

2016 KC Track & Field Policies and Procedures

Track and Field is a fun and exciting sport. We are glad you have chosen to participate on the team. We know we are going to have a great season. Below is a list of policies and procedures that must be followed in order to achieve a successful season.

1. Have Fun!
2. Come to practice with a positive attitude.
3. Drink lots of water throughout the day (recommended 60-80 oz per day).
4. Practice will be from 2:40 – 4:30 p.m. M-TH, with some Friday practices.
5. Come to practice wearing appropriate attire ready to workout.
Appropriate Attire
 - Athletics uniforms (must be KC wear or like colors)
 - Running shoes (flats and spikes)
 - Socks
6. Athletic sweats and lockers will be assigned to all team members.
7. Any unexcused absence from practice will be handled as follows:
 - 1st unexcused practice make up workout
 - 2nd unexcused practice no participation in that weeks meet and parent contact
 - 3rd unexcused practice removal from team**** You must call or email Coach Gegogine if you are going to miss practice. The school number is 832-484-5500.**
8. You must attend half of the school day in order to participate in that evening's meet
9. You must be passing with at least 70% in all your classes.
10. Any student placed in ISS may be dismissed from the team, subject to the coach's discretion and severity of the situation.
11. Discipline – Athletes must report to class on time and have excellent behavior in the classroom. If your teacher reports poor behavior in their classroom then athlete will:
 - Have a meeting with the coach
 - Have an extra conditioning workout
13. Communication is very important. The athlete should communicate issues, conflicts, etc. with the coach. The athlete should speak to the coach first before a parent contacts the coach.
14. Away Meets
 - Students must ride the team bus to and from meets, unless a family emergency occurs. If such an emergency occurs, a parent or guardian must sign out the student before leaving. If for any reason you are unable to ride the bus home you must provide a written note signed by your parent 24 hours in advance.
 - All Track and Field Meets are co-ed. Athletes need to act appropriately on the bus, as well as at the facility where the meet is being held. Remember you are wearing a school uniform, carrying a school bag and riding the school bus. Represent the Tigers with Pride!
15. KC Tigers will exhibit Good Sportsmanship. You are expected to cheer and support your team and congratulate other teams at the meets.

We are looking forward to a great season and very excited to coach each and every one of you throughout your high school career. Track and Field is a very rewarding sport. What you put into this sport is what you will get out of it. Our job as your coach is to push you to your limits, help you accomplish your goals and create team unity.

Detach and return to Coach Gegogine by 1/22/2016

Once you have read and understand the above policies and procedures please sign below:

Print Student Name

Date

X

Parent/Guardian Signature

Date

X
