



SVDP Track & Field Guidelines (an addendum to Athletic Handbook)

ATHLETES

Practices:

- Please, be on time for practices.
- If you are not going to be at a practice and/or you have to leave early your coach needs to be notified as soon as possible (Pam Baker 612-940-3149).
- **Dress in layers.** Be prepared by having both warm and cool clothes at each practice. Hats and mittens are essential as well.
- **Bring water to every practice and a snack if the practice is immediately after school.**
- Please have **proper running shoes** for practice. This does not mean that you need new shoes, just make sure that you have a pair of good TIE running shoes, so you are reducing YOUR risk for injury!
- Every practice ends with stretching. This process is crucial to your safety and success. Please join us in being focused when we are stretching together.
- Parent volunteers will be assisting with every practice and will also be in charge of small groups. They are coaches as well and need to be treated with respect.

Meets:

- Please, be on time for meets - Parent's are required to transport to and from.
- ALL athletes will partake in at least **4 different events** (one from each area, field, sprint, distance & relay) over the course of our season.
- All athletes are expected to stay throughout the entire meet (even after their events are over) as well as for clean-up to help support our whole track team in their events.
- All runners are expected to check in at a specified location when arriving and departing the track meet.
- **Dress in layers.**
- Listen closely to the announcements at the meets, so you do not miss your event(s). It is the athletes' job to remain on top of this task.
- Please bring water and snacks to all meets, as they are sometimes hours long.
- If you miss the practice right before a meet, you are not able to participate in that meet.
- Remember at each track meet, we represent St. Vincent de Paul School. Be respectful always in your words and actions.

PARENTS:

- Responsible for providing transportation to and from practice & meets
- Volunteering at least 1-2 track & field practice during the 8 week season.

PLEASE READ OVER AND SIGN THE AGREEMENT. GUIDELINE AGREEMENTS ARE DUE WITH THE PERMISSION FORM AND PAYMENT TO THE SCHOOL OFFICE



I have read and understood the following track guidelines:

Student Name: _____

Student Signature: _____ Date: _____

Parent Name: _____



Parent Signature: _____ Date: _____