

BOLES BULLDOGS

Track and Field

Class and Program Rules and Policies

Practice:

1. Be on time.
2. Expect to practice everyday.
3. **If you use an inhaler – have it with you!!!**
4. Schedule appointments sometime other than workout time.
5. Parents should notify your Coach in advance if you are missing class, workouts, or meets.
6. **Missed workouts will be made up on the day you return in addition to that day's workout.**
7. Drink plenty of water.
8. No jewelry.
9. No gum, candy or food.
10. Warm up appropriately before practice and meet; cool down appropriately after practice and meets!!!!
11. **Do not leave the workout area until you are dismissed. Boys, you must check out with Coach Swain, and girls, you must check out with Coach Poole, before leaving practice.**
12. **Give 100% performance – that's what coaches are looking for;** everyone can put forth “effort” – and rise above!!!

Clothing:

1. Make sure you are wearing clothing that is weather appropriate and **follows school dress code.**
2. No caps, hats, head rags, etc will be worn in the building – including the weight room and locker rooms.
3. Cheerleader shorts are NOT allowed! Do not roll the top of your shorts, and no sagging shorts or sweats.
4. Wear your PE uniform to practice everyday!! Work out clothing as well as uniforms, are only to be worn to practice and to meets. If you are caught wearing you track uniform to class, it will be taken up!!
5. Do not lend or borrow equipment!!
6. When equipment is left at practice or a track meet, do not expect to get it back.
7. You will be responsible for the cost of replacing any lost equipment.

Study Hall:

1. Be on time.
2. Bring something to work on or read every Friday. Study Hall is not the time to write notes to your friends or sit aimlessly and do nothing.
3. No candy or soft drinks (no carbonated drinks!!). If you bring food/drink it needs to be healthy!!!!
4. No talking – raise your hand if you have a question.

5. This is not cosmetology class – do not expect to do your hair, nails and/or make-up.
6. No head phone!!

Transportation:

1. Athletes and Managers will ride the bus to and from the meets.
2. If an athlete must ride home with a parent, the athlete will only be released to his or her own parents.
3. Parents must sign the athlete out with a coach – after all of the athlete’s commitments for that meet have been fulfilled.

Locker Room Rules:

1. **Keep all of your valuables locked in your locker!**
2. Keep your locker free of dirty clothes.
3. Keep your locker and surrounding area neat and clean.
4. Respect the rights and property of your teammates. Ask first if you want to borrow something.
5. The chalkboard is for important announcements only.
6. Before leaving the locker room, pick up anything left on the floor. A messy locker room could result in “reminders” the next day.

Mistakes and consequences:

1. Take responsibility for your mistakes.
2. Accept the consequences of your behavior without complaint.
3. Coaches, school personnel and school policy will determine consequences. Consequences may include, but are not limited to: extra workouts, suspension from practices and/or meets, expulsion from the team.

Assignments:

1. Get your athletic physical exam and all other paper work signed, notarized, and turned in by February 22, 2011. You can’t work out with out a notarized physical.
2. **Be prepared to work hard everyday!!!**

Meets:

1. Behave according to District, School, and Team policies – these rules will be enforced.
2. Show respect for all teams, coaches, and officials.
3. Our team will sit together.
4. Warm up with the team before the meet, warm up again before each one of your events, and cool down after each of your events. If you are on a relay, all members should warm up and cool down together.
5. Compete in, and be on time to, all of your assigned events.
6. Cheer on and support your teammates any chance you get!
7. You are responsible for any equipment needed for your event: Shot puts, discus, and pole vault poles, etc.

8. **Have Fun!**
9. **Win!!!**

Practice:

1. 7th Grade Track Workouts
 - a. Running Workouts will be during your athletic period.
 - b. Athletes participating in field events will workout after school until 5:00pm.
2. 8th Grade Track Workouts
 - a. Running Workouts will be held during 7th period.
 - b. Field Events practice will be held after school until 5:00pm.

During times of inclement weather, we will have practice inside the gyms. Meets that are canceled due to inclement weather will not be rescheduled, with the exception of the City Meet.

As a member of this team you are representing yourself, your family, your teammates, your school, your coaches, and your community. Everything you do will directly reflect back to all these people!!

Have a winner's attitude:

1. Commit yourself to representing your Bulldog community.
2. Possess internal **MOTIVATION** to be the best you are capable of becoming.
3. **Set goals** for achieving your **DREAM**.
4. Fight on when the obstacles are high (**Bulldog Spirit**).
5. Be a good teammate:
 - a. Let your Bulldog Spirit boost others (**LEADERSHIP**).
 - B. Be trustworthy, in turn, trust your teammates and coaches.
 - C. Be unselfish.
6. Love the challenge of competition (**DO NOT BE INTIMIDATED**).

**Boles Junior High
Track and Field
Rules Receipt**

Athlete's name _____

Parent's name _____

Date _____

Parent's Home Phone _____

Parent's Work Phone _____

Parent's Cell # _____

Parent's e-mail address _____

I have read the rules and policies for Boles Junior High School Track and Field program and agree to abide by these rules.

Athlete's signature _____ Date: _____

Parent signature _____ Date: _____