field, will not be tolerated as long as you are a member of the HSE JH Track & Field Team. The following will result in disciplinary actions from the coaches. Multiple offenses can lead to Practice/Meet Suspensions, Parent(s)/coaches meetings, and Dismissal from the team.

Excused vs Unexcused absence

Excused: Going home sick from school, School/Non-school related activity cleared by a coach.

Unexcused: Missing practice, leaving practice early, or arriving late without permission from a coach.

- Multiple unexcused absences
- Discipline issues relating to other team members and/or poor attitude toward coaches/practice
- Discipline issues relating to classmates and/or poor attitude towards teachers.
- Losing or leaving behind equipment
- A referral to assistant principal/front office
- Assignment of 1/2 to one full day of in-school reassignment will result in a one-contest suspension. In addition, students are not allowed to actively participate in practice or meets on a day they serve this.
- Any disciplinary action taken by assistant principal for a major violation of school rules (see handbook).

(Some extreme cases of misconduct can result in immediate dismissal from team at the coaches' discretion such as fighting, cheating, etc.)

(FOR MORE DETAILS, SEE THE EXTRACURRICULAR ELIGIBILITY POLICY, IN THE HANDBOOK.)

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