



ESSEX TECH TRACK AND FIELD
Expectations and Standards: Vol 2

#1. "PLAY LIKE A HAWK"

- a) *We compete hard, regardless of the competition or outcome. We compete to the last race, the last throw, and the last jump.*
- b) *We compete to lower our personal best times, we compete to score points for our team, we compete against our teammates to make them better.*
- c) *We set realistic and reachable goals for our team and our individual.*
- d) *We enjoy and welcome competition. We embrace challenge.*
- e) *We appreciate the process of practice, self improvement, and getting better at our events overall.*
- f) *If we do not meet our goal, it is an opportunity for reflection and self improvement. Therefore, on this team, we are NOT afraid to make mistakes.*
- g) *We do not make excuses, we do not fake injuries, we do not blame our misfortunes on others.*
- h) *We are outstanding community members.*
 - *We welcome new members regardless of age, race, gender, identity, or skill level*
 - *We take pride in our building. We pick up trash that isn't ours, leave our training space cleaner than when we arrived, and expect others to do the same.*
 - *We are relentless in the pursuit of our education, we are model CTE and academic scholars. We are polite, diligent, and leaders in the classroom*
 - *We support other initiatives in the school. (HHH, FFA, Skills)*

#2 INJURY POLICY

- a.) *No athlete will ever be forced to compete if they are physically unable to do so. The health and safety of our athletes is our top priority.*
- b.) *All athletes that suspect serious injury are highly encouraged to see THE TRAINER (Mr. Brucker) BEFORE MAKING AN APPOINTMENT WITH A DOCTOR. Any athlete who see a doctor MUST provide the trainer with documentation clearing them to play. This benefits both the athlete, their family, and their team.*
- c.) *Serious Injury defined: Is it excruciating? Is it debilitating?*
- d.) *Most injuries in our sport are NOT SERIOUS.*
- e.) *Pulls, tweaks of tendons and muscles, tightness of muscles, and DOMS (delayed onset muscle soreness) are all inherent and common in our sport. They are considered day to day injuries.*

#3 PRACTICE AND PARTICIPATION POLICY

- a.) *100% Participation in practices and events is MANDATORY.*
- b.) *If an athlete will miss a practice or an event. IT MUST BE DIRECTLY COMMUNICATED WITH A COACH.*
- c.) *An athlete may be excused from a practice for these occurrences:*
 - *Significant Loss: Funeral or Wake*
 - *Illness: Where the athlete must miss school.*
 - *Significant Injury: Athlete is expected to be getting treatment from trainer.*
 - *School Sponsored Trip*
 - *College Visit (encouraged to plan around practice and events)*
 - *Any other obvious emergency.*
- d.) *An athlete will NOT be excused from practice or events for these occurrences:*
 - *Family events and vacations.*
 - *Work schedule conflict*
 - *Club and activity conflict*
 - *If the athlete does not report that he/she will be missing a practice or an event.*

e.) *The progressive consequences for having unexcused practices or events is as follows:*

# of Practices or Missed	Most likely consequence
1	Conference with Coach - Warning
2	Conference with Coach and Captains
3	Call home to family, potential loss of an event.
4	Definite loss of an event, potential loss of whole track meet.
5	Call home to family, potential removal from team.

- **Not attending an event for an unexcused reason will start at Step #3**

f.)** **Head coach has the final say of what is excusable or not excusable.**

#4 COACHES ROLE, ATHLETES ROLE

a.) Coach's Role:

- Assign athletes to an event that they will a.) help the team be successful b.) be successful individually
- Strategy and management of athlete's workouts and events.
- Upholding the standards of the program in a consistent manner.
- Consistently challenge athletes.
- To be constructive with criticism, praise positives, and to encourage all athletes to have a growth mindset..
- Ensuring the wellbeing of our athletes in spirit, mind, and body.

b.) Athlete's Role:

- Refer to all of Standard #1
- Have fun.

c.) Athletes are free to voice opinions and concerns about events, practices, and overall management of the team. However, the coaches will have final say on these matters.

#5 ACADEMIC ELIGIBILITY FOR ATHLETICS AND EXTRACURRICULAR ACTIVITIES

From Student Handbook (p. 48)

Essex Technical High School has a stricter policy than the MIAA policy. In order to be eligible to play interscholastic athletics you must abide by the Academic Probation Policy during the last marking period preceding and/or during the season you are playing a sport except for the fall season, when academic eligibility will be based on the final grades from the previous school year. Being placed on academic probation will result in the student losing eligibility until a

new report card is issued. Any student who fails at least two or more subjects, or has two or more incompletes, or a combination of one incomplete and one failure for a term is placed on academic probation.

Academic eligibility for all students shall be considered as official and determining only on the date when the report cards for that ranking period have issued to parents of all students within a particular class. Students are not eligible until marks are issued for the next term, or until the incompletes are made up and are passing grades.

A student who fails to remain eligible (academic or otherwise) during an athletic season will not receive a "Certificate of Participation", "Varsity Letter" or any recognition of participation.

#6. LEAVING THE TEAM

- a) If an athlete wishes to leave the team for any reason. HE/SHE MUST HAVE A CONVERSATION WITH THE HEAD COACH IN PERSON.**

#7 UNIFORMS

- a.) Athletes are 100% responsible for the uniform ASSIGNED TO THEM. All uniforms is coded with a number, they are expected to have and wear the same uniform all year.**
- b.) Athletes must pass in the same assigned equipment at the end of the year. He/she will be charged for missing items.**
- c.) Do not alter your uniform. Athletes may not cut, hem, or tie back singlets. Athletes must wear running shorts assigned unless mutually agreed upon by the team.**
- d.) Throwers and bigger athletes may wear alternate bottoms. Must be solid color with no logo (state competition), preferably navy blue in color.**
- e.) "Pageantry Clause"**

Defined: An elaborate individual display or ceremony that does not contribute to team goals or philosophy.

- *Excessive wrist bands are not allowed.*
- *Undershirts or compression shirts are solid navy blue or white, not patterned, tie dye, or fluorescent.*
- *High socks or lower body compression should be solid colors.*
- *No mid driffs for girls or boys, all singlets must cover stomach.*
- *Head bands must be solid colors. It may display team logo. It may not have any slogans that are not approved by the team.*
- *If there is a color that honors a disease or event during a given month (cancer, violence, etc.) it must be agreed upon by the team to wear that color.*

#8 SOCIAL MEDIA

a.) All athletes will practice appropriate use of social media outlets including but not limited to: Twitter, Instagram, Facebook, Snap Chat, and email.

b.) Athletes may use social media outlets for the following:

- *Celebrate a personal achievement*
- *Celebrate a team or group achievement with the permission of others on the team.*
- *Promote our program with positive messages or quotes.*
- *To communicate practice and event adjustments or cancellations*

c.) Athletes may NEVER use social media outlets for the following:

- Display inappropriate, vulgar, and provocative pictures, videos, or language.
- To post pictures, audio, or video of coaches or athletes unknowingly (considered hazing or bullying)
- To antagonize other teams.

d.) Athletes must be aware that social media infractions are a LEVEL 3 OFFENSE at Essex Technical High School

- **(From Page 13, Student Handbook) Level Three infractions** involve any behavior or action that potentially threaten the safety or wellbeing of an individual or the school community as a whole. This includes bullying, harassment, and hazing. All Level Three infractions require the immediate attention of an administrator. There are several levels of consequences for Level Three infractions: Saturday Session, Suspension, Police notification, and recommendation for expulsion.

Examples of Level 3 Offenses may include but are not limited to:

- Possession, use, or providing of tobacco, alternative smoking devices, alcohol, drugs and/or controlled substance, or paraphernalia
- Possessing or displaying sexually explicit material
- **Inappropriate use of social networking sites**
- **Sexting**
- Theft or possession of stolen property
- Presence on school property or school events (including away events that ETHS is involved in while on External Suspension (ESS))
- Disrupting of the general school assembly
- Violation of another's Civil Rights / Title IX Violation
- Inappropriate touching