

# *Montgomery Track and Field Guidelines*

*Commit, Work Hard, Succeed*

*Qualifications:* All cleared athletes wishing to train, compete, commit, work hard and follow these guidelines are welcome to participate in MHS Track and Field.

*Practice:* Practice is mandatory and held Monday, 2:45-4:45 and Tuesday through Friday, 3:30-5:30. No activities may begin without a coach present.

*Attendance:* We will be taking attendance on a daily basis. Any absence must be reported prior to scheduled practice to the coaches via parent note, phone call, or email. Unexcused absences will jeopardize an athlete's participation. Tardiness to practice is detrimental to the athletes' safety, and will not be tolerated. Excessive tardiness will be treated as an absence and will jeopardize an athlete's participation.

*Team Rules & Code of Conduct:* Conduct yourself in a manner that brings credit and honor to yourself, your team and your school. This applies to behaviors both on and off the track.

*Communication:* Good communication with athletes, coaches and parents is important. It is also a two-way street. Track and Field is a large sport, with several coaches, and many meets. Please contact us when necessary.

*Uniforms:* Athletes are given a uniform top and bag. These items are expected to be used. You must provide your own black shorts for competition. They must be above the knee and free from large logos. The track bags must have spikes (covered with a sock), water, and warm-up apparel. This helps keep athletes prepared for weather issues. Any athlete not prepared with these items may be asked to leave practice, as they are not considered ready. The uniform and bag must be washed and turned in at the end of the season. Any missing or damaged items will be billed to you and grades will be held until paid for/returned.

***NOTE: Uniforms must be washed in cold water and hung to dry.***

*Parent Participation:* Montgomery Track and Field hosts The Viking Track Classic, and we run it well. Focusing our efforts here saves us from the common family-centered nickel-and-dime type fundraisers. Its continued success is due in large part to the fact that it is run solely on the volunteer assistance of parents, athletes, and the community. This year, it will be held on Saturday, April 22<sup>nd</sup>. We will be reaching out to parents to ask for their help in running the meet. Any adult help your family can provide is extremely appreciated. We will also be hosting track meets on, March 15<sup>th</sup>, April 19<sup>th</sup> and April 26<sup>th</sup>.

*Transportation:* Athletes are expected to arrive at track meets at the scheduled warm up time. If you wish to carpool please have paperwork on file with the athletic director, Dean Haskins. This year we will be carpooling, May 3<sup>rd</sup> to Ukiah High School. We are in desperate needs of parent drivers to help take our 80+ athletes to this meet!

Equipment: Athletes should have quality running shoes and spikes. Generally, running shoes only last about 300 miles. *Fleet Feet* and *Heart and Soul* are local running stores that provide discounts to student-athletes and are very knowledgeable about fitting shoes for runners. They also donate back to our programs. We love to support those who support us.

Additional Important Information:

- When a coach is speaking, all attention must be on the coach. Any other conversations will not be **TOLERATED!!!**
- Weight training is a important aspect to Track and Field training. It is **MANDATORY**, that every athlete attend weight training 1 time a week, minimum, from the start of the season to April 7<sup>th</sup>. There will be a certain workout required depending on the athletic event. This workout can be completed in 30 minutes. The weight room is open after practice from 5:30pm to 7:00pm, Monday, Wednesday and Fridays. If the athlete does not attend a weight training session, they may/will not be able to compete at competitions and will jeopardize their status on the team,
- Watches for the distance athletes are **MANDATORY**. Distance athletes that do not show up with a watch, will be sent home.
- Any use of restricted substances, at anytime, is strictly forbidden and will result with immediate termination from the program.
- If at any time you are sick or injured you must let the coaching staff know.
- Do not bring any items to practice that are not necessary. Use lockers for valuables. This goes for away meets as well. The coaching staff is coaching and supervising athletes, not belongings.
- No athlete is permitted to leave a meet, unless checked out with a coach by a parent. We encourage all athletes to stay to the end of meets to help support your teammates.

Thank you for allowing us the opportunity to coach your son/daughter. If you have any questions, please contact our coaching staff. GO VIKES!

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Joe Strickland, (707) [jstrick73@gmail.com](mailto:jstrick73@gmail.com)

**Please sign and return the next page.**

Please Sign and Return

I/We have read the above rules and regulations and do agree to follow them in accordance with the Montgomery Track and Field Team guidelines.

Athlete Name: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature:

\_\_\_\_\_

Parent/Custodial Guardian Name:

\_\_\_\_\_

Parent/Custodial Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Contact Information:

\_\_\_\_\_

Email

\_\_\_\_\_

Phone

**\*\*\*\* Parent Meeting\*\*\*\***

**Tuesday 2/21 6:00 PM ----Room 80 at MHS (near the small gym)**