

Crocker Track Information High School and Junior High

Practice Time: 3:30 -5 PM

Practice will consist of:

Roll call-Gym

Shin Splint exercises-Gym- On your own

Stretching – Gym

Warm Up-Jog two laps around Baseball field

Agilities/work out- Parking Lot

Cool down- jog two laps around Baseball field

*Practice locations may change depending on weather/and work out type

* Practice times may vary

All athletes will meet in gym for roll call, shin splint exercises, and stretching.

Attendance at Practice/Meets:

1. Every practice is required. Every athlete is expected to be at every practice, the exception would be double sport athletes.
2. All members are required to have an athletic physical and permission form on file before they can practice. You must have 14 practices in before you can compete in a meet. That means school related functions do not count toward a practice, but are just excused absences. **It is your responsibility to get the practices in with the allotted time given. Not the coach's responsibility to have make-up practices.**
3. Unexcused absence- missing practice without notifying one of the coaches personally. (Not have a teammate tell them).
4. If you have an unexcused absence the day before a meet, you will not be allowed to travel to, or compete, in the meet.
5. **Each track member is responsible for their belongings before during, and after practices, meets, this includes any equipment that you use in your events: batons, poles, shots, and discus.** You are required to conduct yourself in an appropriate manner. All school regulations apply to the track program.

6. **CHECK YOUR SCHOOL/ATHLETIC HANDBOOK**
7. All track members should stay in our designated area during meets, which will be the bleachers or our tent. After your events, support your teammates. If you must leave early notify the coach and have parent/guardian sign you out. During meets, parents must sign their son or daughter out. You cannot ride with someone else's parent unless the coach/office has a form filled out and on file before the meet.
8. Practices at our facility and competitions at other tracks require appropriate respect toward the equipment, facilities, and people at the track. Please remember you are representing your school, community, and family.

Practice apparel:

1. Sweats/Windbreakers- Will be available to purchase from the school. The pants have the Crocker logo on them. You may also use your own.
2. Shoes- A good running shoe is essential for track members for their performance and protection. Running spikes are optional since they are used only at meets. Sprinters and jumpers might be interested in purchasing spikes.
3. Uniforms- During meets everyone will have a uniform. A t-shirt may be worn under the tank top if you choose and spandex shorts may be worn. When you are not participating in an event, sweats should be on to keep muscles warm and to prevent injury.

Team Conduct:

1. **The use of drugs, alcohol, or tobacco will not be tolerated.** School administration will be notified and handbook discipline will be followed.
2. **No Profanity:**
3. **Any ISS or OSS will result in not participating in meets or practices while serving suspensions.**

Team Sportsmanship, Spirit, and Support:

We expect you to show good sportsmanship at all times; team spirit and support are essential. Use it to your advantage. Let's have a team effort at all times.

Check the records from past performances. Challenge yourself! Set your goals and strive to achieve them. **Always do the best you can.**