**Fort Calhoun Junior High**

**Girls & Boys Track Handbook**

We believe that at the junior high level, track shall reflect the belief that athletics are intended to teach fundamental skills and give athletes an opportunity to participate. All athletes will participate in events provided they have fulfilled academic and team requirements, and at coaches’ discretion. All athletes are expected to adhere to the academic guideline as established by Fort Calhoun Jr./Sr. High School.

**Coaches’ Contact Information**

* **Tessa Rutledge** - (402) 468-4714 - trutledge@ftcpioneers.org
* **Justin Shields** - (402) 468-5591 - justinshields@ftcpioneers.org
* **Mike Mallette** - (402) 468-4714 - mmallette@ftcpioneers.org

**Uniforms & Practice Apparel**

* Uniforms are to be worn on the day of track meets only.
* You will be given a uniform at the beginning of the season and are responsible for it until the end of the season. If it is lost or damaged, you will pay to replace it.
* Your uniform must be washed and ready to go by bus time.
* You must have your own shoes. You are not required to purchase spikes; running shoes will work.
* If you do not have your uniform/shoes at the meet, you will not be allowed to participate at the meet.
* During practice, wearcomfortable athletic clothing and appropriate shoes, and BE PREPARED FOR **ALL** TYPES OF WEATHER.

**Practice**

* Practice will start in the old gym at 3:30 PM and finish at 5:00 PM. Adjustments will be made when necessary. As the season progresses, practice will end at 4:45 PM.
* **Please make arrangements ahead of time to get picked up at the end of practice. Coaches have a life, too, and should not have to wait for you to get a ride. (Same applies for track meets.)**
* No school...no practice.
* It is the responsibility of the athlete to personally inform the coach **in** **advance** of any anticipated absence or tardiness from practice and/or meets.
* Unexcused absences
  + 1 = extra workout at practice
  + 2 = will not be able to participate in the next meet
  + If you are late to practice, you will be expected to complete an extra workout at the end.
* Come with a good attitude and willingness to work.

**Conduct - Behavior**

* Must follow all Fort Calhoun Jr. High School rules and policies regarding good conduct.
* Must respect others (teammates and athletes of other schools), including personal belongings. Respect ALL school facilities and property.
* Cussing, backtalk, ridiculing others, and/or criticism will not be tolerated.
* School detention/disciplinary action is unacceptable and will be addressed by the coaches.

**Meets - Competitions**

* Support team members by cheering for them in their race; avoid sitting in camp when you’re not competing. Homework is not to be worked on during the meet; you should be cheering on teammates, warming up, etc. Homework on the bus, though, is okay.
* As stated above, be prepared for all types of weather. Bring layers of clothing - just in case.
* **No cell phone usage during the meet** unless you get a coach’s permission first.
* Participation at the meet is dependent on practice attendance, behavior, and effort.
* Camp sites must be cleaned before loading the bus.
* If you’re riding home from the meet with a parent/caregiver, that person must sign you out or give a handwritten note to the coaches. If you're riding home with a friend’s parent/caregiver, a note from your parent/caregiver must be given **in advance** to the coaches.

**Chain of Command**

* All athlete’s behavior will be addressed first by the coach.
  + If issues are not resolved, parents and administration will be contacted.
  + Lastly, dismissal from the team will occur.

Fort Calhoun

Jr. High Track

Handbook



2019

Please cut at the dotted line and return

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I have read and understand the Jr. High Track Handbook as it pertains to me.

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Parent Signature Student Signature