

FMS Track 2024
#fmstrack
www.fmstrack.weebly.com
Guidelines and Expectations

***Being a part of the team is a privilege-Not a Right**

Philosophy – To prepare young athletes to be responsible, productive citizens on and off the track by providing opportunities to learn commitment, discipline, teamwork, and sportsmanship.

Practice

If a student is present during the school day, they are expected to be at practice. If a student was present at school and is not at practice it will be deemed unexcused. Absences from practice will be deemed excused for reasons similar to the normal school day such as absence, going home sick or a family emergency. Unexcused absences from practice will result in missing competition and dismissal from the team.

Proper practice attire is required. This should be something other than your p.e. clothes. Unsafe jewelry will not be permitted. T-shirt and athletic shorts will be worn most days but it is your responsibility to be prepared for cold/rainy weather. You will be required to provide your own shoes. We highly encourage good running shoes that are different from your everyday shoes. Wearing them all the time reduces the life of the shoe and will break down its supportiveness and cushioning, which may lead to injury. While the use of event specific shoes (racing spikes, throwing shoes etc) is helpful, they are in no way required. If you do plan on buying event specific shoes, they are only to be worn while practicing or competing in that event. They are not made to be worn for warm-ups or conditioning. In addition, most tracks require spikes to be no larger than 3/8 inch in length.

Practices will be held at the FHS track complex from 3:30 to 5:30 pm unless otherwise noted. Athletes should have used the restroom, be dressed, and be ready to practice by that time. Students will begin the bussing process from FMS to FHS at 3:17. Rides will be expected to pick them up at the FHS parking lot at 5:30 pm. In the event of inclement weather, practice locations may be changed. Students will be given the opportunity to contact parents should such an event arise and a Remind text will be sent out with time and location of practice. Typically rain day practices will be held at the middle school.

Attendance

Athletes must have a 90% or better attendance to be eligible to participate.

Grades and behavior

School work/behavior in the classroom is very important. We will have grade/behavior checks throughout the season. If you are unsatisfactory in either category, you will be expected to improve before competing again. This may mean you get extra help during practice time and you may not compete in upcoming meets. Stay on top of your schoolwork and let your coach know if you feel you are falling behind.

The grades of all students will be reviewed at the end of each grade reporting period. Any student who has an F (or a 1) in any current course may not attend or be eligible to participate in extracurricular activities for seven (7) calendar days and nights beginning on the next day following the grade reporting period reporting day, as designated in the school calendar. At any time, following the mandatory seven (7) calendar day period of ineligibility, the student will regain eligibility when the grade is raised to above an F. Students should make sure that academic pursuits are the priority and activities are extracurricular.

One of your coaches will receive attendance records daily. You must be in school for at least 3.5 hours to practice or compete in a meet. We will also check for tardies, so once again, just do your job in the classroom.

There will be meets that may require you to leave school early. You are still responsible for any assignments/tests that are due or given that day. This means you will need to arrange for another test time or a time to turn in your assignment so that it is not late. Leaving early for a meet will not be an excused reason for late work, nor an excuse not to do the work.

Meet Days

Spring weather can be tricky in Missouri. We will be outside during extreme heat and extreme cold. Be prepared for cold, hot and rainy weather. This means water bottles, sweats, ponchos, umbrellas, blankets etc. Plan to be outside unless it is lightning.

Athletes must ride the bus to meets. If an athlete plans to not ride the bus home, they may do so with their parent/guardian only. Before leaving, a parent must find a coach and sign the athlete out. Athletes may ride home with other parents with prior documentation from that athlete's parent/guardian.

An area will be set aside for our team. Unless you are currently doing an event or helping a coach in some way, you are expected to sit with your team. Horse playing, inappropriate cell phone use, causing trouble, or up running around during meets may result in disciplinary action from the coach or permanent dismissal from the team. Remember, at a meet, you are representing yourself, your team, your coaches, and your school.

There are many factors that go into deciding who will compete at meets. These include attitude, ability, effort, size of team, and performance in practice and previous meets. It is the responsibility of the coaching staff to make the ultimate decision regarding who does which event and in which meet. Most meets have openings for the top two people from each school in each event. We do our best to provide opportunities for competition, but this cannot be guaranteed at every meet. Parents, we ask that you respect this, as it will not be up for discussion.

Uniforms

Uniforms that are returned torn or stained with make-up, food or other substances will require replacement at the team member's expense (shorts \$10, jersey \$10, jacket \$30, pants \$30). There will be a time set up post-season to return uniforms and it is expected that all equipment be turned in at that time. To keep our uniforms looking nice, please:

Cool Wash, Hang Dry, Do not bleach, Do not iron.

Students will be responsible for replacing any damaged or lost uniforms. All team members will

receive a jersey, shorts, warm up jacket, and warm up pants.

Other Expectations

Teamwork, sportsmanship, and respect of property and each other are required at all times. We expect everyone to exhibit a positive attitude, encourage each other and show good sportsmanship. Poor behavior will not be tolerated either on or off the track. Parents, Mrs. Houf, and/or Ms. Plybon will be notified of any poor behaviors. All athletes are expected to follow the PBIS matrix and these guidelines and expectations. Athletes may be asked to leave the team if poor behavior persists or if it is serious in nature. The coaching staff reserves the right to adjust the consequences for poor choices if they should occur.

If your ride cannot make it to pick you up from practice or a meet on time you will need to make arrangements for someone else to pick you up. We understand scheduling can be complicated and that emergencies come up. However, if your ride is late to pick you up 3 or more times, you may be asked to leave the team.

Team Expectations

- 1) Every athlete must make a commitment
- 2) Respect for yourself and your surroundings at all times
- 3) Support and encourage your teammates
- 4) Always put forth your best effort

Attendance

- 1st Unexcused practice - Miss the next meet.**
- 2nd Unexcused practice - Miss the following meet.**
- 3rd Unexcused practice - Dismissal from the team.**

If a student is ill, please notify the office as you normally would. If a student leaves school early due to illness, practice will be excused. If a student makes it to the end of the school day, he/she is expected to attend practice. Athletes must be in school for at least 3 ½ hours to participate in practice or a game. If a meet falls on Saturday, athletes must be in school 3 ½ hours the previous Friday.

Citizenship

As a member of this team you are expected to conduct yourself in a way that fosters success. You must be a creditable citizen whose conduct on and off the track will reflect positively upon yourself, your school, and your team. Disrespect and horseplay will not be tolerated. Conduct by an athlete involving law enforcement will be reported to the Administration.

Pick Up and Drop Off

Parents, please be on time picking up your child. The coaches have families that they must get home to, as well. We will ensure athletes safety and wait for rides to come. Please don't make us wait longer than expected. **If late pick-ups become a problem, your player may be dismissed from the team.**

Transportation To and From Meets

All athletes will ride the bus to the meet with the team. Parents may sign their child out with the coach at the meet. **Players may not ride home with adults other than their parents without PRIOR consent by the parent.**

Teacher Academic Request (TAR)

Any student athlete who receives a request from a teacher for academic purposes must honor it. The same school rules will apply, as with any other student at FMS. After their TAR attendance, they are expected to attend practice.

1st TAR - A Discussion with the coach about academic expectations

2nd TAR - Miss the next meet

3rd TAR - Dismissal from the team

After School Detentions

Any student athlete who receives an ASD is expected to serve it. They are expected to attend practice after the ASD is served.

1st ASD - A Discussion with the coach about behavioral expectations

2nd ASD - Miss the next meet

3rd ASD - Dismissal from the team.

In School Suspension/ Saturday School

1st Occurrence - Miss the next meet

2nd Occurrence - Dismissal from the team

Out of School Suspension

Automatic Dismissal from the team

School Administration and the Coaches always reserve the right to administer consequences for actions not specifically covered by these rules. The consequence for any offense will usually follow these guidelines but school administration retains that right to handle each offense's punishment individually.

Communication with the coaches

Topics the coaches will discuss:

- 1) Ways to help your child become a better athlete
- 2) Concerns about schoolwork, attitude, & etc.

Topics the coaches will not discuss:

- 1) Team strategy
- 2) Other team members
- 3) Participation in meets

Parents: If you need to meet with a coach, please email the coach or call the office to make an appointment rather than approaching the coach at/or after practice or a meet.

Please visit www.fmstrack.weebly.com and click on the link for "TEAM EXPECTATIONS"

You will find the document called "FMS Track guidelines and expectations". You may download and print if you like or just refer to the digital copy. Please read with your child and

discuss these expectations. Return this agreement to indicate you have read and understand the team expectations. If you have any questions, please contact a coach.

FMS Track guidelines and expectations

Signed _____ Signed _____
(Athlete) (Parent)

Date _____

Contact person (General or emergency) _____
(Print Parents Name)

Phone: _____