



## **Westlake Track Team Rules/Guidelines**

1. **Consistent Practice Attendance:** Each athlete is expected to attend all practices on time. Practice will start at 2:50 sharp on the track, or by the weight room in case of inclement weather. Athletes must avoid conflicts with daily practice. If the athlete has a valid reason for missing practice (emergency or illness), the athlete must notify the head coach prior to the practice that will be missed. **Athletes failing to follow this procedure may be held out of competition at coach's discretion, or potentially kicked off the team.**
  - note- having a job is not a valid reason to be missing practice, If you are making a commitment to this team then you need to schedule your job around the track practice/meet schedule. This would not be acceptable in any other sport and will not be with track & field either. If this is a *serious* issue with you, you may talk to Coach to see what you can do.
2. **Practice Apparel: Each athlete is required to wear running shoes, shirts, shorts or sweat pants to practice.** A water bottle is also suggested. Do not bring cell phones, food, or jewelry to practice.
  - For track meets all runners need to have track shoes w/ spikes. This can be purchased at a fair price at any athletic store or catalog.
  - Weather in the spring is unpredictable and usually cold until May; please bring warm clothes for all practices and meets. Keep a standard set of sweats in your locker so that you always have them. You may also want to invest in a pair of black tights to wear underneath your track shorts for meets as well as a tight white long sleeve running shirt (under armor type shirt) for cold track meets. Note these must be entirely **solid colored** or they would be deemed illegal by officials.
3. **Athlete Conduct: Demon Track & Field Team Members are expected to show exemplary conduct at all times!** Please take seriously the commitment you must make to support your teammates, contribute to our sport, and act responsibly in every situation. Athletes are expected to conduct themselves in a mature and rational manner. Respect should always be given to your Coaches, teammates, competition, and to the sport itself. Any personal issues with teammates, officials, competition, or your role on the team should always be brought to the coach first.
4. **Transportation to and from Competition:** Athletes transported from Westlake High School to an away competition via district bus must also return to Westlake High School via district bus or be released to their legal guardian at the competition site. Athletes will not be released to anyone other than a legal guardian. Friends, relatives, neighbors, etc., are not legal guardians. Team policy further requires that any athlete not returning to Westlake with the team via district bus give the head coach written notification and visual confirmation of the presence of a legal guardian before departure. **Failure to follow these procedures will result in suspension from the team.**
5. **During competitions,** there is a lot of 'down' time for athletes during many track meets. Use this time to rest, hydrate, stretch, watch the meet, warm up for your event, or even socialize with other athletes but **do not disappear so that your teammates and coaches cannot find you. Show up in plenty of time to check in for your event** and to talk with your coach about the event. Missing check in for your event is unacceptable... please listen to all calls over the PA for events and arrive in plenty of time.
6. **All athletes will abide by the rules set forth in the Westlake Parent and Student Athletic Handbook.**