Greenwood Track & Field
Team Rules & Expectations

EXPECTATION #1: ATHLETES ARE EXPECTED TO ATTEND PRACTICE EVERY DAY.

Track & Field is a sport that requires much time, effort and hard work. Athletes must have the time to devote to the training program as designed by the coaches. Athletes are expected to compete for a spot on the TRACK & FIELD team. This is not a club team or a training program for another sport. If other activities prevent an athlete from training and competing in meets or the regional championship meet, then Track & Field is not your sport.

GHS athletes that do not participate in a GHS winter sport (bowling, swimming/diving, basketball) are expected to begin practice in January.

GHS athletes that do participate in a GHS winter sport are expected to be at Track & Field practice within one week of the end of post-season play (district, region or state).

Athletes should be at practice, with gear, ready to go on time.

Athletes will be cut for missing practice.
  • If athlete misses two days of practice with no contact to coach, athlete will be dismissed from the team.

Exceptions to daily practice requirement

  o Illness/Injury
    ▪ Inform coach by text/e-mail that you will miss practice.
    ▪ Contact must be made by athlete or parent. Do not tell a teammate to inform the coach.

  o Random appointments throughout the season (orthodontist appointments, doctor appointments, etc.)
    ▪ Attempt to schedule these appointments on Tuesdays, Thursdays or Fridays OR anytime after practice.
    ▪ Inform coach by text/e-mail that you will miss practice.

  o Regular one-day-a-week misses (music lessons, classes, etc.)
    ▪ Attempt to schedule on Tuesdays, Thursdays, or Fridays OR anytime after practice.
    ▪ Note the activity and day of the week on the signed acknowledgement form below.

  o Absences due to participation in another GHS spring sport/activity
    ▪ Any athlete that desires to be a part of the Track & Field team AND another GHS spring sport (baseball/softball, tennis) will likely find that the practice and game/meet schedules will not permit them to do both activities. If you desire to do so, note the spring sport and a proposal outlining how you plan to participate in both activities on the signed acknowledgement form below. Proposals must include
three Track & Field practice days (Monday, Wednesday, plus one other day) or the proposal will not be considered. Proposals must be approved by Coach Garrett.

- Any athlete that desires to be a part of the Track & Field team AND another GHS spring activity (i.e. musical, future problem solving team) should note the activity and a proposal outlining how you plan to participate in both activities on the signed acknowledgement form below. Proposals must include three Track & Field practice days (Monday, Wednesday, plus one other day) or the proposal will not be considered. Proposals must be approved by Coach Garrett.

- **Absences due to participation in outside GHS activities**
  - Any athlete that expects to be involved with an activity outside GHS (work, travel sports team, AAU, etc.) should note the activity and a proposal outlining how you plan to participate in both activities on the signed acknowledgement form below. Proposals must include three Track & Field practice days (Monday, Wednesday, plus one other day) or the proposal will not be considered. Proposals must be approved by Coach Garrett. Meet participation is in addition to these three practice days. These activities should be scheduled around track practice and meets. Less flexibility for non-GHS activities.

**EXPECTATION #2: ATHLETES ARE EXPECTED TO PERFORM WORKOUTS AT HIGH LEVEL OF EFFORT.**

Athletes will complete the GHS team workouts as designed by the coaches.

Coaches determine which events each athlete will compete in based on practice results, performances and team needs.

Athletes are expected to communicate directly with coaches concerning issues that arise during the season. If an athlete has questions about their participation on the team, how to improve, about switching to a different event, how to earn a spot in an event or on a relay, etc. they should ask coaches directly.

Athletes will be cut for consistent poor effort at practice.

**EXPECTATION #3: ATHLETES ARE EXPECTED TO FOLLOW RULES.**

Athletes must be mature enough to manage themselves at practice and at meets.

Athletes that do not follow rules and guidelines given by coaches and administrators are subject to suspension from practice and meets OR dismissal from the team.

Athletes will be dismissed for disciplinary problems, including but not limited to:

- Lying to coaches or parents about being at practice;
• Leaving practice/riding home with anyone other than family without parental permission;
• Any violation of zero-tolerance behaviors (drinking, drugs, etc.) as determined by the coaches or school administration while at practice, meets, or on school property; or
• Any behavior deemed by coaches or administration as detrimental to the team.

EXPECTATION #4: ATHLETES ARE EXPECTED TO FOLLOW KHSAA AND TEAM UNIFORM RULES.

Suggested Gear/KHSAA Track & Field Uniform Rules
• Gear is for function, not fashion.
• Undergarments
  o Items worn under your uniform
    ▪ Tights, leggings, shirts, compression shorts, etc.
    ▪ Not foundation garments (underwear/bras/boxers/panties)
  o For competition, all undergarments must be a single, solid color (KHSAA rule).
    OUR TEAM UNDERGARMENT COLOR IS BLACK!!!
    ▪ Makes it easy to substitute.
  o Undergarments can only have one small 2x2 inch logo (KHSAA rule).
  o Prefer that all visible foundation garments (i.e. sports bras) be black.
• Shoes
  o General running shoes acceptable for pre-season/conditioning.
  o As coaches determine what events you will compete in, you will likely want to purchase sprinter spikes, distance spikes/flats, etc.
  o Can purchase at any sporting goods store – Trax, Hibbett, Dunham’s, Dick’s.
• Other
  o NO jewelry – earrings, nose rings, belly rings, cloth/rubber bracelets or anklets – NONE! (KHSAA rule).
  o Watches are not permitted on our team during competition.
  o Only soft headband and hair elastics legal. Bobby pins must be less than two inches long. (KHSAA rule).

EXPECTATION #5: ALL PARENTS/GUARDIANS ARE EXPECTED TO VOLUNTEER AT MEETS AND PARTICIPATE IN TEAM FUNDRAISERS.

As the only high school rubber track facility in Warren County, it is the expectation that we will host several meets during the track and field season. Unlike other high school sports, track and field meets require many workers. Without these workers, it is impossible to run a track and field meet. All families will be assigned a work area and will be expected to work at our meets.
We borrowed funds from the Warren County School Board to rubberize our track surface. We are expected to repay the loan. **All families are expected to participate in fundraisers as designed by the booster club and the fundraising team.**

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**Required Documents to Participate in Track & Field**

- Current physical & parental consent
  - Must be on the most recent KHSAA physical form.
    - [http://khsaa.org/forms/ge04.pdf](http://khsaa.org/forms/ge04.pdf)
    - Make sure physician completes physical, signs and dates.
    - Review physical and parental consent form to ensure all required items are complete.
  - Coach must have physical on file before athlete can practice.
    - Must bring physical on the first day of practice, scan and e-mail to coachgdog22@gmail.com or drop off at GHS office (attn: Coach Garrett).
    - It is the athlete and/or parent responsibility to obtain a copy of the physical from another coach that has the only copy.
    - If the physical expires during the season, athlete has three days to turn in a new completed physical. If athlete does not turn in an updated physical within three days, they will be dismissed from the team.
  - Signed acknowledgement that parent and athlete have read the GHS Track & Field Team Rules & Expectations.
    - Must bring form on first day of practice, scan and e-mail to coachgdog22@gmail.com or drop off at GHS office (attn: Coach Garrett).

**Contact Information**

- Team e-mail: coachgdog22@gmail.com
- Coach Garrett’s cell phone: 270-991-2255
We acknowledge that we have received and read the Greenwood Track & Field Team Rules & Expectations document and have reviewed Track & Field General Information packet. By signing, athletes and parents agree to follow the rules and expectations outlined for the Greenwood Track & Field program.

_________________________________ _________________ ________________  
Athlete Name (please print)   Parent Name (please print)

_________________________________ _________________  
Athlete Signature   Parent Signature

_________________________________  
Athlete Grade   Parent E-mail

_________________________________  
Parent Cell Phone

Do you plan to miss practice one day per week for a weekly activity? Yes / No  
If so, please list the activity and the day of the week you will miss. _______________________
______________________________________________________________________________

Do you plan to participate in a GHS spring sport, GHS spring activity or non-GHS activity during track & field season? Yes / No  
If so, please list the activity. _____________________________________________________  
Describe how you plan to participate in the other activity and track & field. Be specific. List days of the week you plan to be at track and field practice.