

Selinsgrove Track & Field Rules and Expectations

Team Goals & Expectations

1. We have a winning tradition here at Selinsgrove; expect to win!
2. Treat the coaching staff, officials, opponents, and especially each other with respect.
3. Work hard, give 100% effort, and have fun!

Schedule

1. Practices will be held Monday thru Friday, 3:15 to 5:15. Depending on weather conditions or workouts planned for the day, practice may conclude earlier or later than 5:15pm. We may have a Saturday practice occasionally; this will be announced ahead of time. NO practice on Sunday.
2. You have been provided a schedule of the entire season. **YOU MUST COMMUNICATE** with the coaching staff if there are any future conflicts; for example, vacations, family trips, continuing athletic season from the winter, field trips, college visits, etc. If an extended amount of practice time and/or meets are missed, you may have to sit out your next eligible competition.

Attendance

1. Students are not permitted to participate in practice sessions or school events if they are absent from school that day. (Exceptions are preplanned college visits, other school related functions such as a field trip, educational trip, emergency or extenuating circumstances approved by the building administrator)
2. All students must be in attendance the entire school day (meaning you cannot be tardy or leave early) to be eligible to participate in extracurricular activities that day. Only bonafide doctors' excuses or other urgent circumstances will be considered by the Principal in waiving this policy. Parent notes are not acceptable excuses for purposes of these guidelines.
3. Any student sent home ill from school is ineligible for all activities that day.
4. You **MUST** be in attendance at practice in order to compete in the meets. If you have more than 3 unexcused absences from practice, you will not be permitted to compete in your next eligible meet. Please communicate any and all dr.'s appointments, rehearsals, or any other situation that would require you to miss or leave practice early with the coaching staff.
5. Some student-athletes have after-school jobs; PLEASE do the following:
 - Schedule work for 5pm OR AFTER and NO SATURDAYS!
 - Give a copy of our schedule to your employer

Meetings & Practice

1. We will meet as a team directly after school in the lobby of the cafeteria, or the gym. Please be changed and ready in a timely fashion; if you need to stay after school to speak to a teacher, notify a coach.

2. As stated, you must be in attendance at all practices in order to participate. If you are injured, you must check in with JT (trainer) on a daily basis to ensure a fast recovery from injury, get anything taped, heated, or looked at before and after practice.

3. During meetings and practice, NO CELL PHONES should be used. In order to let a parent/guardian to know about a ride home from practice, please make those arrangements before practice starts, or when your event group is cooling down and stretching.

Behavior

1. Students are expected to exhibit appropriate behavior at all times. Any student who violates school rules may be denied participation by the administration. This also goes for drugs, alcohol, theft, other crimes, and activity on social media (facebook, instagram, twitter, etc.).

2. If you are suspended from school, you are not eligible to participate in athletics.

3. Remember that participation is a privilege, not a right. You represent the school and your team at all times, not just in season. The sports skills you learn are valuable, but not as valuable as the other lessons you learn, such as teamwork, responsibility, self-discipline, and respect for others.

Athletic, Extracurricular and Co-curricular Student Code of Conduct

Participation in these activities is a privilege and may be denied at any time if the code of conduct is violated. Students involved in these activities serve as representatives of the school district and the community. They are held to a higher standard of conduct and expectations. The code of conduct is in affect at all times including on campus, off campus, after school, on trips, around town, vacations, etc.

Participation

1. Track is unlike many sports, where there are no JV teams. All members, as long as you are able, can compete in the dual meets.

- Exceptions:
- a.) Invitationals**
 - b.) Away Meet Travel Restrictions
 - c.) Injured/Rest
 - d.) Ineligible
 - e.) Coaches discretion/behavioral

** EXPECT TO GO TO INVATIONALS! "I did not think I would qualify" is not a good excuse.

Eligibility

1. Students need to be passing three full credits to be eligible to participate in any activity after school hours. This applies to athletics, plays, academic competitions, dances, the prom, among other activities.

2. Students may attend practices, rehearsals, or other after school commitments even though ineligible if the total of failing credits is 1.5 or less. If the student is failing 2 credits or more, he or she may not attend practices, rehearsals, or other after school commitments.

3. Students may regain eligibility upon improved weekly standings. However, if the student has been ineligible to practice, the principal will decide the date he or she may be eligible to participate after consultation with the coach or advisor.

Parents

1. We love to see parents, siblings, and relatives cheering on you and our team at all of our competitions.

2. We also encourage parents to be involved with our Booster Club, as this is the avenue for which we can make money to supply our teams with the best equipment and opportunities to succeed.

3. Encourage your parents to download the Insta-Team App to have all of the latest information.

Track Meets

1. All athletes are required to attend home meets; even those not participating because of injury, rest, etc.

2. All athletes are required to travel with the team to and home from away meets/invitationals, unless discussed beforehand with Coach Kiss. If you are not traveling with the team, a note 24 hours in advance will be required. We are a TEAM, and leaving the meet early just because you are done competing is not fair to athletes who happen to compete in events later in the meet. **YOU MUST SIGN OUT WITH COACH KISS...** not another coach!

3. We will have a team meeting at the end of every meet. **ATHLETES NEED TO STAY FOR THE ENTIRE MEET.**

4. Track is a little different than other sports, where multiple events are going on at the same time, and many of you will not compete in the first event, or be done competing before the last. Please be with your teammates 1 hour prior to your event (especially at invitationals). This is to ensure that you are:

- Focused on your event(s)

- Do not miss your event

- Warm-up properly

- Give yourself the chance to do your best

- **** Stay with your teammates on the field at dual meets and NOT in the stands! Cheer your competing teammates on.**

PIAA Rules and Information

1. Order of Running Events:

4x800m Relay
110/100m High Hurdles
100m Dash
1600m Run
4x100m Relay
400m Dash
300m Intermediate Hurdles
800m Run
200m Run
3200m Run
4x400m Relay

Field Events (No particular order):

Long Jump
Triple Jump
High Jump
Pole Vault
Shot Put
Discus
Javelin

2. **JEWELRY IS ALLOWED (within reason)!!** Medical bracelets are allowed.

3. For certain weather conditions, under armour may be necessary. Please wear **WHITE** so that we can look like a team! This is also important for relays as we need to be the same.

4. All participants in running and field events will be able to score.

5. Headbands are now allowed... within reason!

6. We have new uniforms that are in excellent condition; failure to return them (or part) at the end of the season will result in a \$80 charge, and your report card withheld.

7. Districts has AUTOMATIC qualifying times once again; except the rule still applies that only 3 athletes MAX can compete in one event.

Miscellaneous

** If you have any questions, do not hesitate to come forward and speak with a coach! There is an open door policy if you have any concerns.

Team Website: www.sealstrack.com

DOWNLOAD INSTA-TEAM APP!!

Coach Kiss Contact Information:

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