**2024 STANDLEY LAKE GATOR TRACK & FIELD TEAM RULES AND GUIDELINES**

**Girls Head Coach:** Corey Calcara

**Boys Head Coach:** Annie Martines

## **I.** **Drug, Alcohol, and Tobacco Use**

* See the SLHS drug and alcohol policy for the 2023-2024 school year, the packet will be signed prior to receiving a practice pass. Please be sure to read the entire packet.

### **II.** **Attendance**

* All members must attend every practice unless prior notice has been given.

**Excused absences are as follows:**

 I. player illness

If ill they **must provide a doctor's note when they return.**

 II. family emergency

 III. religious reason

 IV. school function

Coach Calcara or Coach Martines must be notified via email at least 24 hrs prior to the day of missed practice of the absence unless it is an emergency situation. Email at ccalcara@jeffco.k12.co.us, or Annie.Martines@jeffcoschools.us

If a player has more than **two unexcused absences**, they will be **dismissed from the team.**

### **III. Academics**

* The Track team will follow the Colorado High School Activities Association guidelines for eligibility. If a player has two F’s they will miss the following weeks' contest. The following rules are not in accordance with CHSAA rules, but are rules of the Standley Lake Track program regarding eligibility. If a player is ineligible for two consecutive weeks they will be suspended from the team until those grades are raised.
* Time Management – budget your time wisely so you are prepared for your classes; you are in High School to get your diploma.
* Be a leader in your school in the hallway, cafeteria, and classroom. You have chosen to be a part of the Track Team, you will be held to a higher expectation in the way you behave.
* Class Attendance is essential, you’re expected to attend every class, everyday.

**IV. Practice**

* Practice will be from 3:45-5:30 pm Monday thru Friday unless there is a meet or prior notice has been given.
* We will hold practice during spring break, it is highly encouraged. Time TBD
* Regardless of the weather, plan on practice unless prior notice has been given.

### **V. Meet Expectations**

* Arrive at SLHS prior to the meet.
* Stay for the entire meet. Leaving a meet early requires prior approval by the coach.
* If you drive someone to the meet you are responsible for taking them home.

### **VI. Conduct**

* All members must conduct themselves in an exemplary manner both on and off the field. This includes behavior in the classroom and in our community. If a member’s behavior becomes a problem the parents will be notified and the proper actions will be taken.

**VII. Equipment**

* You are responsible for your equipment once it is checked out to you. Take care of it. Lock your locker’s, we can’t help you if your locker is left **unlocked**. We will be locking the locker room after the last player has left the locker room, but that is no guarantee.
* It is required to bring the following EACH DAY to practice: Running shoes, warm up pants, warm up top (sweatshirt), water, spikes (if applicable). If not wearing proper equipment you will be asked to sit out of practice.
* The locker room is your area to dress in. It is a privilege, keep it picked up and cleaned up or teams will do gassers for each piece of trash left on the ground.
* Equipment and clothing left in the locker room will be put into the Coaches office and a one dollar fine will need to be paid for each item to get it back.
* Keep your lockers closed and locked at all times. Keep your belongings safe!

### **VIII. CHAIN OF COMMAND**

* In the area of athletic competition it is important to understand that there is a chain of command. If a player is concerned with playing time or any other issues, the player must first confront their event coach. If the player feels they have not received sufficient answers they must then talk to the head coach. From here the list goes to Mr. Generose, our Athletic Director, and then Mr. Rago, our Principal.
* It is important that players learn to deal with issues themselves as we are teaching life long skills through their participation in High School athletics.
* It is also important to remember football is a game played with much emotion. If you have a concern with the program, please do not confront a coach or player after a contest.
* If you have any questions or concerns please feel free to contact me at school Monday thru Friday between 7:00 and 2:30 pm at: ccalcara@jeffco.k12.co.us (girls) or Annie.Martines@jeffcoschools.us (for boys)

**Please sign and return this page**

I have read, understand, and will abide by the rules and the guidelines of the Standley Lake High School Track team.

Student \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_