

## IKM-Manning Track & Field Rules/Guidelines



**If you are planning to ride home with another parent or responsible adult then I must speak directly with your parents either face to face or by telephone/cell phone. YOUR PARENT MUST ALSO CHECK YOU OUT AT THE MEET.**

1. Practice will begin each day **promptly at 3:45 P.M.**, unless another time has been previously announced. **Tardiness will not be tolerated whether practice is after school or in the morning. Being late means track doesn't mean that much to you and that you can't be relied on by your teammates.**

2. Practice workouts will be posted on the bulletin board prior to each workout. Read these so you will know what your workout will consist of.

3. Attendance at all workouts is mandatory unless previously excused. Excuses must be LEGITIMATE.

A. Unexcused absences the day before the meet will result in the athlete's

B. The first unexcused practice will have to be made up before an athlete can comp

C. A second unexcused absence will result in a one meet suspension from competition.

D. A third unexcused absence will result in dismissal from the squad.

4. It is expected that all track & field athletes will follow the training rules set forth in the student handbook for IKM-Manning (pertaining to smoking, drinking, drugs, academic eligibility, and etc.)

5. Practices will normally be 1 1/2 hours in length.

6. Practices will begin with jogging, stretching, and then the assigned workout.

7. Conduct at practice and at meets is very important!

A. Be serious about practice. It is a prerequisite to success. Run the workouts as assigned. Cutting of courses or walking (unless written into workout) will not be tolerated.

B. Conduct on the bus should be exemplary of IKM-Manning High School Athle

C. Respect your teammates, other athletes, and coaches. You get no respect if

you give no respect. Do not challenge officials at track meets. It is expected you will show good sportsmanship at all times. If you have a disagreement or have been D. Make sure you encourage and support your teammates while they are competing. We would hope that you stay for all of the meet to support teammates.

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8. Goal Setting: Set goals for each meet and what you want to achieve at the end of the season. Always set your goals high enough, but keep them realistic for your abilities.

**9. You are responsible for all equipment checked out to you. Never leave equipment unattended at meets or practice. It will likely disappear. You will be expected to pay for any missing equipment.**

**10. You are required to wear school issued equipment for all meets (INCLUDING WARM UP GEAR) School track equipment is NOT to be worn for any occasions except for track practice and meets. We expect you to wear school issued sweats for practice. Also do not loan out equipment to friends!**

11. Proper warmup is essential to good performance. Warmup should begin at least 30 minutes before your event begins and should be concluded about 5 minutes before you actually compete. Proper warmup also includes mental preparation as well. At the conclusion of competition you are expected to cool down by with at least 3-5 minutes of jogging and then stretching.

12. Dress properly for cold weather workouts and meets in the early spring. You should have a stocking hat, gloves, running tights, long sleeved turtleneck jersey or extra sweat shirts in your bag for meets and practice sessions. Also have 1/8", 1/4", and 1/2" spikes for the different running surfaces that we will compete on.

**13. Athletes in field events are responsible for making sure their field event implements are returned to the bus at the conclusion of the meets!**

14. Eat appropriately to help yourself achieve your goals. NO drinking of pop will be allowed before, during, or after the meet. Pop should be avoided during the season.

15. Remember that track & field is an individual sport based around a team concept. If each individual does their part the team will do well.

16. Upperclassmen will be counted upon heavily by the coaching staff to be positive leaders at practice and meets. You will be expected to be good role models and set an example by having a great attitude and work ethic.

17. Underclassman (freshman first, then sophomores if needed) are expected to help get team equipment off the bus and to the team site and also return it to the bus after the meet. **However underclassman are not the personal managers for upperclassman.**

**18. Hard and consistent practice efforts equal participation in meets. Ability will be considered only after attitude and effort.**

**Also the stopwatch and tape measure determines the athletes that participate in varsity meets as long as those athletes are putting forth their best effort and are being a positive team member!**