



# FREE STATE FIREBIRDS



## Track & Field Program Rules

Student-Athlete (PRINT NAME) \_\_\_\_\_

This program will expect certain things from our student-athletes and we want everyone involved to be informed of these expectations.

**This must be signed and returned before competing!!!**

1. Student-athletes associated with the Free State Track & Field Program will conduct themselves with good character at all times, to reflect positively on the team and school. We will conduct ourselves with integrity and class, following all KSHSAA guidelines as well as all Free State High School and Lawrence District rules and policies.
2. Student-athletes associated with the Free State Track & Field Program will at all times, present good sportsmanship and behavior, to reflect positively of themselves, the team, and the school. This includes comments made online including, but not limited to; Facebook, Twitter, and Instagram.
3. Student-athletes are expected to remain in good standing with the school, both in the area of academics and discipline. You will be required to take the necessary measures to improve your grades (obtaining confirmation of such from teachers).
4. Student-athletes are expected to attend all classes. Tardiness and unexcused absences will not be accepted.
5. Student-athletes will be ON TIME to all scheduled events.
6. If you are at school you are expected to be at practice. If you do not attend school you cannot participate in practice or a track & field meet. If you know you need to miss practice you should let a coach know 24 hours in advance or it is considered an unexcused absence. (Telling someone else to tell a coach does not qualify.) If you have more than 3 unexcused absences disciplinary action will be taken. In order to compete each week, any absence must be verified and excused by a coach. Coaches will make the final decision on whether or not you'll compete.
7. If you are injured you should notify a coach ASAP. You should also notify our trainer. If you cannot practice you are still expected to attend practice unless directed otherwise by a coach.

8. If an athlete is injured and held out by a physician, the athlete will need to be cleared by a physician and our trainer before returning to practice and/or competition. Verification of injury/illness, such as a doctor's note, as well as being cleared to return to practice will be required.
9. Do not bring anything to practice that will distract you. Electronic devices should only be used for track & field related work.
10. Coaches will determine an athlete's training regimen and competition events. If you don't perform the prescribed training or compete in assigned meets and/or events, disciplinary action will be taken.
11. Student-athletes will be expected to attend ALL assigned practices and competitions. If unable to attend: [Either leaving school or absent that day] athletes must contact their event coach or the head coach. If unable to contact a coach the expectation is that you will contact the main office. (It is not acceptable to leave word with another student-athlete). Missing a practice or a meet will result in a loss of lettering points and may result in being held from a future competition.
12. Student-athletes will ride the team bus to and from meets, unless an emergency situation has been identified by their parent/guardian. Leaving a meet early or failing to ride back with the team will result in a loss of lettering points. A Parent Transport Form in the case of conflict with another school event (choir, band, etc) can be found at <http://www.usd497.org/Page/3983> or in the athletic office. This form must be signed by Coach Rose and Coach Hill before the athlete leaves for the meet.
13. At track meets, Free State student-athletes will sit as a team (in the team area) when they are not warming up, competing, or supporting their teammates. Student-athletes will wear school provided uniform and Free State attire at all times during a track & field meet.
14. Student-athletes are responsible for keeping all practice, training, and competition facilities clean. You are also responsible for putting away all team equipment used at practice and cleaning up all trash.
15. Each student-athlete is responsible for the care and safe return of all uniforms and equipment checked out to them. Student-athletes who do not return their uniforms and/or equipment; or through their own negligence cause damage, will be charged the replacement cost of items.
16. If you or a parent has concerns regarding a coach's decision, a meeting must be scheduled with that coach, the head coach, a parent, and you after a 24 hour period has passed.

**Not abiding by any of the listed rules, will result in disciplinary action. This may include: counseling, suspension, expulsion, and/or other actions deemed appropriated by the Head Coach, Assistant Coach(es), Athletic Director, and /or Principal.** \*By signing this form, one acknowledges that they have read, understood, and agree to the listed rules. One also acknowledges that participation in athletics involves certain risks; including injury or even death.

Student-Athlete (*Signature*) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (*Signature*) \_\_\_\_\_ Date \_\_\_\_\_