

CALVERT HIGH SCHOOL TRACK & FIELD PROGRAM (2020)  
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**TEAM RULES/POLICIES**

**Introduction:**

Representing your high school on an athletic team is both a privilege and a commitment. Accompanying this privilege are rules and expectations. Your behavior reflects on your school, your teammates, your coach and your sport. Participants and their parents/guardians must sign this form to show that they have read the rules and agree to abide by them.

**Team Goals:**

Outdoor Track is a sport that is highly individual, but still has a significant team component. This sport can teach an athlete to be disciplined and persistent in the pursuit of personal goals while at the same time teaching students to work with and depend on each other to achieve common team goals.

There are many motivations for participating in track. Many athletes take part for the purpose of competition at various levels. Some athletes may be conditioning for other sports. Some are in it simply for the health benefits. As a part of the Calvert High School Track & Field Program, many positive attributes are encouraged such as work ethic, dependability, dedication, leadership, responsibility, volunteerism, perseverance, and improvement.

At the end of the day, an athlete's biggest opponent is themselves. Regardless of personal motivation and ability level, all athletes are capable of and expected to work hard towards personal improvement and contribute positively to the team.

**Any concerns or questions:**

In Calvert County Public High Schools, the following chain of command is in effect: If there are any questions or issues concerning our athletic program, the athletes/parents should first contact the appropriate event coach, and if there is no resolution, then move up the chain as follows:

- Event/Assist. Coach
- Varsity Head Coach
- Athletic Director
- Principal

If you or your parent/guardian need to contact the coaching staff:

Head Coaches: Girls: J. Major [majorj@calvertnet.k12.md.us](mailto:majorj@calvertnet.k12.md.us)  
Boys: M. Barbosa [barbosam@calvertnet.k12.md.us](mailto:barbosam@calvertnet.k12.md.us)  
Event Coaches: BJ Aris [arisb@calvertnet.k12.md.us](mailto:arisb@calvertnet.k12.md.us)  
T. Wagner  
S. Becker [beckers@calvertnet.k12.md.us](mailto:beckers@calvertnet.k12.md.us)  
J. Urban [urbanj@calvertnet.k12.md.us](mailto:urbanj@calvertnet.k12.md.us)

### **Attendance at practices and meets:**

Commitment to the team is paramount! Players are expected to be at all practices and games. Practices and tournaments may be held over holiday periods and Saturdays. If you are unable to attend for some reason you should inform your coach in advance.

Consequences for unexcused absences from practice/competitions:

- First / Second Unexcused Absence: Suspension from competition & loss of letter point
- Third Unexcused Absence: Removal from team

**Also, if an athlete is supposed to compete in a Saturday Invitational and fails to compete without good cause, they will NOT travel with the team to the next meet.**

Excused absences are determined at the coach's discretion. They may include events such as illness, doctor's appointments, school related/sponsored events, funerals, and weddings. **Coaches can require athletes to complete prescribed workouts before the next competition even for excused absences.**

Being tardy or absent from practices/games for whatever reason can affect what events you do because you may have missed essential skill development, safety procedures, tactical instruction or conditioning. Even excused absences can become excessive because competing without proper training can be dangerous. **If the coach feels that an athlete has not received the appropriate training due to absence, injury, or illness, the coach reserves the right to hold the athlete out of competition until the coach believes the athlete has completed enough workouts to compete safely.**

- 1) After school practices occur from 3:00 to 4:30 (5pm on lifting days). But, some practices will occur on Saturdays and over Spring Break. See event coaches for times and locations.
- 2) Attendance to every practice and competition is mandatory. If an athlete must miss a practice or competition, they must approve it with the coach beforehand, **PERSONALLY or by EMAIL**. Failure to give prior notice will result in the absences being treated as UNEXCUSED (barring extraneous circumstances).
- 3) Athletes late to practice must notify a coach beforehand and/or bring a note from the teacher or sponsor that they were with. Failure to do so will result in the **loss of a lettering point**.
- 4) Event coaches can modify practice schedules for various events as needed. Non-school day, early dismissal, and Spring Break practices are not mandatory, but often are good times to work on event skills so **CHECK WITH YOUR EVENT COACH FOR TIMES & LOCATIONS OF SATURDAY AND SPRING BREAK PRACTICES**. Double lettering points will be given for attending non-mandatory practices.

### **Conduct at Competitions :**

Athletes are NOT to leave the grounds of any competition without approval from the head coach. **Failure to follow this policy will result in removal from the team.** Events will be determined by several factors such as attendance at practices; effort and attitude during practice; skill level; physical conditioning; position played; and team scoring. Equitable playing time should not be an expectation. **Athletes are not to remove themselves from an event unless approved by a coach. If an athlete misses or refuses an event, they can be removed from every other event for that meet, and possibly the next meet.**

### **Dress and uniform code:**

If team uniforms are worn during the regular school day they must meet the Calvert County Public Schools dress code. *T-shirt must be worn under jerseys and running short are not appropriate attire for school.*

How you present yourself when traveling to other schools reflects on you personally, your team and your school. You will wear your complete uniform to and from track meets.

### **Uniforms/Equipment:**

Team members will be issued team uniforms and certain equipment as required by the sport. Each team member is responsible for his/her equipment. For presentation and hygienic reasons the uniform should be kept clean. All equipment must be returned at the close of the season or you will be responsible for the replacement cost of any missing items. Note: These costs can be extremely high because uniforms are custom made and the cost of replacing a special ordered numbered shirt can far exceed the cost of buying a similar shirt at a local sports store.

Players are expected to provide the following personal equipment: (training shoes, racing spikes, and a water bottle)

Players are required to bring the following items to:

**Practices:** WARM AND COLD WEATHER workout clothing EVERY DAY.

We usually go outside even in the cold. But if the cold is accompanied by high wind and/or rain we may stay inside. Failure to workout due to improper workout gear will result in loss of lettering points. Also bring a water bottle.

**Games:** Complete uniforms; warm-ups; racing spikes; water; sports drink.

### **Transportation:**

Team members are expected to ride the bus to and from away meets. The coach must be notified in advance if an athlete needs to be transported to or from a meet with their parent/guardian. If an athlete is transported by another adult, the parent/guardians of said student must notify the coach of their permission in advance. **Athlete's who must drive themselves to or from a meet must have their parent/guardian obtain**

**approval from the Principal 24 hours in advance.**

**Awards:**

An athlete may be eligible for certain awards at the school and/or Conference level provided he/she completes the season in good standing and adheres to team rules. Awards may include, but not limited to, receiving a Certificate of Participation; a MPSSAA Minds in Motion Certificate; being named to Conference teams; or achieving lettering status. Lettering status is ultimately left to the discretion of the coaching staff.

How to earn a varsity letter: Athletes must earn 60 points. Here's how:

- **Volunteerism:** Each time an athlete or parent contributes positively to the team, the athlete will receive 5 lettering points. Many opportunities will present themselves such. These may include, but are not limited to, fundraising, working the SMAC championships, and working home track meets.
- **Attendance:** We understand there are legitimate reasons absences. You will not be punished for excused absences, however you will not be rewarded for them either. So, each day an athlete attends a practice or competition up to Regionals, they will receive one lettering point. You must actually be physically present to be awarded a lettering point, so choose carefully why you need to miss practice. They are after all, attendance points.
- **Ability and Improvement:** Athletes are awarded lettering points based upon ability and improvement. Athletes will earn 5 points for each event they try in a meet and additional points for improvement in those events. Basically, the more events you try and the more you improve, the more points you can earn towards your letter. **(See Event Improvement Lettering Point Scale Posted on Website)**
- **Seniority:** Athletes receive 5 lettering points for each consecutive year of participation. We want the athletes to stay with us consistently.

**PLEASE NOTE:**

- Barring injury, if an athlete does not complete his/her respective season, they forfeit ALL lettering points and WILL NOT be awarded a letter.
- Athletes must return their uniform in order to earn their letter and awards.
- Lettering points can be forfeited for poor attitude, improper conduct, and disrespect toward coaches, officials, and teammates.
- It is nearly **IMPOSSIBLE** to letter if an athlete only earns points in one of the four criteria outlined above. But, ATTENDANCE can get you most of the way there. Basically, we expect our athletes to exhibit multiple positive attributes.

### **Respect the Game:**

The Maryland Public Secondary School Athletic Association (MPSSAA) has adopted a sportsmanship initiative entitled “Respect The Game” which speaks to the heart of sportsmanship. The message is simple and direct. Let all of our actions be guided by respect. To achieve that goal, everyone is targeted in a way that relates to their individual circumstances yet collectively achieves a common goal. Players are expected to treat opponents, coaches, game officials, administrators and fans with respect. Disrespect will be met with disciplinary action such as but not limited to as loss of lettering points and/or suspension from competition.

### **Role of Team Captain(s):**

The responsibilities of being a Team Captain should not be taken lightly. The minimum responsibilities of a captain in this sport are:

- 1) Following all team rules
- 2) Attendance for you is very important as you set the example. One unexcused absence from practice will result in demotion.
- 3) You are the voice of the team. Bring any problem or concern that you observe to the coach’s attention immediately.
- 4) Encourage your teammates
- 5) Leading warm-ups at practice and meets
- 6) Mentor and orientate new athletes
- 7) Assisting teammates with following the rules and procedures at track meets
- 8) Remaining at competitions until EVERYONE is done competing

**Valuables:** Due to the number of teams sharing facilities and the possibility that locked rooms may not always be available, team members are advised to not bring valuables to practices or games. If you must bring a cell phone it may only be used at these times: (before and after practice; on the bus; at track meets only in the stands)

### **Eligibility:**

Continued participation is contingent on academic eligibility and adherence to these rules. If you have a change of address during the season you should notify the coach. To be eligible for the team you have to be living with your legal guardian/parent in this school district unless while living outside this school's attendance district you have special permission to attend this school.

- 1) All athletes must maintain a **70% Average AND have no more than one failing grade** to remain eligible for competition.
- 2) In order to participate in a practice and competition, an athlete must be present at least half their scheduled day. Exceptions must be granted by the **Principal and/or Athletic Director**.
- 3) Any athlete suspended for any reason will not be eligible to participate.
- 4) Any athletes in ISS may not participate in practice or competitions on that day.
- 5) Athletes can be subjected to disciplinary action as a consequence of any misconduct in class, school, practice, or school related function.

### **Team Cuts:**

In order to make the Calvert's Track & Field Team, each athlete will be evaluated during the **first 2 and a half weeks of practice** according to the following criteria:

- 1) Adherence to the team **attendance policy**. Athletes trying out for the team are expected to be present everyday.  
**Exceptions:** (expire as soon as following obligations are fulfilled)
  - 1) Athletes completing post-season obligations for a winter sport that is still competing and
  - 2) Athletes that have tried out and got cut from another spring sport.
- 2) Willingness and ability to **complete prescribed workouts** and/or displaying acceptable progress towards completing workouts.
- 3) **Cooperative and open minded attitude** in regards to events in which they are assigned for trials and/or competition.
- 4) Completion of all necessary physical, parent permission, emergency forms, and insurance paperwork.

Failure to meet any of the above conditions will result in failure to make the team. Any athletes that does not make the team has the right to conference with a head coach to learn why and how they can do better for next year. Cuts will be made and team roster will be finalized on **Friday, March 15th**

### **Participation on outside teams:**

A member of the school team may participate on an outside team provided that it does not interfere with school practices or games. The high school team must come first.

