

## **Neshaminy Track & Field athletes are expected to abide by the following and guidelines:**

**Eligibility/Regulations** Comply with all PIAA and Neshaminy School District eligibility rules and regulations. These include but are not limited to the following:

**School Board Policy #510 Alcohol and other drugs** and Co-Curricular Substance and Abuse Guidelines. Includes: Smoking, vaping etc.

### **School Board Policy #554- Hazing**

The purpose of this policy is to maintain a safe and positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the district and are prohibited at all times.

### **School Board Policy #516- Academic Eligibility**

The purpose of this policy is to encourage students in co-curricular activities and athletes to meet their academic requirements.

### **Practices**

- Practices are held every day. **Practice starts at 2:30 and usually go until 5pm.** You must attend all practices unless one of the following apply:
  1. Practice is cancelled by the coach or administration.
  2. You are ill and not in school (you must notify the coach of your absence via email)
  3. You have made a previous arrangement with the coach in regard to the practice on a given day (for a doctors appt., academic issue, family issue, etc)
- If you are going to be late practice you must personally notify your coach before hand.
- All athletes must remain with their coach and / or follow the directions given by their coach.
- Practice will only be cancelled by a coach or the Administration.

### **Behavior**

Your behavior should be exemplary. You are representing yourself, the team and the school.

Therefore, no inappropriate behavior will be tolerated.

- In school and out of school suspension will result in not being allowed to practice or compete on those dates.
- Other behavior problems will be dealt with through the coaches, school and parents if necessary.
- Foul language and obscene gestures will not be tolerated.
- Players should treat coaches, teammates, parents, trainers and officials with respect.

### **Academic Eligibility**

- Grades are essential to remaining apart of the team.
- Eligibility is run on every Friday during the Winter Season.
- Competition assignments will not be given to athletes with poor grades.
- Athletes with 2 or more Fs will not be eligible to compete the next week.
- Players will be told on Monday if they are eligible for the week.
- If a player is ineligible, they may attend practice but cannot compete for that specific week.
- If a player continues to be ineligible, they will lose their privilege to practice as well as compete.

### **Technology**

- Phones are not to be used during any practice.

### **Communication**

- Communication between the coaching staff, players and parents is very important to the success of the team.

### **Players and Coaches**

- When a player needs to talk to the coach, they (not their parent) should speak with their coach before or after practice.

### **Coaches and Parents**

- Parents may approach coaches at a time that is appropriate and convenient for both if they have a concern about their child that their child cannot workout with the coach.
- Coaches will not be available to parents to discuss meet lineups, coaching strategies, other athletes or any other issue that relates to the managing of the team.

### **Competition**

- Most meets are held off site.
- In order to be eligible to compete you must marked present before 5th period (10:55 am).
- Food, sports drinks, headphones & earbuds are not permitted in the Indoor Track facilities.

### **Participation**

- Coaches will try to get every athlete into at least one meet, but no one is guaranteed a spot.

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Please sign and detach to return to your coach.

I read and will follow to the best of my ability the track & field rules and guidelines.

Players Printed Name: \_\_\_\_\_

Parents Printed Name: \_\_\_\_\_

Players signature \_\_\_\_\_ Parents signature \_\_\_\_\_