

**EMERGENCY CONTACT & TEAM RULES CONSENT FORM:**  
**RETURN ONLY THIS PAGE by:**

We have read and understand the team rules. We understand that adherence to the rules is a requirement of being on the team. PLEASE WRITE EMAILS LEGIBLY.

Student Name printed)	Parent/Guardian Name (printed)
Signature	Signature
Date	Date

STUDENT EMAIL \_\_\_\_\_ @ \_\_\_\_\_

PARENT EMAIL \_\_\_\_\_ @ \_\_\_\_\_

PARENT EMAIL \_\_\_\_\_ @ \_\_\_\_\_

Are you already on our email list? Yes    No  
Athlete's Current Age \_\_\_\_\_    Shirt Size \_\_\_\_\_

(Circle below)

Years you have participated in **Track & Field** (including this year): FR SO JR SR

**Athlete Emergency Form**

(Circle One)

**Athlete's Name** \_\_\_\_\_ **Grade:** FR SO JR SR

**Parent/Guardian:** Father \_\_\_\_\_ Mother \_\_\_\_\_

Address \_\_\_\_\_  
(Street) (City) (Zip Code)

Home Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Athlete Cell (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Mother Cell (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Father Cell (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Mother Work (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Father Work (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Emergency Contact:** Name \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**I give permission for the hospital/medical staff to administer necessary treatment to my child.**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

## CALVERT HIGH SCHOOL TRACK & FIELD PROGRAM (2020)

### TEAM RULES/POLICIES SUMMARY

A full copy of the **team rules/policies** and **emergency form**, in addition to calendars/schedules for competitions and fundraisers, athlete performances, team results and records, important announcement, lettering point performance scales, and school records can be found on the **Outdoor Track Page** at [www.chscrosscountrytrack.weebly.com](http://www.chscrosscountrytrack.weebly.com)

Please make regular use of the website to keep informed of changes in our schedule. Also, make sure you fill out and return the attached emergency form to become a part of our email list. **RETURNING THIS EMERGENCY FORM BY THE CUT DATE IS ONE OF THE CONDITIONS OF MAKING THIS TEAM.**

#### Coaching Contacts:

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 Policy** : Athletes are expected to be at all practices and competitions. 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.** 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) Athletes must notify a coach of an absence in advance, **PERSONALLY or by EMAIL**. Failure to give prior notice will result in an UNEXCUSED absence (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 may modify practice schedules for various events as needed. Non-school day, early dismissal, and Spring Break practices are not mandatory, but **CHECK WITH YOUR EVENT COACH FOR TIMES & LOCATIONS OF SATURDAY AND SPRING BREAK 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 immediate removal from the team.** 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 all event for that meet, and possibly the next meet. Also, profanity and unsportsman-like conduct at competitions will not be tolerated and will result in the athlete being pulled from the rest of the competition and possibly the next one as well.** Athletes represent Calvert High School and must always act in a respectful and appropriate manner.

**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.**

**Eligibility:**

- 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) Completing post-season obligations for a winter sport still competing**
  - . **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 form, and insurance** paperwork.

Failure to meet any of the above conditions will result in failure to make the team. Any athletes that doesn't make the team can conference with a head coach to learn how they can do better for next year.

Cuts will be made roster will be finalized on **FRIDAY MARCH 15 and Posted Monday March 19**

**\*\*\*\*\*Please return the attached EMERGENCY FORM by FRIDAY MARCH 15, 2019\*\*\*\*\***

*(If you already turned in a form for cross-country or indoor track, you do not need to turn this in unless your information has changed. If your information has changes, please turn this form in)*