

Track & Field

701 East Butler Road
Mauldin, SC 29662
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YOUR CLASSROOM ATTENDANCE, ATTITUDE, BEHAVIOR, AND GRADES ARE YOUR NUMBER ONE PRIORITY AND FOCUS. A LACK OF EFFORT OF ANY OF THESE WILL RESULT IN YOUR DISMISSAL FROM THE TEAM

**“Success is a state of mind.
If you want success, start thinking of yourself as a success.”**

TEAM RULES AND GUIDELINES

- Being apart of a high school team is a privilege not a right. It is also optional – meaning if you cannot adhere to the rules and guidelines set forth by the coaches, you DO NOT have to be a part of this team.
- You represent MHS at all times (even away from school) and are accountable for your behavior at ALL TIMES.
- Keep your image off of Facebook, MySpace, or any other form of online networking. Improper conduct online is grounds for dismissal from the team.
- Be respectful toward your coaches, teammates, and yourself at all times.
- Coaches will put you in the events that we feel you can have the most success in - **take it as a compliment and not as a hindrance.**
- Always bring your best attitude, work to the best of your abilities, lead by example, and do what is asked of you at all times.
- Though you receive individual accolades for your successes, remember that the **goals of the team are first and foremost.**
- We expect your priorities during the season to be:
 - ★ **FAMILY/YOURSELF**
 - ★ **SCHOOL/ACADEMICS**
 - ★ **TRACK AND FIELD**
- WE ARE A TEAM!!** There will be no **division, rivalries, or conflicts based on event groups** – in order us to accomplish our goals **we must function as ONE!!** **We need each other to be successful!!**

MEET RULES

- Be aware of the team departure time, your meet schedule, and your race time.
- Do what your coaches ask of you – remember team over individual.
- We stretch and warm-up prior to the meet (as a team) ALWAYS!!
- Do not change your race/event order or change yourself out of an event.
- There is no exception to the jewelry or uniform rule in a Track and Field event. (Only sports watches allowed).
- Undergarments (top and bottom) must be the same color EVEN if you're not on the relay team – NEW RULE
- Make sure that all members of your relay team match. Any exception will result in a disqualification.
- Do not argue with a coach or official at a meet or practice. If during a competition an official makes a judgment call that you do not understand or the decision seems to be incorrect, ask the official to be excused (for you) and report to the coach immediately. Let the coach handle situations such as these.
- No one is allowed to drive to a meet or competition unless approved by your coach and then only with a parent. Do not leave the competition without your team. You may only leave with your parent, with prior written approval and/or permission from your coach.
- Unsportsmanlike conduct in any form will not be tolerated – you can and will be dismissed from the meet and possibly the team.

ATTENDANCE/PRACTICES

- ☛ **WE MUST PRACTICE LIKE WE COMPETE** – In order for you and your teammates to have a successful season, we expect you to work hard at practice each day.
- ☛ Practices will last from 4:15-5:30 pm Monday through Friday during the season. **BE ON TIME** and dressed out!!
- ☛ Be properly dressed for practice – not dressing out is considered an unexcused absence even if you are there. **NO JEANS!!**
- ☛ **DO NOT** begin practice or your workout without a coach being present. Please wait.
- ☛ Athletes will not be permitted to miss practice or competition for a job or any non-school related activities. If you need to miss for a school related activity (prom excluded) it must be approved in advance.
- ☛ If you have a job after school, please work with your managers on modifying your schedule to fit within track season.
- ☛ Roll will be taken everyday at practice.

- ☛ You must attend practice daily. Practice begins promptly at 4pm. **PLEASE BE ON TIME.** There are only 3 excused reasons for missing practices.
 1. illness
 2. family concerns
 3. academics
- ☛ **3 unexcused absences from practice will be grounds for dismissal from the team.**

EXAMPLE OF UNEXCUSED ABSENCES: *working on a practice day, not notifying a coach of your absence, not dressing out because you forgot clothes.*

- ☛ ***If you are going to miss practice you must do one of the following:***
 - 1.) E-mail Coach Harris (telharri@greenville.k12.sc.us), Coach Holmes (dholmes@greenville.k12.sc.us), Coach Michel (mmichel@greenville.k12.sc.us), or Coach Howell (dhowell@greenville.k12.sc.us) to explain your reason for absence.
 - 2.) Call Coach Harris (355-6574), Coach Holmes (355-6652), Coach Michel (355-6621), or Coach Howell (355-6582) to explain your reason for absence.
 - 3.) Leave a note (signed by a parent) explaining the reason for absence in one of the coach's boxes in the front office.
- DO NOT HAVE ANOTHER TEAM MEMBER TELL A COACH YOU ARE NOT GOING TO BE AT PRACTICE...YOU MUST SPEAK DIRECTLY TO A COACH.**

PARTICIPATION

VARSIITY (travel squad) versus Junior Varsity

- ☛ Members of the varsity team and the junior varsity are determined by two factors:
 - 1.) Top 6 Performance in running events, Top 4 in field events (time or distance in a particular event)
 - 2.) Grade level (grades 7-10)
- ☛ Varsity versus JV can change from meet to meet. Due to several schools in our region not having home track facilities and limited transportation, we have to limit participation in several meets throughout the season. Quad meet (four teams) will be limited to participation by only 4-5 team members per event. Dual meets (two teams) will allow for more participation by members of the team.
- ☛ A member of the team can move from junior varsity to varsity throughout the season by improving upon their performance in meets and in practice. The watch (sprints, hurdles, and distance) and the measuring stick (jumps and throws) is the best indicator we use for performance throughout the year to determine your place on either team.
- ☛ Members of the JV team will participate in the Greenville County JV meet, Kevin Logan Memorial JV meet and at least one other meet during the season.
- ☛ If you are right outside of the top 6 and feel like you deserve a shot at becoming a member of the top 6, you can challenge a member of the top 6 in each event for their spot in the next meet.
- ☛ Challenges will be conducted at the end of practices the day before a meet.
- ☛ Members of the team are allowed to compete in four events including relays.

MEET PARTICIPATION

- ☐ Dual meets – all members of the team will participate if there are no restrictions placed on travel or participation by the host school.
- ☐ Tri/Quad meets – participation limited to number specified by the host school; usually top 4 but no more than 6 per each event.
- ☐ Weekend invitational meets – top 2-3 for each event
- ☐ Region/County meets – limited to top 3-4 for each event

LETTERING REQUIREMENTS

In order to receive a letter for track and field, participants must meet 2 of the following criterion...

- 1.) Top 6 for all varsity dual meets
- 2.) Participate in at least 2 varsity meets
- 3.) Qualify for SCHSL state championship meet series (state qualifier and/or finals)
- 4.) Participation in 90-95% of all practices
- 5.) Coach's discretion

ALL-REGION AND ALL-STATE RECIPIENTS WILL LETTER AUTOMATICALLY.

TEAM DISCIPLINE – refer also to the school's extracurricular handbook

(http://www.mauldin.k12.sc.us/mauldinh.athletics/docs/extra_handbook07.pdf)

- ☐ If you voluntarily end your season for whatever reason, violate a team rule, or disgrace the team in anyway, you will not letter, receive any team awards, or be permitted to attend the team banquet at the conclusion of the season.
- ☐ You can be suspended from competition and/or dismissed from the team for your attitude, work ethic, and "coachability" per guidelines set forth by the district athletic director.
- ☐ All athletes are expected to participate and attend all meets for which they are eligible. Missing a meet without an excuse is grounds for dismissal.

Out of School Suspensions

First Offense – 2 game suspension to be served the next 2 games/matches or first two regular season games/competition

Second Offense – Dismissal from the team

In School Suspensions

First Offense – Coach's discretion

Second Offense – 1 game suspension to be served the next game/match or first regular season game/competition

Third Offense – Dismissal from the team

- ☐ **After School Detentions** (teacher and administrator assigned) will be handled by the coaching staff; multiple offenses will lead to your dismissal from the team.
- ☐ A roster will be sent out prior to the start of the season of all members of both track teams. If you are a constant behavior problem in your classes, you can and will be dismissed from the team.

UNIFORMS/EQUIPMENT

Each member of the team will be issued a uniform (singlet and shorts) which they will be responsible for keeping in good condition during the season. At the conclusion of the season, all uniforms must be returned in a sealed bag with your name written on it to your coach. Any lost items will have a debt slip written at the following amounts:

Shorts - \$20

Singlet - \$20

- ☐ Athletes must have a good pair of running shoes (for practice) and spikes/racing flats (for meets).
- ☐ Ordering a team warm up and t-shirt is highly suggested...so that all our athletes look good and represent Mauldin High School well. The team warm up and t-shirt is yours to keep once you have paid for it.



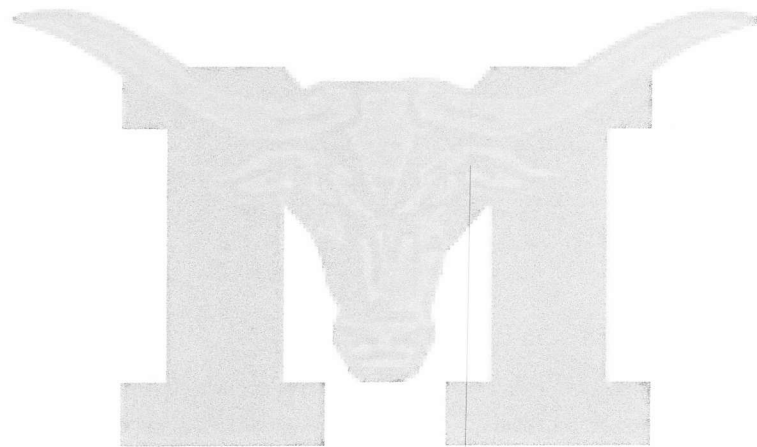
We have read the Mauldin High School Track and Field Handbook and agree to abide by all the guidelines set forth in this document. I fully understand that if I am in violation of any of the guidelines agreed upon, it can lead to my dismissal from the team.

_____/_____/_____

Athlete's Name (print)
Athlete's Signature
Date

_____/_____/_____

Parent/Guardian (print)
Parent's Signature
Date



MAULDIN
TRACK AND FIELD