

TEAM RULES

WISSAHICKON INDOOR TRACK AND FIELD 2023

- You my NOT PRACTICE until ALL paperwork is in: #1.Physical/Screening, #2.Green Eligibility Form, #3. Signed Team Rules.
- All practices are MANDATORY. Unexcused absence will result in suspension from next competition.
- You must be dressed (warm-up clothes) and ready to practice on time (3:00).
- 3 unexcused absences may result in dismissal from the team.
- School arrival after 8:30 without a doctors note excludes you from practice and competition that day.
- Disruptive behavior at practice will not be tolerated. (NO PHONES OR LISTENING DEVICES!)
- School DETENTION is an unexcused absence, LONG TERM SUSPENSION may result in dismissal.
- Please attempt to schedule doctor/dentist appointments at times other than practice.
- Saturday practices may be held if necessary. (Outdoors)
- Attendance at home dual meets MANDATORY if competing or not. (Outdoors)
- If you cannot compete for any reason, you will assist with meet management.
- You may not leave the competition/meet until it completion.
- Travel TO / FROM competition is done as a team on school transportation, unless cleared 24 hrs. in advance with athletic department.
- A parent/guardian MUST SEE THE COACH at the meet if picking student up from an 'away' competition.
- Competing/practicing on other sports teams during track season is NOT RECOMMENDED. Conflicts WILL occur. The Wissahickon Track and Field team TAKES PRIORITY over community/CYO/club teams.
- Uniforms are school property, and must be returned CLEAN within 3 days of final competition or be subject to obligation fulfillment.
- Be aware of school, as well as PIAA rules for eligibility (grades).
- If 20 days of school are missed in a semester, you are ineligible for the remainder of the season.
- Report any injuries IMMEDIATLY to coaches and/or athletic training staff.
- Proper rest and nutrition are YOUR responsibility.
- If you QUALIFY for post-season competition as an individual or relay, you must COMPETE in post-season competition (excluding injury) to receive awards/credit for the season.
- The season must be completed in good standing with regards to grades, attendance and behavior to receive awards/credit.

Looking forward to a positive and winning season!

Initial:(Athlete)_____. Signed:(Parent)_____

DATE: