

## FHS Falcon Track & Field Expectations

### ☐ Communication

- ☐ Sign up on Remind to receive text alerts and be able to communicate with Coaches. Falcon Alerts will also be sent for cancellations, but this is where I will send meet information, practice updates, etc.
- ☐ The Remind class code is @fhstrack25. Text that @fhstrack25 to 81010 to sign up.
- ☐ I will send out a digital practice calendar. If you prefer paper, let me know.
- ☐ Make sure to let me know of absences, appointments, injuries, etc.
- ☐ Any athlete with 2 unexcused practices will be dismissed from the team. I am not at the high school during the day. Even if a student is sick, I expect some form of communication.

### ☐ Grades

- ☐ If you have an F, you will not be allowed to miss school for track meets.
- ☐ If your teachers report to me that you are missing assignments, you will be required to turn those in before you are able to compete again.

### ☐ Practices

- ☐ Must have 14 to compete. We only have 14 scheduled before competing in the first meet.
- ☐ Our first practice on March 3rd will be held at the high school. We will practice every school day.
- ☐ Be on time.
  - ☐ Practice will start at 4. (Practices held at school will begin at 3:45)
  - ☐ Practice will end by 5-5:15 or as soon as you finish your work. You get out of practice what you put in. Complete your workout with 100% effort.
- ☐ Contact a coach if you are unable to attend practice. If you are absent from school, you still need to reach out by e-mail or remind.
- ☐ Respect CMU's facilities. We are fortunate to have access and need to make sure it continues. If CMU teams are there practicing, they have priority and we will work around them.
- ☐ If the weather is bad, we will have practice at the high school. I will make this decision by 3pm every day.
- ☐ Practice Attire. Please dress appropriately. Have spikes and other shoes you could wear if we are inside. No compression shorts, No PJ pants, Etc.

## ☐ Dual Sport

- ☐ Fill out proper paperwork and turn it in to Mr. Menees before the first practice.
- ☐ If track is your number 2, you need to still put in the work on your own to get better.

## ☐ Uniforms/Sweats

- ☐ Uniforms will be checked out prior to our first track meet. Please wash on a delicate cycle and make sure to remove any meet stickers before washing. Hang to dry.
- ☐ Sweats - Booster club will be purchasing new hoodies for the team.
  - ☐ You will be responsible for keeping it in good condition as it is yours to keep, but you will need to keep it for each year you compete in track. If you quit the team, you must return it to the school.
  - ☐ You will be responsible for purchasing your own black pants. They do not have to have the team logo, but you must wear black sweats with the sweatshirt.

## ☐ Meets

- ☐ Represent Fayette well. Any inappropriate behavior may result in dismissal from the team. It is a privilege not a right to attend meets.
- ☐ I will only take athletes to meets if they are participating in an event. In the chance we need extra helpers to run an event, any athlete with a good work ethic may be chosen to attend.
- ☐ Please stay at meets as long as you can to support teammates.
- ☐ You must ride the bus to the meet.
- ☐ If you need to leave early, you will need to be signed out by a parent or guardian. If you wish to leave with someone else, those arrangements must be made before we get on the bus. Contact Mr. Menees or Mr. Hannam for approval. If I don't hear from them, you are riding the bus home.