**Contact Information**

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**Panther Track and Field Rules and Guidelines**

**All student- athletes must adhere to the following guidelines in addition to the guidelines found in the** **Athletic Handbook and the Student Code of Conduct.**

1. **Attire:**

Be dressed appropriately (This means you must dress appropriately for the weather, **shirts are required during the warmer months**, have appropriate footwear, wear no excessively short or baggy shorts or shirts, have your hair pulled back and **wear a watch**.)

1. **Attendance:**
   1. **General Practice**
      1. Practice is Monday through Saturday. Practice will be Monday through Thursday until 5pm with Monday practices alternating for event groups staying until 5pm. Friday practice will end at 4pm for all event groups. Saturday practice times will be determined by the event coach.
      2. It is mandatory that you attend all practices.
      3. If you are not able to attend practice, you must notify your event coach **in writing** of the missed practice, including academic, 24 hours prior. TWO missed practices in a week will result in a one meet suspension.

Exceptions include:

Being sent home sick by the school nurse.

Not present in school due to an excused absence.

* 1. **JV Practice Option**
     1. If you need to continuously leave practice by 4pm, you will be missing an integral part of our training program. If you are choosing the JV practice option, you must notify your event coach **in writing with a parent signature that this is your choice for the season.**
        1. As a JV track athlete:
           1. You will not be eligible for a varsity letter.
           2. You will only be permitted to attend dual meets.
           3. You will not be able to participate in the championship season meets.
  2. **Meet attendance**
     1. **Dual Meets:**
        1. Athletes are expected to remain at a dual meet for the duration of the meet.
        2. Athletes are encouraged to ride the bus to and from all away competitions.
     2. **Invitationals:**
        1. Athletes are expected to ride the bus to the invitational unless prior approval has been granted by the athletic director.
        2. Athletes may leave once they have completed their events but must be signed out by a parent or legal guardian. All guardians must show ID and sign out with Mr. McLaud.
        3. Please understand that invitationals may run faster or slower than estimated times.

**EXCEPTION!**

WE WILL BE HOSTING THE DUO BORDER CLASH AGAIN THIS YEAR! Although this is an invitational, we are hosting and the expectation is that athletes remain for the duration of the meet to not only compete but work the meet as well.

1. **Event Placement**
   1. Understand that placement in an event is at the coach’s discretion. It is the **athlete’s responsibility** to set up a meeting with the coach if he or she has concerns.
2. **Earning a Varsity Letter**
   1. In order to earn a varsity letter you must:
      1. Attend a minimum of 6 meets and hit the MHAL standard for at least one of your events
      2. Be a junior or Senior who has participated on the team for a minimum of 2 years.

**Failure to comply with the above terms will result in following:**

1. First Offense: A one meet suspension.
2. Second Offense: A two meet suspension and conference with the Coach and Athletic Director.
3. Third Offense: Suspension of 2 weeks from the team and a conference with the Coach, parent and Athletic Director to discuss continuation or participation on the team.

**Please detach and return to the appropriate coach by Saturday March 17th, 2018.**

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My son/ daughter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I agree to the following rules and guidelines.

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Parent/ Guardian Signature Student- Athlete Signature

**JV Practice Option**

MY son/ daughter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will be leaving practice daily at 4pm. We understand that he/she will only be allowed to participate in dual meets, will not be eligible for a varsity letter and will not be permitted to compete during the championship season.

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Parent/ Guardian Signature Student- Athlete Signature