



## ***2011 Del Norte Track & Field Guidelines***

### **CODE OF ETHICS**

*As an athlete on the Del Norte Track & Field team, I understand that I will conduct myself on the track, at school, and in my community with the utmost class and dignity. I understand that my personal behavior and conduct can and will affect my standing on the Nighthawk Track & Field team.*

*I promise to conduct myself in a manner that will make my parents, coaches, school, and community proud.*

*I promise to follow and obey all the Del Norte Track & Field team rules and policies.*

*I promise to always give my best effort in competition as well as practice.*

*I promise to respect my fellow competitors at all times.*

### **TEAM RULES**

***Attendance Requirements:*** All athletes must attend ALL mandatory practices. Athletes with unexcused absences from weekly practices may be held out of competition for that week or the next scheduled meet. An unexcused absence is defined as: any time an athlete misses a required practice or track team functions without giving any kind of notice, explanation, or communication with the HEAD COACH of the program. As coaches, we reserve the right to judge each case individually before making any disciplinary decisions.

***Examples of Excused Absences:*** Death in the family, Vacations(Spring Break), Make-Up tests, tutoring, counseling, illness, dental appointments, doctors appointments, serious academic issues. *Be advised, missing practice because papers and/or projects are due may still constitute an unexcused absence. Coach Ruff will ask you "when was the assignment assigned?" Expect to have a verifiable answer. Procrastination to the last day prior to the assignment being due does not constitute an excuse to miss practice.*

*Note to Parents:* Please do your very best to make appointments for the Dentist and Doctor's offices at times that interfere the least with our practice schedule. We realize this can be next to impossible, but plead with you to do the best you can.

*AS THE HEAD COACH, I RESERVE THE RIGHT TO MAKE VERBAL OR WRITTEN CONTRACTS WITH PARENTS AND ATHLETES IN REGARD TO ATTENDENCE. I RESERVE THE RIGHT TO MAKE DECISIONS UNIQUE TO THE CIRCUMSTANCES AND THE INDIVIDUAL(S) INVOLVED.*

***Conduct Requirements:*** As stated in the code of ethics above, each athlete will be held accountable for all of his/her actions on and off the Track. Disciplinary problems on or off the track will result in up to and including removal from the team.

Suspension from school will result in a meeting with the track coaches and parents to determine whether or not the athlete will remain on the team.

As a member of the Nighthawk Track & Field team, all members will show dignity in victory and defeat. There is no "gray area" in this rule. The team, school, and coaching staff take great pride in holding our program to the highest of standards at all times.

***Hazing: Zero Tolerance!*** Any hazing of any type will result in the athletes involved being dismissed from the team, and possible suspension or expulsion from school.

***Sexual Harassment:*** We are the only team on campus that has both girls and boys teams practicing together at the same time. We expect that conversations, actions, and behavior be no different than the guidelines listed in the Del Norte High School Code of Ethics.

***Club Sports:*** Under no circumstances, may an athlete compete on or for a club without informing the head coach of your participation prior to competition. Various club sports like soccer etc. have many tournaments on Sunday and other days, making it imperative to communicate with us. IE: If an athlete competes in 3 soccer games on Sunday, we need to know about it. By not communicating with the coaches, the risk of injury increases for our athletes. Obviously, when an athlete is exhausted, it wouldn't be wise to run them in a very difficult workout one day after a lengthy day on the field. COMMUNICATION is key here.

***Club Track:*** Under no circumstance may an athlete compete as a member of a Track Club during our high school season. Competing with a club designation during the CIF season, will result in loss off eligibility for the athlete and penalties for the Del Norte High Track & Field team. AN ATHLETE MAY COMPETE UNATTACHED ONLY WITH THE CONSENT OF THE HEAD COACH! ANY COMPETITION AS AN "UNATTACHED" ATHLETE WITHOUT PRIOR CONSENT WILL RESULT IN IMMEDIATE REMOVAL FROM THE TEAM.

**LETTERING POLICY**

***Varsity Letterman***

- Must finish the season Eligible.
- Must finish without excessive absences.
- Must have competed in all dual meets unless excused.
- Must show effort to improve.
- Must compete at or contributed at the varsity level.
- Must turn in their entire uniform.
- Must have all fines cleared in the finance office.
- MUST ATTEND THE END OF THE YEAR BANQUET.**

***Important Exceptions:***

A Junior Varsity athlete who breaks a Del Norte School record will receive a varsity letter if that record pertains to an event with 10 or more years of competition including relays. The athlete must meet all requirement listed above as well.

As coaches, we reserve the right to withhold letters for reasons such as behavior on or off the track, effort, and overall citizenship. Additionally, we have been known to award varsity letters to athletes who may never have had the talent to contribute at the varsity level, but have contributed through qualities such as leadership, effort, honesty, sportsmanship, and perseverance. Usually this exception is made with 4-year J.V. athletes, but not always. Basically, we don't think the receiving of a letter should be taken for granted because of overly specific qualifications, but also believe you earn a letter by many other qualities that don't necessarily include winning events.

We wish everyone good luck in the upcoming competitive season!

By signing below, I understand that I am entering a contract for behavior and accept the listed requirements. Additionally, I am verifying that both myself, and my Parent/Legal Guardian, have read and understand the policies stated in this document.

Athlete's Name: \_\_\_\_\_ Signed: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Signed: \_\_\_\_\_