

2024 Corona Del Sol Track and Field Rules and Expectations

Signed rules are required to be turned in prior to competing for the Corona del Sol Track and Field team. These rules need to be printed and handed in. Receiving a picture via text or email will not fulfill this requirement. Rules must be turned back in by February 19th.

Code of Conduct

1. Look for ways that new or different ideas can work, not for reasons that they won't
2. Always start by assuming the Positive Intent of others
3. Help teammates do right, not wrong
4. Maintain a positive mental attitude no matter the circumstance
5. Act like your attitude and mindset are contagious; because they are!!
6. Don't get mad at coaches or teammates who challenge you to be better
7. Be committed to being the perfect version of yourself that you can be today
8. Being a part of the team is a privilege; act like it
9. Help each other win and take pride in each other's victories.
10. Respect yourself, teammates, coaches, parents, officials, opponents, and volunteers
11. Have Fun!! 4 years go quickly.

Attendance:

1. *Athletes are expected to come to practice every day prepared to work hard! Training with an outside coach, or sport can affect the plan and interfere with the goals of the coach and team. If participating in outside training or activities it should be discussed and worked out with the coaches to ensure the best interest of the athlete. If outside training or activities consistently hinder the athlete from training, competing, or attending CDS Track and Field activities that athlete may be sat out of competitions, or dismissed from the team. Coaches have final discretion.*
2. Athletes will be on time for practice which begins at 2:50 pm daily (unless informed differently by a **head coach**). Tardiness is an inconvenience and a deterrent to team productivity and the athlete being physically and mentally prepared for practice. Consistent tardiness may result in the loss of the right to participate in meets and invitationals. Tardiness is defined as being unprepared to begin practice at the scheduled time or arriving late to practice. Being in the locker room or putting on shoes when practice starts is considered tardy. Punishment is at the discretion of the coaches. **If the student-athlete is showing up late due to a school activity a note from the teacher is required. The note should be given to a HEAD COACH. If missing a practice or event fill out this form prior to the date of the missed event.**
<https://forms.gle/q7az4urcUDSyLkk17>
3. "Danger Zone" is the answer to question #2 on the rules quiz.
4. Coach Scott or Coach Crane should be notified of any absence **BEFORE the start of practice** except in the case of an emergency. Contacting an assistant coach does not count as informing the head coaches. Informing a friend to inform a coach doesn't count as informing the head coaches. The head coaches contact information can be found on the school's website as well as <http://coronatrack.teampages.com>

2024 Corona Del Sol Track and Field Rules and Expectations

5. If an athlete is absent from practice the week of an Invitational (varsity, open, or freshman), that athlete **WILL NOT** be allowed to compete in that Invitational. This rule exists to ensure all athletes are prepared and healthy for the high mental and physical demands of performance at an invitational. Often athletes are kept home to rest so they are healthy for the meet. Athletes should plan on attending practice and communicate with Coach Crane or Coach Scott, as well as their event coach, about any ailments to determine if there is any alternate work that the athlete can complete to stay ready and also allow their body to rest.
6. Athletes are expected to remain at practice every day until dismissed by **Coach Scott or Coach Crane**. Other athletes are an inaccurate source of information regarding when practice is finished. **Don't rely on them!!** Athletes who have discussed with a **head coach** ahead of time the need to leave practice early should still check out with them prior to leaving. **Athletes leaving practice early without clearing it with a head coach may face discipline and potential dismissal from the team.**
7. If an athlete needs an alternative workout for personal or injury reasons, they should communicate this to the head coaches and their event coach and receive an appropriate alternate plan. **Athletes should still plan on attending practice in some capacity.**
8. **Any injury requiring a doctor's visit or treatment also requires a doctor's note in order to resume practice. THIS IS A REQUIREMENT!!**
9. **Injured athletes are still required to attend practices; unless they are actively receiving treatment or have been excused by Coach Scott or Coach Crane.** Being a varsity athlete requires a higher level of commitment and dedication. There is always something athletes can do or learn. **You have chosen to be a part of the team; this includes being present when you aren't competing just as much as when you are.**
10. **Athletes are required to be present at all team events.** Team events can be found on our website. This includes our car wash, and Aztec Invite. **Conflicts with events on the schedule should be discussed ahead of the date of the event. Failure to adhere to this policy could result in disciplinary actions.**
11. **Unless specified by your event coach each athlete is required to have sweats or long spandex daily for the warmup.** This helps ensure that the athlete's body is properly warmed up each day. This is critical for avoiding injuries. It being warm outside does not remove this requirement.

Equipment:

1. At meets, you are required to wear **ONLY** school-issued and approved attire, with the exception of shoes.
2. **Prior to getting on the bus while traveling to away meets and at the CDS track for home meets, athletes are expected to be in !!CDS Track and Field!! Gear.** Corona Football, Cross Country, Soccer, etc. gear does not fulfill this obligation.
3. Athletes are responsible for all equipment issued to them. This includes equipment the athlete may be issued on the day of a meet including javelins, shots, discus, measuring tapes, etc.
4. Athletes will be issued uniforms and required to sign a form acknowledging receipt. **At the end**

2024 Corona Del Sol Track and Field Rules and Expectations

of the season, uniforms have to be turned back in and the athletes are required to re-sign the form acknowledging their return. Both actions are required as proof of return. **Failure to return uniforms will result in the athlete's student account being charged, and other actions.**

Team Expectations:

1. Each athlete is asked to contribute at least \$300 to the track and field program. Payment does not have to come from 1 single method and can come from a combination of methods. These methods can be found on our <http://coronatrack.teampages.com> website under Fundraising. The final date for funds to be turned in is **2/26**
2. Each athlete is requested to provide 1 case of bottled water (40pk or larger). This water should be brought to the car wash on **2/24**.

Communication with coaches:

1. **Athletes are expected to be registered to receive notifications on <http://coronatrack.teampages.com>.** We also encourage parents to sign up to receive notifications as well. **Important team, practice, meet, and end-of-season information will be sent via teampages. Please check our teampages site prior to contacting a coach with any questions.** A lot of the information will be posted there.
2. Understand that we as coaches have lives outside of coaching. It may sometimes take us time to respond to messages. Additionally, during practice times from 2:45 pm to 5:45 pm, we as coaches are responsible for making sure the athletes are receiving effective training and remaining safe. Having to respond to messages distracts us from that task.
3. Most of our coaches are off-campus coaches. This means that during the day they may be working their main job so keep this in mind while contacting coaches.
4. Unless a question or comment is time-sensitive please refrain from calling a coach in the evening.
5. We ask that messages be sent via email when possible. This will help keep our phones from going crazy and make it easier to respond to critical messages. We will always try to respond to emails on the same day when possible.
6. Communication is key if athletes have issues, missing days, struggling with school we need to know. Have the athletes reach out to us.
7. Athletes missing days should let the head coaches know AND fill out the absence and tardiness form <https://forms.gle/q7az4urcUDSyLkk17>

Travel:

1. The bus leaves on time, do not be late!
2. **You are required to ride district-provided transportation to and from meets unless cleared by the Athletic Director 24 hours in advance of the scheduled competition. Required forms can be found on the district and team websites.**
3. If a parent has to take their athlete home from the meet prior to the end of competition at an invitational they must sign out with a head coach. This situation should be communicated ahead

2024 Corona Del Sol Track and Field Rules and Expectations

of time to the head coach.

4. Track and Field is a team sport, as well as an individual sport. Athletes are expected to support their teammates. Additionally, we are a program that frequently wins trophies and medals. We want as many members present when receiving our awards.
5. Athletes will not be allowed to drive to or leave away meets with other students or parents of other athletes. Any other circumstances regarding transportation must be approved by the Athletic Director 24 hours in advance.
6. Track invitationals are long (sometimes up to 8-10 hours), and the athlete should plan accordingly. Athletes will have shade and water, with snacks provided by our boosters at each event. We will not require athletes to attend every meet all day. However, there will be meets during the season we are going to ask for the athletes to plan on being at the meet most of the day to support their teammates. Not wanting to stay is not an acceptable reason to leave a meet early. Leaving an invitational early consistently may result in no longer being entered in invitationals.
7. Understand that being a part of a team includes making sacrifices like being at a meet all day doing events you may not want to, and other asks the team may ask of you to help the team succeed. Team equipment like canopies, water coolers, snacks, implements, etc. don't magically show up at meets. We need athletes on the buses to the meet and back from the meet for these important pieces of equipment.

Illegal Substances:

1. NO tobacco, or vape pens
2. NO alcohol
3. NO abusive drugs. We **DO NOT** condone the use of performance-enhancing drugs!
4. Violation of policy is grounds for immediate dismissal from the team and forfeiture of any awards, or letters.

Safety:

1. All injuries must be reported to your event coach **AND** one of the head coaches.
2. **If an athlete's injury or illness involves a doctor's appointment, they CAN NOT return to practice without a signed medical release from the doctor.**

Hazing and Social Media:

1. "Hazing" refers to ANY activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person's willingness to participate. **This is a ZERO TOLERANCE RULE!!!!**
2. Social Media - Athletes are expected to use Social Media in its appropriate form. Athletes represent Corona Track and Field at **ALL TIMES** while on Social Media and are expected to present themselves responsibly. Poor use of Social Media may result in dismissal from the team

2024 Corona Del Sol Track and Field Rules and Expectations

and referral to the Athletic Department.

Conflict Resolution

If any problems arise, athletes should follow the steps listed below in the proper order to resolve the situation:

1. **Athlete to Athlete**
2. **Athlete to Event Leader**
3. **Athlete to Team Leader**
4. **Athlete to assistant coach**
5. **Athlete to Head Coach**
6. **Parent and Athlete to Head Coach (with event coach)**
7. **Parent and Athlete to Head Coach and AD**

Appropriate behavior

1. **It's a privilege to be a member of the Corona del Sol Track and Field team. Athletes are expected to conduct themselves in an appropriate and respectful manner at all times.**
2. Behaviors that violate this expectation include but are not limited to the use of profanity, being disrespectful towards coaches, being disrespectful towards teammates, being disrespectful towards officials, being disrespectful to school staff, being disrespectful to parents or other volunteers, loudly playing music that contains profanity or inappropriate language, stealing, or any other actions considered undesirable to the culture of the team.
3. Punishment for such behaviors can range from verbal reprimand to suspension or dismissal from the team. Final decisions on punishments are at the coach's discretion.

Letter Awards:

1. An athlete may receive a letter by scoring **10** points in a **Varsity Competition**.
2. Qualify for the Divisional Championships as an individual or as a member of a relay
3. The coaching staff reserves the right to give or take away a letter for any extenuating circumstances.

2024 Corona Del Sol Track and Field Rules and Expectations

2024 Corona Del Sol Track and Field Rules and Expectations

!!Signature page!!

Quick review (Required to complete the acknowledgment of team rules) *Please return just this page and retain the rest of the rules for your reference:*

#1. Based on the code of conduct athletes should always start by assuming....?

#2. What is the answer to this question?

#3. Before getting on the bus to an away meet and at home meets, athletes are required to be wearing what??

What website are athletes required to be registered on that will contain important team information?

Any questions about team rules should be directed to Coach Scott or Coach Crane. As noted above coaches retain final discretion on punishment for any violation of the rules and expectations stated above, anyone found to be abusing rules may be removed from the team immediately.

By signing below, you acknowledge you have read, understood, and agree to the rules and expectations above. Participation on Corona del Sol Track and Field team is reliant on the athlete adhering to the rules as listed above. Participation is a right.

Athletes Printed Name: _____

Athlete Signature and date: _____

Parent Signature and date: _____