

2018 Arrowhead Track & Field Policies and Procedures

Practice

1. Practice will begin each day at 2:50pm sharp in the East Gym.
 - a. Announcements and Warm Up
 - b. Specific event training
 - c. Post workout stretching
 - d. Strength training
 - e. On average practice will conclude at 4:45 – 5:30pm (depends on event)

2. Attendance

- a. Workouts are carefully planned and need to be completed in the originally designed order. Your dedication is expected and your attendance is mandatory.
 - i. Athletes with an unexcused absence will miss the following meet.
 - ii. On the third unexcused absence the athlete will be asked to turn in her uniform.
 - iii. Suspended athletes are expected to attend all meets at the level they would normally compete at unless otherwise notified by a coach.
- b. We realize situations arise during the course of the season that might be out of your control (funeral, meet with a teacher, ACT test). If you are unable to attend a practice or meet please talk to or email Coach Delzer ASAP (allisondelzer@gmail.com).
 - i. Any absence from a practice or meet without communication will be treated as an unexcused absence, and will result in missing the next

meet. Simply telling someone to pass the message along that you will be absent is not acceptable.

- c. Student athletes must be in school during the entire day in order to practice or compete. They are also expected to be in school, on time, and attend all classes the day after a contest. In case of illness in the morning, **students must be in attendance starting with the class period following their schedules lunch period 5 or 6** in order to attend practice or compete on that day. A student who is ill on Friday and absent the whole day shall be withheld from competition on Saturday unless the student brings a written statement from her parent(s) giving their permission for the student to compete and the coach feels in her/her judgment that the athlete is well enough to compete.

3. Meet Attendance Policy

- a. Please check the meet schedule carefully. Obviously, you will not be competing in all the meets scheduled. Don't assume that you will not be in a meet. Check with your event coach before making irreversible plans on a meet day.
- b. You are expected to stay through out the entirety of the meet. If you have a family situation that requires you to leave a meet early, you must have a permission slip form from the activities office signed by the Athletic Director prior to the meet. Only parents may transport athletes.
- c. When you are not competing you should be supporting teammates, assisting coaches or doing homework.

4. Equipment

- a. A good pair of running shoes
 - i. Performance running outfitters (Brookfield, Oconomowoc, Shorewood)
 - ii. Endurance House (Delafield)
 - iii. In Step Running Center (Delafield)
- b. Sweatpants and sweatshirt EVERY DAY (until the coach says that you do not need them anymore)
- c. The following is also encouraged: turtleneck, long sleeved t-shirt, or cold weather under armor
- d. Stocking cap and gloves
- e. Water and post workout food
- f. A lock for you locker. People steal things at Arrowhead. You must lock your own locker. If you get something stolen from an unlocked locker do not expect an extensive investigation.
- g. **Get used to packing this equipment everyday. Do not expect others to provide equipment for you. You must take on the responsibility of providing yourself with the proper equipment on a daily basis. We WILL practice outside when the weather is at its worst! Practice has NEVER been canceled due to weather.

5. Academics

- a. It is important that you remember that you are a student first and as such will be expected to maintain a minimum standard as stated in the Arrowhead Athletic Code of Conduct.
- b. You are now also a representative of this track & field program. It is expected that you will treat the staff of Arrowhead High School with as much respect as you would give your coaching staff.

- c. If you are suspended you are not allowed to practice with the team on those days of suspension, but are expected to come to practice.

6. Competition

- a. Be at school at least 20 minutes before the bus is scheduled to leave for the meet.
- b. It is your responsibility to know what events you are in and when they start.
- c. Make sure you engage in a complete warm up no less than 30 minutes before your first event (your event coaches will help you personalize your warm-up).
- d. Bring a healthy snack as well as water or some type of sports drink. Meets can be very long and you will get hungry (bring a cooler).
- e. Once we get to the outdoor season you can expect the weather to be terrible. Even if it's a nice day back warm clothes. Some outdoor meets run until dark and expect it to be much colder at that point.

7. Athletic Injuries and Care

- a. Unfortunately injuries will sometimes occur in track & field and they must be treated immediately and properly.
- b. ProHealth Care provides our athletic training coverage at AHS. Our athletic trainers are Chyla Edwards and Rhianna Roskopf. They are here Mon-Fri from approx.. 2:30-5:30pm in the training room and covering home varsity meets.
- c. All injuries should be reported to the supervising coach, athletic trainer, or advisor immediately.
- d. Please inform the coaching staff and our athletic trainers of any special medical problems or medical

history your daughter may have that may be important in the handling of an athletic injury.

- e. Should an injury be discovered after the participant has returned home, the coach of the sport should be contacted as soon as possible.