

WATKINS TRACK

2017 RULES

Expectations

We expect that you want to be a part of the Watkins Track and Field team, and that you are willing to put in the time and effort it takes to improve in track and field. Not everyone on the team will make it to the state meet, not everyone will earn a varsity letter, but everyone on the team can improve with work and effort. Especially in our sport, improvement comes not just from talent, but from a willingness to push yourself. Your efforts in your events not only make you a better athlete, but pushes everyone on the team to try harder.

We expect that you will do what is asked of you. It is easy in track and field to cheat, or find a way to avoid doing a full workout. No coach can oversee the entire team all the time. YOU MUST BE RESPONSIBLE FOR PUSHING YOURSELF. We won't ask you to do anything we don't think you can do: if you don't think you can do it, talk to us.

We expect that you want to be part of the team. Being a team is not just how we perform at meets, but how we get along together. Being a "team" as opposed to individuals who are competing, is part of what makes Watkins Track special. WE EXPECT YOU TO HELP BY SUPPORTING YOUR TEAMMATES IN PRACTICE AND MEETS, NOT JUST THOSE IN THE EVENTS YOU DO, BUT THE ENTIRE TEAM.

We expect a commitment from you in terms of time in practice and meets, and in terms of concentration. Track isn't and shouldn't be the most important thing in your life, but it should be an important factor in your life. When you're with the team we need you to work hard physically and concentrate mentally. We don't expect your best performance every time you compete, but we do expect your best effort.

What you can expect from the coaches:

You can expect that the coaches will care about you, both about your athletic performance, and you as a person. As we ask a commitment from you in competing in track and field, we also will give a commitment to do our best to coach, both on the track and off.

You can expect the coaches to be fair. We will do everything we can to be as fair as possible, about who competes, practices, and, if necessary, punishment for rules infractions. You can expect that if you don't feel we are being fair, we will listen to you (though you may have to wait until an appropriate time). We may not reach an agreement, but we will make clear why we are doing what we are doing.

You can expect that the coaches will try to do what is right for both the team, and the individuals on the team. Sometimes those are the hardest choices we make as coaches. Many years of track experience as coaches and athletes helps, but it doesn't always give an easy or right answer.

Academics

You cannot help yourself or the team if you are ineligible. YOU MUST have passed five, 1/2 credit per semester courses (or the equivalent) in the last nine weeks to be eligible. You must also have at least a 1.5 average the last nine weeks (a 'C-' average). If you don't understand the eligibility rules, or if you are worried about your grades, let the coaches know as soon as possible, so we can help do something about it. Our coaching staff and other athletes on the team are very willing to help when it comes to school work. Let us know so we can help you. We will have "study tables" at different points during the season - we may require anyone getting a D or F in a course to be at those "study tables".

Alcohol and Drug Use

Student Athletes shall not use or possess alcohol or other illegal drugs

1st Offense – up to a five game denial of participation

2nd Offense – up to 18 weeks denial of participation

3rd Offense – one year denial of participation

Athletes found using illegal performance enhancing drugs (including but not limited to steroids and illegal stimulants) may lose athletic participation privileges for up to a full calendar year.

Athletes may one time in their career self-refer for drug or alcohol issues. This self-referral cannot be used simply to avoid punishment, but can be a way for an athlete to get help. Further information is available from the Athletic Department.

Tobacco Use

Athletes shall not use or possess tobacco or tobacco products (including vape products)

1st Offense – one game suspension

2nd Offense – three game suspension

3rd Offense – five game suspension

4th Offense – one year suspension

Attendance

You are expected to be at all practices, ON TIME. Missed practices can result in suspension or removal from the team. Excused absences from practice are: absence from school, family emergencies, and other situations with permission from Coach Dahlman in advance. You must be in school 1/2 day to compete in a meet, and 1/2 day on Friday to be eligible for a Saturday meet. If you need something, call. Coach Dahlman can be reached:

- cell (or text) 740/973-4203

- by e-mail mdahlman@watkinstrack.org

If you can't find him anywhere else LEAVE A MESSAGE on his cell!!!!!!

Unexcused absence from a meet can result in removal from the 2017 team.

Practices and meets during spring break are mandatory. You will be excused for vacation only if you are going with your family, and only if Coach Dahlman has a signed note from them in advance. If you are sick during spring break, you need to contact the coaches.

- Constant tardiness to school can result in disciplinary action including meet suspension.

Awards Requirements

All team awards will be issued at the team banquet only. All team equipment must be returned before awards will be given.

To earn a varsity letter in track as an athlete:

- earn 20 points in outdoor varsity meets in the 2017 season, or
- have run track for four years at Watkins, or
- score in the LCL or District track meets, or
- meet the event standards in any event listed below, or
- at the Coaches Discretion.

To earn a varsity letter as a manager, trainer, or statistician:

- have been a statistician, manager or trainer for two seasons, or
- at the Coaches Discretion for exceptional effort in a single season

Standards for Varsity Letter

Shot - 45'	Discus - 125'	Long Jump -19'6"
Pole Vault 12'	High Jump - 6'	Triple Jump - 38'6"
110 High Hurdles - 15.5	100 meters - 11.4	1600 meters - 4:45.0
400 meters - 53.2	300 Inter. Hurdles - 42.6	800 meters - 2:07.6
200 meters - 23.7	3200 meters - 10:27.0	

Behavior

You are expected to behave as sportsmen. Your actions show your dedication to Track, and your pride in the Watkins Track Team. At home, on trips, in school and in practice; what you do reflects on us all. Team Disciplinary action may consist of: reprimand, team punishment, loss of privileges, suspension, or removal from the 2017 track team. The following can result in team disciplinary action:

- fighting, horseplay, swearing, stealing, disobeying coaches, teachers, or officials.

Some guidelines to follow:

- DON'T EMBARRASS YOURSELF OR THE TEAM
 - IF YOU'RE NOT SURE, DON'T DO IT
 - DON'T LOSE YOUR COOL
 - LET THE COACH ARGUE, YOU STAY OUT OF IT
 - TAKE CARE OF OUR EQUIPMENT, LOCKER ROOM, AND THE TRACK!!!!
 - YOU ARE WATKINS TRACK'S BEST FAN. SUPPORT YOUR TEAMMATES.
- If you use a locker, you MUST put a lock on it
- You will go to and from meets in team vehicles. Exceptions will be made when the athlete fills out the appropriate form with the Athletic Director and it is approved prior to the meet
- You are not allowed to compete in meets if you are serving an out of school suspension.

Commitment Rule

As a Watkins athlete you are expected to make a commitment to the team. Commitment includes making meets and practices. While there are valid reasons when missing practices and/or meets would generally be excused, there does come a point where even excused practices could result in team disciplinary action. Team member missing more than 15% of team practices (approximately 9 practices) even for legitimate excuses (including spring break practices) may be subject to team suspension or removal.

Conduct Unbecoming a Watkins Athlete

As an athlete and a member of the Watkins Track team, you take on an additional responsibility. You become a representative of Watkins Memorial High School, and your conduct not only reflects on you, but on the Watkins Track team and the entire school. Therefore, your conduct must be held to a higher standard than the normal "student". Engaging or participating in illegal activities, engaging or participating in racial, sexual, or ethnic "hate" activities; or acting in other ways that brings disrepute to the team or the school may result in team disciplinary action which may include suspension or removal from the 2017 track team.

Injuries and Safety

If you are hurt, let one of the coaches know so that we can get you to our athletic trainers. If you get hurt on your own, remember, RICE: rest, ice, compression (ace bandage), elevation. Most importantly, take care of yourself so you don't get hurt.

There are several safety concerns that are special in Track.

- when running on roads run on the left side facing traffic
- if a car is coming, run single file and get out of the way
- be careful of horseplay
- in the field events, be especially careful that the equipment is in proper and safe condition, and very careful of flying implements
- On the track, make sure to do your part to protect everyone in the area. Everyone from the middle school to "civilians" use the track. Watch out for the other guy. Don't "run them down", you could be hurt as easily.
- Everyone on the track team should be aware of what is going on, in both outdoor and especially indoor meets. Watch out for the discus and shot areas, runways, and races on the track.

Parent Concerns

Sometimes there are times when parents have concerns about their athlete, the team policies, or the coaches. At that time, parents should feel free to contact Coach Dahlman, 740/973-4203 or e-mail, mdahlman@watkinstrack.org. In issues where there may be some conflict, it is important that communications start between the parents and the coach as soon as possible

Road Trips

At times during the season we may stay overnight in hotels. This is supposed to be fun for both the athletes and coaches. While Coach Dahlman will have some specific rules for each trip, in general, remember this: going on "road trips" is a privilege, it is not an obligation of the team to you. You are there to compete and have fun, in that order. The coaches expect you to follow their directions, if you don't you may be asked to have your parents come get you, and you may lose the opportunity to go on future trips. As road trips are a school and team function, all school and team rules apply as well.

Compete well, have fun: You can do both.

Practice Apparel

Athletes may only practice and wear to team functions school apparel which they have "earned" the right to wear. "Earning" the right will be considered as: Watkins apparel, apparel from a college, any apparel from a high school the student has attended, camp or other items. Wearing other school's apparel is not allowed other than the above.

Testing

At times during the track season ACT and SAT tests are scheduled. For seniors - those tests are excused absences from track meets, and seniors are asked to consult closely with the coach to work out their test schedules. For underclassmen, there are test dates that DO NOT conflict with the track season, including December, February, June, September and October test dates. Juniors (and sophomores) are highly encouraged to NOT schedule the April and May dates as they WILL conflict with track meets.