

Barrington Boys' Track and Field

Winter 2008-2009 Season Policies and Procedures

Welcome to the team.

- 1. All policies in the BHS Student Athlete Handbook apply. You and your parent(s) or guardian(s) must read the handbook in order participate in the program.**
- 2. Practices will normally be held from 2:30 to approximately 4:30 Monday to Friday. Occasionally, practice times will be altered due to meetings or availability of facilities.**
- 3. There are no cuts from Boys' Track and Field based on ability--All willing athletes can participate, and all willing athletes will have the opportunity to improve. There are cuts based on attendance and effort, particularly during the first two weeks of practice.**
- 4. You are expected to attend all practice sessions on time and with effort. Any unexcused absence will result in a discussion about your further participation on the team.**
- 5. The only acceptable absences from practices are absences from school, or extra help with a teacher after school. If you stay after with a teacher, you must bring a signed note from the teacher to practice when you are done. Unavoidable/special appointments must be approved through the Director of Athletics office.**
- 6. Injuries will happen. If you are injured, report to practice; check in with a coach and then the Athletic Trainer. Do not report to the trainer without speaking with a coach first. If you are injured, you will be expected to attend meets to assist with the events.**
- 7. There will be daily practices during final exam week.**
- 8. Weight training is an important component of our season. Athletes who do not participate in this portion of practice will be considered absent from practice on that day.**
- 9. You are expected to show good sportsmanship at all meets and practices. You are representing a school and team with a tradition of excellence and a tradition of good sportsmanship. This tradition will continue.**
- 10. Three captains will be selected through an application process to be announced. These captains will be selected based on their leadership potential, effort on this team in the past, and willingness to maintain a positive, focused, and goal-driven culture on this team, within the guidelines indicated in these rules and in the Student Athlete Handbook. Directions and guidance from these captains should be followed.**
- 11. All athletes will be issued a uniform consisting of a tank top, shorts, and jacket. These are property of the school, and at the end of the season you will be responsible for returning the numbered items that you were issued. Uniforms and jackets are for meets only, and should not be worn at practice. Athletes will be reminded to adhere to all league uniform rules regarding undergarments, headwear, and jewelry.**
- 12. You are being given a meet schedule. It is also available online. All qualifying athletes will be expected to be at all division dual meets, division and class championship meets, and the Freshmen and JV State meets for the duration of the meets. All other athletes are expected to be at the JV meets. Invitational meets are more individual in nature, and you will be permitted to leave these meets, with your parent(s) or guardian only, as soon as you have cooled down from your events.**
- 13. Athletes are required to ride the bus to and from all away meets. When the meet is completed, you may ride home with a parent or guardian only if you have a note signed by a school administrator and if you check out with the head coach.**

******Team information, including calendar, workout schedules, records, and meet information, may be found on the "Boys Track and Field" page on the Barrington High School Athletics page.******