



## Denver East Angels Track & Field Policies



Welcome to the 2024 Denver East Track & Field Season. In addition to the Denver Public Schools/East High School Student-Athlete Participation Agreement, Track & Field Student-Athletes and their parent(s)/guardians are responsible for reading, understanding, and following this policy agreement. Before an athlete can attend practice, all athletic forms and Pay to Play fees must be submitted for Spring Sports Registration.

### Purpose and Mission Statement

The purpose of the Track & Field Policies is to create clear and reasonable standards for all track & field student-athletes. East Track & Field Student-Athletes are expected to consistently strive to improve their athletic and leadership abilities. They must also come to each practice, meet, and event with a positive attitude, respect, and integrity.

### Communication

The East Track & Field Team has a website for communication purposes. The website address is: <http://easthightrack.org>. In order to receive notices about new information posted on the website, athletes and parent(s)/guardians need to click “+Follow” to subscribe (located in the lower right-hand side of the website). The website has information on the team, schedules, meet locations, bus departures, meet results, fundraising, coach contact info and meet photos. It is the athletes' responsibility to sign up to +Follow the website.

### Between Athletes, Coaches, & Parents

- We require every student-athlete to advocate for themselves. Therefore, **ALL communication will be between student-athlete and coach**. Our student-athletes are responsible for listening, understanding and then effectively and accurately relaying information to their parents/teachers/etc.
- Communication needs to be in-person or via call/text between **student-athlete and coach**. Please no parent calls/texts/emails. They will not be answered/responded to unless in the case of an emergency.
- Please keep communication between the hours of 7:00am and 9:00pm.
- Important information regarding meets, entries, practices, training, and the like will ALWAYS be posted to the website. Please refrain from requesting this information in advance.

### Attendance Policy

The following attendance policies will be enforced:

- Student-Athletes are expected to attend ALL practices.
- Student-Athletes must notify their coach IN ADVANCE of an absence by call, text, or in person.
- Missed practices will result in no competition for that week unless otherwise cleared by the head/event coaches IN ADVANCE.
- Frequent absences will result in dismissal from the team.
- If a student-athlete is absent from school the day of a meet or on the Friday before a Saturday meet, they may not compete in the meet.
- Student-Athletes must have an 80% attendance record in order to receive a P.E. waiver for Track & Field participation.
- If a student-athlete is late to practice, he/she will need to meet with the head/event coaches. Consistent tardiness will result in being held out of meets and/or dismissal from program.



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#### **Practice Policy**

Practices begin promptly at 3:45pm and will go until 5:45pm/6:00pm. All student-athletes should be prepared to workout in any type of weather and should bring hats, gloves, sweats, etc. to each practice. Check the website for information cancellations due to weather.

#### **Monday Meetings**

All track & field student-athletes are required to attend our weekly Monday Meeting. The successes from the last meet will be discussed and ribbons/awards from the previous week will be presented. Information on the new week's practices, meets, opportunities and challenges will also be discussed. The meeting will be held after warmups each Monday.

#### **Academics/Eligibility**

Grade reports are received on Monday mornings. If any student-athlete has the following circumstances, the academic policies will be enforced for the week regardless of attempts to rectify.

- If a student-athlete has 2+ F's, they will not be permitted to compete that week.
- If a student-athlete has 3+ F's, they will not be permitted to practice or compete that week.
- If a student-athlete has 2+ F's and 2+ D's, they will not be permitted to practice or compete that week.

#### **Transportation**

When available, student-athletes are allowed to ride the bus to and from meets. DPS policy does not allow student-athletes to leave a meet with anyone other than their parent(s)/guardian without prior written consent from their parent(s)/guardian.

#### **Meets**

Track meets are a privilege and participation must be earned. The following will be upheld in all cases/circumstances:

- Meet info, event entries, schedules, etc. will ALWAYS be posted on the website. Please check all information on the website and refrain from requesting the information from the coaches.
- Any student-athlete registered for a meet MUST attend.
- If a student-athlete doesn't show up or doesn't compete in a meet they have been registered for, they will forfeit future track meet opportunities.
- Student-Athletes are not permitted, for any reason, to scratch themselves from an event. Student-Athletes must have a conversation with their coach if they wish to scratch from an event.
- Any student-athlete who does not give 100% effort with a 100% positive attitude in every attempt and race at a track meet will be dismissed from the team.
- Student-Athletes are required to be at the meet 60 minutes before THE START OF THE MEET. Late arrival will result in being pulled from the meet.
- Student-Athletes MUST check out with their coach before leaving the meet for ANY reason. Any student-athlete who leaves without notice will forfeit future track meet opportunities.



## Denver East Angels Track & Field Policies



### Sportsmanship & Behavior

Student-Athletes are expected to exhibit excellent sportsperson behavior and represent East High School as an inclusive, unified, outstanding team.

- Treat fellow team members, coaches, competitors, fans, officials, and host facilities with respect.
- Be prepared mentally and physically to do your best during practice and at meets.
- Make good choices. Detrimental behavior also affects your team and school.
- Trust your coaches.
- Do not use or possess drugs, alcohol, or tobacco.
- Have a winning attitude and champion mindset.
- Focus on performance; winning typically follows.

### Uniforms

Uniforms will be checked out for those entered in a meet that week and remain in the athlete's possession until the end of the season. Uniforms are to be turned back in at the end of the season. Any uniforms not returned will result in being billed for 1.5 times their cost. Heavily soiled or damaged uniforms will also be charged to the student-athlete. Check the website for uniform details.

### Fundraisers

We raise funds to buy equipment for the team and to fill gaps in support of our athletes. See website for details on fundraisers, and please help in any way you can.

### Team Captains & Leadership Opportunities

#### **Captains and Leaders**

- 1-2 Male or Female Captains for track and field (preferably 1 from Sprints, 1 from Distance, 1 from Jumps, and 1 from throws).
- 1-2 Leaders from each class (Freshman, Sophomore, Junior, Senior).

**Captain:** Representative of the team as a whole; helps with communication between various members of the track and field team including coaches. Helps with warm up oversight, coordinates with (class) leaders, acts as a liaison, but most importantly an important part of the cohesion of the team.

**Leaders:** Represents different classes within the track and field team. They use leadership to guide their actions and teamwork to interact with fellow teammates to achieve success. Leaders operate through respect and responsibility and portray that to others for the greater good of the team.

### CHSAA Constitution and Bylaws

All student-athletes and coaches must comply with the CHSAA Constitution and Bylaws.

### End of Season Banquet/Celebration

Please check the website for details on the End of Season Celebration.

We know the East Track & Field Student-Athletes are committed to improving their performance, displaying a positive attitude, and treating everyone with respect. We are a team! The above policies will be easy to abide by, and the Angels will have a productive and fulfilling track & field season.

***Go Angels!***