

# 2018 Track Rules

1. Attendance to practice is mandatory.
  - 1<sup>st</sup> offense: Suspended from next meet (still required to attend)
  - 2<sup>nd</sup> offense: You decided to quit the team\*There may be some athletes who double in 2 sports: those athletes will be handled individually by the Coach.
2. Absences (unless gone from school), being late, and leaving early from practices must be excused **BEFOREHAND** and **DIRECTLY** with a Coach. Coach Cahoon is available during the day at school and his nighttime phone # is: Coach Cahoon - (989) 854-6447  
Coach Hammel is available by phone all day and his phone # is: Coach Hammel – (989)506-8556  
Athletes must attend school hours 1 through 5 in order to be eligible to practice and compete. If an athlete is going to miss any part of the school day it must be pre-arranged 24 hours in advance with the Athletic Director, Jay Travis.  
989-828-6601 Ext. 4477  
jtravis@shepherdschools.net
3. Attendance to meets is mandatory.
  - 1<sup>st</sup> offense: You decided to quit the team.
4. We ride together to and from meets. You may ride home with **PARENTS ONLY** (the only exception is a note signed by the athletic director).
5. Ineligibility – Failing 2 or more classes (you must be passing 4 of 5 to be eligible)
  - 1<sup>st</sup> and 2<sup>nd</sup> offense: No participation in the next weeks meets.
  - 3<sup>rd</sup> offense: You have decided to quit the team.
6. Athlete's who choose RTC will be dealt with on an individual basis by the coach. Choosing RTC repeatedly will result in dismissal from the team.
7. In odd years girls compete 1<sup>st</sup> and in even years the boys will compete 1<sup>st</sup>.
8. Practice will be outside ASAP, come prepared to practice outside every day.
9. It may be necessary to reduce an athlete's participation in competition because of a lack of conditioning. This may be due to absence from practice because of illness, vacation, injury, etc. It will be the coach's responsibility to make this decision.
10. There will be meets throughout the year in which coaches are allowed only a limited number of participants, thus only select athletes will be able to attend. Meet sheets will be posted outside Coach Cahoon's room as soon as events are known.
11. It should be noted that there is a chance of injury due to your participation in track and field. Notify your coach in the event that any injury has occurred. Most injuries can be prevented if coaches are made aware of soreness and other warning signs that occur prior to injury.

12. You must finish the season in good standing with the team, coach and school in order to receive any awards and/or special recognition. (This includes varsity letters, school records, most improved or valuable, etc.)
13. Girls and boys will be riding separate busses to and from all meets.
14. Your track uniform is not to be worn anytime other than at a meet, and warm-ups are only allowed on meet days.
15. You must attend hours 1 through 5 in school to practice or compete. Athletes are responsible for notifying their coach if they are ineligible for the day.
16. If you compete in the Pole Vault event: It is strongly recommended that you wear a protective helmet in both practices and meets. Coaches can help you find suppliers. Many bicycle helmets work very well.
17. (PDA) Public Displays of Affection is not acceptable behavior. You are representing Shepherd Schools as an athlete whether your events have been completed or not and PDA will result in the following:
  - 1<sup>st</sup> offense: You will be scratched from your next event (current or next meet).
  - 2<sup>nd</sup> offense: You will be suspended from the next meet we are scheduled for.
  - 3<sup>rd</sup> offense: You will be removed from the team.
18. Conduct detrimental to the team will not be accepted. Athletes will be warned once and if the behavior continues they will be dismissed from the team.
19. Varsity Letter requirements
  1. Senior who successfully has completed multiple years of track.
  2. Score 7 total points over the season (varsity meets only)
  3. Score points in an individual event at a non-dual meet (varsity meets only).
  4. Performance (official) equal to last years 8<sup>th</sup> place performance in league final (can be accomplished at any meet throughout the season). See chart below.

### **2017 TVC 8<sup>th</sup> Place Performances**

<b>Event</b>	<b>Performance</b>	
	<b>Boys</b>	<b>Girls</b>
110m/100m Hurdles	17.64	18.62
100m Dash	12.35	14.01
1600m Run	4:56.00	5:50.66
400m Dash	55.68	1:07.5
300m Hurdles	45.13	53.21
800m Run	2:09.37	2:34.21
200m Dash	25.11	30.36
3200m Run	10:57.93	13:31.97
Discus	111' 4"	84' 8"
Shot Put	40' 6"	27' 4"
Pole Vault	10' 6"	7'
Long Jump	18' 0.75"	13' 9.5"
High Jump	5' 4"	4' 4"