

Jesuit Marauders 2007 Track and Field Syllabus

Our 2007 Goals:

- a. To improve on last year's Varsity and Frosh/Soph Team records;
- b. To have at least 2 individuals or 1 relay score points in each respective Delta River League Championship event;
- c. To expect noteworthy accomplishments of ourselves and our teammates;
- d. To work hard;
- e. To have fun;
- f. To learn something important about ourselves.

Achieving these Goals:

1. Arrive at practice no later than 20 minutes after the last bell (normally 3:10 pm, 2:40 pm on Fridays), dressed in proper attire, prepared to workout.
2. If you are unable to attend practice, you must notify an on-campus coach (Witzgall, Jett, or McGuire).
3. An absence from practice and/or a meet must be excused by the coaching staff. Valid excuses do not include—working at an after school job, attending a club team practice, doing homework, or serving JUG/academic. **The coaching staff will wait for you.**
4. Attendance at practice means completing the entire workout, including warm-up and cool down, as assigned by your event coach. Leaving early and not completing the workout is considered an absence. **Three (3) consecutive unexcused absences will make an athlete liable for dismissal from the team.**
5. Inclement (rainy or foul) weather does not cancel practice. Track practice will be held every school day of the season, rain or shine.
6. To obtain credit for participating in a meet, an athlete must participate in at least two (2) and not more than four (4) events. In the field events, an athlete must complete all of the jumps or throws that your event coach has determined best for you and in the running events you must complete each race you enter unless you are injured during the competition.
7. During a meet you cannot pull yourself out of an assigned event unless you receive permission from the head coach. You cannot leave a meet before the completion of the final event unless you have received permission from the head coach.
8. Failure to show up for any meet without the head coach's prior approval means automatic forfeiture of attendance points. You have a meet schedule and one is posted on the team website, www.jesuittrack.org. Please arrange your work schedule, study time, group project preparation time, etc. around it. No action will generate more ill will, hard feelings and resentment than for an athlete to leave three teammates stranded on the starting line during a relay meet. If you are scheduled to compete in a Saturday meet, please make sure you are there.

9. As a student athlete, academics come first. As a member of the team, you have agreed to complete your studies at night or on the weekends, not during practice time. You can achieve great success as a student athlete by managing your time and organizing yourself.
10. An athlete should provide running shoes, shorts, and appropriate foul weather gear (sweats, windbreaker, gloves). A team package (team shirt/polo, sweat top/pants, and hat—approx. \$100) has been offered for sale in the past.
11. Athletes will find locker room space limited—especially during the overlap period when winter and spring teams practice simultaneously. Athletes should plan to store their school clothes in a gym bag at the track. *Personal electronics (I-Pods, phones, MP3 players) are forbidden and should be stored during practice.* While the coach will attempt to provide a towel for the after-practice shower, the athlete should provide his own in case the limited supply runs short.
12. Each athlete will receive an appropriate team uniform prior to the beginning of the competitive season. Each issued piece of equipment bears an inventory marking. The athlete is responsible for its care and upkeep (cold water wash-gentle cycle, line dry; do not use a dryer, do not dry clean). The athlete should return his equipment to the storage room on the assigned date for his class year. Athletes will receive a bill for damaged or lost uniforms (\$60 uniform—singlet and shorts; \$170 sweats—jacket and pants).
13. **Transportation:** When the team travels to an away meet by bus, freshmen and sophomores will normally ride on the bus. If the athlete presents a signed note from his parents or the athlete makes personal contact with the head coach at the meet, then team members may depart the meet **at its conclusion** and travel home with another driver. In other instances, the team will travel by carpool to meets and parents have authorized this travel by signing either a driver's insurance form or a permit to travel.
14. Please report all injuries to the head coach. If it is serious enough, you will be expected to consult with the team trainer or your personal physician before resuming practice. If you have taken sick at school and plan to leave before practice, please inform one of the on-campus coaches. If this is not possible, please call and leave a voice mail message for the coaching staff as to your location and condition.