

West Ottawa Women's Track & Field Team Rules

You should be proud to represent West Ottawa and show PRIDE in Track & Field. You will reap the rewards of the effort that you show. We want each of you to recognize the privilege it is to be a member of the team. We expect your best cooperation to make this an enjoyable experience for all of us. This is what is expected of an individual who participates:

1. You will be expected to be prompt to practice each day at 3:10 p.m dressed and ready to participate. Sign in. Should always have warm weather clothes for outside participation. This may mean layered clothing, hats, gloves and anything else it will take to keep you warm and injury free.
2. We will have a brief team meeting and warm-up together. You will practice within your event groups and then come back together at the end of practice for core/ cool down/ and/or stretching. Practices will end between 5:00 and 5:15 each day.
3. Please contact your event coach and/or Coach Blake if you are absent for any reason. 24 hrs notice is required. If you do not give at least 24 hrs notice, then coaches determine if the absence is excused or unexcused.
4. All uniforms and equipment checked out to you must be returned in good condition or you will be charged for replacement. Take pride in keeping a neat and clean uniform. Know where your warm-ups are, you are responsible for the number you were issued. Wear your sweats – keep warm and dry.
5. Team issued West Ottawa warm ups/uniforms need to be worn to meets. On cold days, layer as much as possible underneath the team warm up. The team should look like a cohesive team.
6. All team members are required to stay until dual meets are completed. This is all part of being a TEAM! If you were playing another sport you would not leave at half time or after the 5th inning. We will often run a lap together at the end and then huddle together for GO WO. At this point you can sign out with coach to go home with your parent(s) or head to the bus.
7. All members are expected to ride the bus to dual meets. We will behave courteously on the bus. We expect you to act/behave in a responsible and mature manner. We will leave the bus cleaner than when we got on it- pick up after yourselves. On the way to the meet we want to focus on the meet visualizing success in your events.

8. To establish whether an absence is excused or unexcused the following priorities are established:
- a. Religious activities
 - b. Family activities
 - c. Academics and some school activities
 - d. Track
 - e. If one of these occasions come up you should know about them in advance and communicate it to your coach ahead of time.(days or weeks)
9. The unexcused policy is:
- a. First unexcused—Meet with Coach Blake and a phone call home
 - b. Second unexcused—miss the next meet
 - c. Third unexcused—Dismissal from the team
- If you have an In-School Suspension or Out of School Suspension, you may not come to practice, and it is counted as an unexcused absence with the above penalties.
10. Team members must know and follow the Athletic Code of Conduct. It is found on wopanthers.com.
“Athletes shall conduct themselves in a manner becoming an athlete and in such a way as to bring no discredit to the athlete, parents, school, or team. Athletes are expected to exhibit good citizenship in and out of the classroom.” For specifics, refer to the Code of Conduct in the Athletic Handbook. Avoid all situations where this can be compromised.
11. You must have a physical on file in the Athletic Office in order to practice. You must be academically eligible.
12. A few notes about meets:
- You must know the order of events and be prepared to compete in your events (refer to meet lineups).
 - No throwing of batons at any time.
 - Do not run along side of a runner on the track (can lead to disqualifications of our athletes on the track).
 - Be active in cheering for your teammates.
 - Stay away from the boys.

Please sign, cut off, and return to Coach Blake

We have read and understand the WO Women’s Track & Field Team Rules

Athlete signature: _____ Date: _____

Parent signature: _____ Date: _____