



Athlete Handbook

Name _____

Code of Conduct

Student-athletes participating in the Northeastern High School Track and Field Program are expected to uphold the highest degree of discipline, sportsmanship, and academic standing. Participants are expected to represent the Northeastern High School Track and Field Program in the most positive manner in accordance with school spirit and mutual respect for their opponents. Being a member of the Northeastern High School Track and Field Program is a privilege. All who participate should strive to conduct themselves as good citizens and representatives of Northeastern High School. Those who have the privilege to participate make sacrifices both as individuals and teammates, the establishment of priorities will assist in achieving team and individual goals.

Disciplinary Policy

Disciplinary actions will be dealt with on an individual basis. Previous actions taken against an individual on the team and in school may be considered when punishment is rendered. Consequences include, but are not limited to the following: extra duty, loss of participation in a meet, suspensions, and team dismissal. Any substantiated drug, alcohol, or criminal violations are reasons for automatic dismissal. All disciplinary matters are to be handled by the head coach and coaching staff.

Academic Policy

Academics are a high priority for Northeastern High School as well as for the Bobcat Track and Field Program. Academic Requirements (Per NHS Student Handbook):

Weekly Checks - On Friday's, a student athlete who is failing any subject will be reported to the athletic department. Any student athlete failing one subject will be ineligible to practice or participate for the next five school days. **Students MUST attend after school tutoring for the subject they are failing during their suspension.** Academic ineligibility will be considered as an unexcused absence and may adversely affect a student's status toward obtaining a varsity letter. **Mandatory team meetings and study halls will be in Room 611 from 2:45-3:30 on Monday, Tuesday, and Thursday.**

Practice/Meet/Invitational Attendance Policy

Practice and competition is imperative for success. Athletes are expected to be at every practice and meet; however, some legitimate reasons exist for missing practice or a meet. Practice and meet absences will be placed in two categories: excused and unexcused absences.

Excused absences are those for tutoring sessions with a teacher, medical reasons with a doctor's note, a court appearance with subpoenas, and a death in the family. A note must be provided to the head coach from a parent, guardian, athletic trainer, or teacher to be considered an excused absence. Early communication is key!

- Unexcused absences include any other absences not defined above. Note: The head coach may grant an excused absence for extreme circumstances if agreed upon before the missed practice and meet.
- Consequences for unexcused absences:
 - If there is an unexcused absence the day before a meet/invitational, the athlete will not be permitted to attend or participate in the meet.
 - First unexcused absence = Verbal warning.
 - Second unexcused absence = Suspension for one meet and invitational.
 - Third unexcused absence = Dismissal from the team.

Practice Policy

- **Be on time! Team meetings and study hall will be in Room 611 on Monday, Tuesday, Thursday! You must be there by 2:45.** If you arrive late, you must present a note/excuse to the head coach from a teacher, athletic trainer, or parent/guardian.
- Plan to be outside everyday! Bring sweatshirts, pants, gloves, hats, water, etc.
- **Shirts must be kept on at all times at practice.**
- Cell Phones and Air Pods are not necessary for practice, unless it is approved by your coach.
- Respect yourself, teammates, coaches, equipment, and facilities.
- Any final decisions regarding events will be at the head coach's discretion.
- When you are not participating, you should be paying attention and not socializing or distracting others. You should be helping when possible and staying with your group.
- No Profanity
- Remember: You will compete like you practice! Give an honest effort each practice.
- **Sprint Holidays will be offered the day after meets. (Must Compete in 3+ Events)**
- **Practices will conclude around 4:45 or sometimes earlier.**

Meet/Invitational Policy

- We are in Division I in the YAIAA League.
- Only the top 3-9 in each event will compete at home and away meets.
- The top 2-3 qualifiers in each event will compete at invitationals.
- If you qualify for an invitational, you must compete at the invitational!
- Starting positions and times CAN and WILL change from week to week.
- **All athletes must wear the approved Official Northeastern Track and Field uniform, No Exceptions unless approved by the Head Coach.**

Injury Policy

Please know the difference between being sore and injured. If you are sore, that is not an injury! You should only see the athletic trainer if you have an injury. If you are sore, stretching and ICE will be your friend in the first month of practice. If you believe you're injured, you should inform your coach and they will direct you to the athletic trainer. **We highly recommend that an athlete go to our trainer FIRST to be evaluated before going to a family doctor/OSS.** If necessary, our athletic trainer will make the necessary recommendations/arrangements to see our sports doctors. Using this process allows us to expedite the very best care for our athletes. Injured athletes are expected to adhere to the specified treatment schedule set forth by the athletic trainer and sports doctor.

Injured Athlete Practice/Meet Policy

Injured athletes are to attend every practice and meets just like a normal athlete unless otherwise approved by the head coach. If you are in need of treatment, report directly to the athletic trainer after school. You are still required to be at practice, unless notified by the athletic trainer. During practice and meets, the injured athlete should pay attention and assist when necessary. Injured athletes may also be tasked with various physical exercises, as approved by the athletic trainer, while at practice.

Media/ Social Networking Guidelines

- All comments/pictures during an interview or posted to a social network (Twitter, Facebook, Instagram, Snapchat, etc.) should be positive about individuals, coaches, program, opponents, and officials.

Bus Policy

When traveling to and from away meets/invitationals, athletes must ride on the bus. Players will not be permitted to ride home with parents/guardians, family members, and friends, unless special circumstances are arranged through the athletic department and head coach. Arrangements must be done 24 hours in advance before the meet/invitational.

Track and Field Booster Club

We have a track and field booster club that benefits our athletes. The booster club meets once a month and is always accepting new parents to become involved. Parents are expected to help work the concession stand at least one time this season. We preferably would like middle school parents to work the high school meets and high school parents to work the middle school meets. This allows parents to watch their son/daughter compete. Please circle below what meet you are able to volunteer for. If you are not able to donate your time, please consider donating items for our concession stand. We appreciate your help!

Booster Club Contact: Holly Perry Email: hperry@worldtravelinc.com

Player/Parent Handbook Agreement Form

I, _____, and my parents/guardians _____ have read all the policies/rules I am required to follow to participate in this track program. I agree to adhere to all the rules set forth in my Northeastern Track and Field Athlete Handbook and acknowledge by signing this agreement that my parents and I understand the rules and policies set forth this track and field season.

Player's
Signature _____ Date _____

Parent's
Signatures _____ Date _____

Booster Club Parent Information

Name: _____

Phone Number: _____

Email: _____

Please Circle the Dates Available for Volunteering at the Concession Stand

High School Meets

Thursday March 24th 2:30-6:30	Tuesday March 29th 2:30-6:30	Tuesday April 12th 2:30 - 6:30	Tuesday April 26th 2:30-6:30
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Middle School Meets

Tuesday April 5 2:30-5:30	Wednesday April 20th 2:30-5:30	Thursday April 28 2:30-5:30	Wednesday May 11 2:30 - 5:30
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