

Northwest Track and Field Rules, Expectations, and Goals

Rules

1. All rules found in the Student Handbook and MSHSAA apply to this team.
2. You are expected to be at practice from start to finish. Practice will start at 2:40pm and end at approximately 4:45-5:00pm. Please have rides home at school by no later than 5:15pm. All athletes need to be on time for the start of practice.
3. Members of the team will be at all practices. If you are sick from school you are always excused from practice. Please call or e-mail Coach House to let him know that you are not at school that day (School phone: 636-274-0555, ext. 18243 or e-mail: ghouse@northwestschools.net) so we will know that you were not at school. If you have academic work to makeup then you are also excused, but are expected to join practice when you have finished. You personally need to let the coaches know ahead of time if you have to miss for academic reasons. It is your responsibility to speak to a coach personally and not send a message through someone else! If you miss practices for any other reason that is not excused, you will not be competing in the next meet. Repeated unexcused absences will result in your dismissal from the team.
4. You will ride the bus to and from meets unless you have been given permission by a coach to do otherwise. If you are going home from a meet with a parent, your parent must personally talk to a coach. You will not be allowed to ride home with anyone other than your parents unless you have a signed note from your parent and you will only be allowed to ride with an adult in the car.
5. You will remain at all meets until the meet is over, even if you are done with your events. You are expected to cheer your teammates on who are still competing since we are a team sport.
6. Team issued uniforms and warm-ups will ONLY be worn at meets and NOT at practice. At meets you are required to have an athletic bag to keep your warm-ups in when you are not wearing them. No warm-ups or uniforms should ever be found lying around! At meets, you will only wear Northwest team clothing and our team colors.
7. All athletes are required to be prepared for practice everyday with workout clothing and proper shoes, otherwise you will not be allowed to practice and this will be considered an unexcused absence.
8. This is a **NO DRAMA team!** You will not start problems or help spread them; otherwise you will be dismissed from the team. Support your teammates and put the team ahead of petty arguments, rumors, etc.
9. Show respect for all coaches, teammates, officials, and opponents.
10. If you are suspended, you are not allowed to participate while you are suspended. (ISS or OSS) Do not get suspended-this will not be tolerated! Be a person of character. Missing practice due to suspension is considered to be an unexcused absence from practice.
11. If you are not at school, you may not practice or compete that day or in a meet if the next day is Saturday.
12. During meets and practices you must remain at the competition or practice area where you are supposed to be.

Expectations

- You are expected to represent the program to your best ability, both in conduct and performance. Be a person of character and lead by example. Support your teammates and be their biggest fans-when they do well, the team does well.
- You are expected to give 100% both in meets and practices.
- Follow through on your commitments to the team and yourself.
- Be at all team functions and events and be a part of what is going on. Be active in any team fundraising that goes on.
- The team and individuals will do what they need to do away from the coaches to be successful.
- Communicate any problems or concerns to the coaching staff. Good communication between athletes and coaches and among the athletes makes for a stronger, more successful team.

Goals

- The team and all individuals will always give 100% and perform to the best of their ability each day.
- We will strive to be conference champions and have individual conference champions.
- We will strive to be district champions and have individual district champions.
- Northwest will have athletes that qualify to the sectional and state meets.
- Northwest will strive to be competitive on a state level and have state medalists and state champions.
- Northwest will be competitive in all events we enter.
- We will strive to have the highest average GPA for our team that we can and our team members will also be successful in the classroom.
- The team will grow in numbers from our first day of practice and each athlete will try and bring in a new recruit.
- Every member of the team will improve their times and a performance on a regular basis throughout the season, with their best performances coming in the big meets at the end of the season: conference, districts, sectionals, and the state meets.
- We will work together to get as many of our athletes scholarships, who are interested in competing in track & field on the college level.