

2020 LCC TRACK & FIELD RULES, ATTENDANCE and BEHAVIOR POLICY

Attendance will be monitored and recorded daily with an understanding that there is a strong correlation between practice, performance, and minimizing risk of injury. Team members are expected to be at practice each day. If you have an unexcused absence you will not be allowed to compete in the next meet. After 5 unexcused absences, you will be dropped from the team. You are expected to inform Coach Vice or Coach Simmons regarding your absence and record it on xcstats as well. Please do so in person by at least the day before you will miss. If you do not inform the coach your absence will be considered unexcused with the exception of a true emergency (Death in the family, severe illness, relative's severe illness, you get the picture).

You will be **INELIGIBLE** to compete in a meet following an unexcused absence.

Ways to inform Coach Vice or Coach Simmons you will be missing practice, or a meet

1. Athletes may communicate with Coach Simmons and Coach Vice personally via e-mail or at practice at least a day before unless it's an emergency!
2. Athletes may communicate with Coaches via xcstats at least a day before unless it's an emergency!
3. Athletes email Coach Vice at bill.vice@sduhsd.net or Coach Simmons at simmonsspeed@gmail.com BEFORE the missed practice. NOT the day of, unless it's an emergency. Plan ahead!
4. We enter athletes into Invitational meets a couple of weeks in advance. Let us know of any meets you cannot attend as far in advance at the beginning of the season. We pay entry fees, and these are non-refundable.

Three ways NOT to inform Coach that you will be missing practice.

- Have a friend or teammate tell him.
- Tell him right before practice, unless it is an EMERGENCY.
- Tell him the next day.

Unexcused absences include (but are not limited to): **(Keeping in mind that you chose to be a part of this team)**

- I have a soccer game/triathlon/wrestling match/speech & debate/band concert/bocce ball tournament on Saturday and I am choosing to play soccer instead of competing in the invitational. If you are accepted into a Saturday meet, and don't compete, it is an absence. Let us know at the beginning of the season of any meets you cannot attend.
- I have soccer practice or try-outs today!
- DMV appointment – beyond the first one. Follow-ups are not excused.
- I have a big homework project and need to miss practice (Plan ahead! Use and organize your time wisely. Everyone on the team has big homework assignments.).
- I am taking an AP class. Join the crowd.
- I have friends and/or relatives in town and we have to show them around (Show them around after practice).
- My parents are making me go to my grandmother's house for dinner (Go after practice and make sure to invite Grandma to your next meet!).
- I'm really tired, sore and don't feel good.
- If you are injured, you must still report to practice unless excused for medical reasons by your event coach and verification through your Doctor's note. Please show up in your practice gear unless told otherwise by one of the coaches.
- I'm going to the Taylor Swift concert tonight (Go after practice).
- Vacation is not an excused absence.

Excused absences include: (you must bring a note from the teacher or Doctor to excuse these)

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- Schoolwork (i.e. study session for AP, making up a test), **not** extra-curricular activities that might occur at school like plays, clubs, band practice, SAT reviews, etc. If you miss for this reason you will run JV in the next meet unless you are a senior. Get a note from your teacher for study sessions, and turn it in to Coach Vice.
- Making up a test (try to schedule this before school or during lunch instead to avoid the absence—get a note from the teacher if you cannot and this will not count against your absences)
- Doctor/ Dental appointments- You must bring a Doctor's Note/ Receipt.

IMPORTANT: Missing school due to illness or injury, that is excused, and will not result in you having an absence that counts towards your four allotted absences, nor will family emergencies. Please bring an excused absence print out from the attendance office or Aeries. We will check!

Practice goes from 3:00-5:00. Varsity distance group will practice until 5:30-5:45 on some days. You are not permitted to leave early. Coaches may dismiss their event group early, but you are expected to be available until 5:00, so do not ask to leave early. Doing so will result in your being marked absent for that particular day.

Arrival after the designated start time of 3:00 (by Coach Simmons/Vice's watch, not yours) will result in a tardy. Two tardies = one unexcused absence. Therefore, 10 tardies = dismissal from the team. Be smart! Twenty-five minutes is ample time to get ready. Also, if a student/athlete is sent home during practice due to inappropriate language (cursing, or derogatory), negative attitude, or improper practice attire, this will count as an unexcused absence.

Student athletes will be required to sign up to help out at either the Middle School Meet, or the League Meet as volunteers. This is a responsibility to support our team and League. All seniors not competing at the League Meet need to help volunteer.

PE Credit for Track and Field Attendance Requirements: In line with District requirements, if a student athlete is participating in a team sport for PE credit, attendance policy rules are a little different. A 90% attendance is required at all team activities. Team activities include practice and dual meets for PE credit. The team schedule before post-season is 48 days long, so only 4 days of practice or dual meets can be missed, for any reason. In addition, PE credit student athletes must compete in at least 75% of the dual meets in at least one event. This is a minimum of 5 Dual meets. Failure to meet these requirements will result in not receiving credit for a PE class. No Exceptions. **An injury that lasts longer than 4 days in total, (meaning more than days in a row) is not excused towards PE credit.**

BEHAVIOR:

Student athletes are ambassadors for our school and team. We expect the highest standards from our team members at school, in competition, and in the community. We expect good sportsmanship at the stadium, to all those in attendance and their belongings. The same respect must be shown toward the competition, all coaches, officials and teammates. Derogatory names and curse words will not be tolerated. These will be identified by the coaching staff, before or after the infraction. The guideline is to keep it positive at all times. Failure to uphold these ideals can result in suspension or removal from the team.

Student/Athletes are expected to bring a positive attitude each day and follow the practice set for each day. Follow direction from your coaches. Failure to do so on more than one occasion is cause for removal from the team.

Individuals who use drugs, tobacco, alcohol, vaping or banned substances, whether at school or in the public arena, are not only subject to the district policies, but will be removed from the team immediately for the season. This is also in effect for any student athlete found cheating in the classroom. Think about your actions, for yourself, your family, and your school.

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Violence or bullying toward any individual will not be tolerated and may result in being removed from the team. This includes any type of abuse: verbal, physical, sexual, cyber, or hazing activities.

This is not a complete list of behaviors we deem detrimental to the team and its members, and inappropriate behaviors that may result in being dropped from the team.

RULES:

Compression tops and bottoms must be green. Shoes or spikes must be worn at all practices/Meets at all times. Socks are not shoes.

Coaches need 24 hour notification in writing or e-mail to leave any meet with parents.

We hope you have read these rules carefully before signing.

We enforce any rules required through CIF in San Diego or at the State level.

Team members must stay until the end of dual meets to help with clean-up, home and away. Leaving early without permission from coaches (for an emergency), or an unexcused reason as already mentioned will result in an unexcused absence and can result in not being able to compete in the next meet, and being dropped from the team. We take roll at the end of dual meets.

Varsity Lettering:

Athletes will receive a varsity letter for earning 15 points over the course of a season. Points are awarded as follows:

-Points based on varsity meet scores (dual meets go 5-3-1, for 1st-3rd place, and invites go 5-4-3-2-1... for 1st -5th place, for a relay, points are split by four)

- Not finishing the season in good standing eliminates all of the described 15 point scoring. The reason is letting your team down.

Automatic letters are given to those athletes who finish in the top 5 in individual events, or top two in relay events(not Alternates) for the Avocado West League Finals , as long as they complete the season in good standing. Athletes will be asked in advance of League Finals if they are available for the remainder of the season. Those who are not will be dropped from competition in League Finals and subsequent events and will not receive letters due to not finishing the season in good standing.

Seniors who compete as a varsity athlete for three-fourths of the dual meets may earn a varsity letter by missing no more than two practices throughout the season and observe mandatory attendance at League Prelims/Finals to support their teammates and serve as volunteers: hurdle crew etc.

Athletes must complete the season in good standing. This requires competing in all competitions that our athletes qualify for, including League, CIF prelims and CIF Finals at the end of the year. If you do not attend all League/CIF meets that you have qualified for, you cannot letter. The reason is that you are letting your team down. Track and Field is a team sport. Uniforms and all equipment must also be returned.

The lettering process is also at the coaches' discretion.

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Please complete this information sheet and return it to Coach Vice, or sign online by Feb.24, 2020. Uniforms will not be issued until this policy is returned signed.

Athlete's Name: _____ **Sex** ____ **Gr** ____

Address: _____

Email: _____ **Cell Phone** _____

Parent Contact: _____ **Home Phone** _____

Parent's Email: _____ **Parent Cell** _____

YES ____ I acknowledge awareness of the District Player/Parent Handbook that can be found at [SDUHSD Player Parent Handbook](#)

YES ____ I have read the above Rules, Attendance and Behavior policies and will adhere to them

YES ____ NO ____ I grant LCC Track & Field permission to post unnamed photos of my athlete on the LCC Track & Field website and/or Facebook page

Parent Signature: _____ **Date:** _____

Athlete Signature: _____ **Date:** _____