

Eau Claire Memorial Boys Track and Field Team Rules

Track and Field is a voluntary, Extra-Curricular Activity. The following list is the requirements for participation.

1. All physical forms, athletic code, and fees must be on file with the athletic director before you can participate in practice.
2. All athletes are expected to help with one of our service project.
3. Be ready for practice at 3:15
4. Proper work out attire is expected. This includes...
 - Training gear for all weather conditions.
 - Your own water bottle
 - A pair of training shoes in good condition. (old shoes cause injuries)
 - Always have a swimsuit and towel ready for pool workouts.
5. You are expected to be at practice everyday, and compete in the meets you are entered in. The only reason to miss a meet is injury or prearranged school activity.
6. If you skip a meet, you will miss the next meet. **Spring Break is an exception.**
7. You may not withdraw from an event with out a coach's permission.
8. Please try a variety of events to see what appeals to you. We will enter you in the events that are most appropriate for you.
9. You must attend school all day, if you are entered in a meet that evening.
10. You are expected to be an active supporter of your team mates during a meet. At home meets, everyone either works or competes.
11. When traveling by bus, we expect you to ride both ways. In special circumstances, you could pre-arrange a ride home with a parent. This will be rare.
12. Everyone runs. Even field event participants.
13. Trust the coaches. When given a direction by a coach, you will be expected to follow it.
14. Do the best you can with the ability you have. Everyone can improve and get better.

15. If you have a question or concern, please ask. We prefer a communication with the athlete, if something is affecting your enjoyment of track.

16. Notify the coaches of ALL INJURIES.

We will not cut anyone based on ability, but the following could result in you being removed from the team.

- **Missing practices (Not Spring Break)**
- **Not following directions.**
- **Not doing as a coach asks.**
- **Refusing to run your assigned events at a meet.**
- **Causing chronic disruptions of practice.**
- **Not being trust worthy when we are at home/away track meets.**
- **Other behaviors that negatively impact the team environment.**