

GROSSE POINTE NORTH TRACK AND FIELD 2013

EXPECTATIONS

Dear Parents and Student-Athletes:

The goal of the Grosse Pointe North Track and Field program is to promote responsibility, cooperation, leadership, and sportsmanship in our student-athletes as they train and compete in Track and Field. The attainment of these qualities requires hard work and personal commitment on the part of the student-athletes in the program. In addition, coaches expect courtesy, respect, attention, and responsibility from all of our student athletes. Student-athletes need to be respectful to all opponents, officials, teammates, coaches, teachers, parents, and by having the positive attitude and sustained effort they are paying respect to the sport itself! Remember that it is a privilege to be a member of the track team at Grosse Pointe North High School.

The program will be successful if student-athletes have fun in a safe environment and compete and perform to the best of their abilities. Student-athletes must communicate well with coaches regarding personal, academic, and physical problems that may prevent them from performing in practice and competition.

Failure to follow the rules and procedures will result in CONSEQUENCES. These will range from a verbal warning to removal from the team.

PARENTS: MEET THE COACHES NIGHT WILL BE TUESDAY, MARCH 19TH AT 6:30 P.M. IN THE CAFETERIA, PLEASE ATTEND.

Thank you,

Coach Bentley
Bruce.Bentley@gpschools.org
313-432-3285

PLEASE READ THE FOLLOWING GUIDELINES CAREFULLY

In addition to the rules that govern all North High School students (Student Handbook) and the Athletic code of Conduct (on line) participants in the track and field program will be governed by the following guidelines and procedures. We desire to place additional emphasis on the following:

1. CITIZENSHIP

All student-athletes are expected to be respectful in all that they do as members of the track team and as citizens of the community. Respecting team members, the community, coaches, teachers, officials, security, parents, the facilities that we use, and all those who we come into contact with is essential and necessary. No public display of affection (i.e. holding hands, sitting on laps of others, kissing, etc.), **no cell phones or any use of electronic devices** (it is against MSHAA rules) are allowed at any practice or track meets.

2. TEAM MEETINGS-PRACTICES-MEETS

Student-athletes are expected to be on time for our daily meeting (3:25 p.m.) and train each day in our designated areas. Student-athletes should be prepared and organize all other commitments around the following schedule during the season. Our official practices start Monday, March 11 and our season runs from 3:25 – 5:00 p.m. (approximately) and 30 minutes longer as the weather warms up. Your first priority is your family, followed by school and then come track. Please arrange various appointments around track if it can be helped; it would be greatly appreciated.

ALL TRACK ATHLETES ARE EXPECTED TO NOTIFY THEIR COACH BEFORE LEAVING PRACTICE AND TO LEAVE THE SCHOOL GROUNDS SHORTLY THEREAFTER WHETHER IT IS A PRACTICE OR MEET.

3. CARE OF THE EQUIPMENT, UNIFORMS AND TRACK FACILITIES

Athletes will dress properly for workouts and meets. No athlete will modify or alter issued equipment or wear any equipment not issued by the school without the coach's permission.

Since we now have the fortune to train and compete on a multi-million dollar all-weather Track and Field facility, we know that all North athletes will share our pride in maintaining the facility. Please help us take care of the Track. No gum, candy, or food which may cause harm to the Track is allowed.

4. INJURIES

If the injury occurs during practice, athletes will first report to the coach. Athletes will report to the trainer at the coach's direction for treatment immediately upon being injured. Athletes will first report to practice or notify the coach if they need to see the trainer at the beginning of practice. Athletes who report to the trainer without first notifying the coach themselves will be considered absent. Our trainers are an important part of the school community and we expect the utmost respect when in their care.

- Athletes will be expected to workout unless injured or directed not to by a doctor or our trainer.
- Injured athletes will not be permitted to practice until a doctor permits their return in writing.
- Athletes who do not train (particularly, the day before a meet) will not participate in track meets.

5. TRAVEL

Meets and Invitational: Athletes are expected to travel to and from dual meets with the team. All athletes are expected to remain in attendance and participate in the support of teammates until the end of the track meet. There will be adjustments to travel arrangements at certain meets and we will discuss those during the season. **Student-athletes will ride the bus to away meets; if one is to leave from a track meet a parent must have a "signed note the day before" a track meet. An Athlete is not allowed to leave any competition with anyone other than her own parent/guardian!**

PLEASE KEEP THESE GUIDELINES FOR YOUR REFERENCE AND RETURN THE SIGNATURE PORTION TO COACH BENTLEY BY WEDNESDAY, MARCH 13. THANK YOU!

Athlete

Parent/Guardian

Printed Name

Printed Name

Signature

Signature