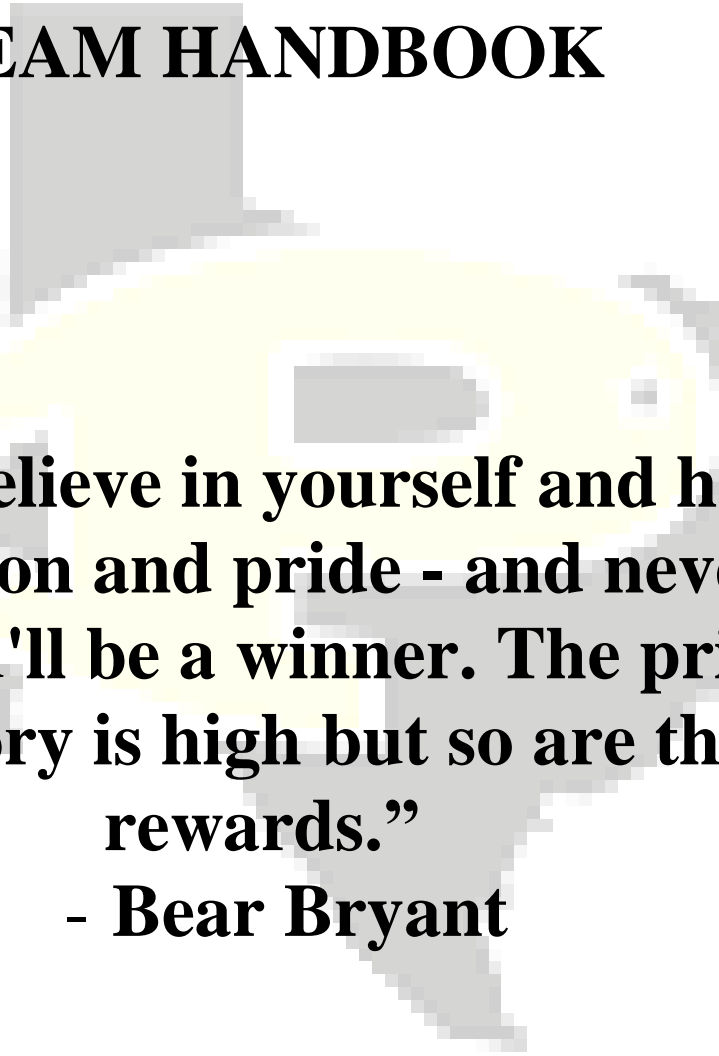


PITTSBURG PIRATE

BOY'S TRACK

TEAM HANDBOOK



“If you believe in yourself and have dedication and pride - and never quit, you'll be a winner. The price of victory is high but so are the rewards.”

- Bear Bryant

PIRATE TRACK MISSION STATEMENT

- 1. To create an atmosphere and environment for all participants to be successful as people; their involvement in the program will help them be more successful in life.**
- 2. To provide academic support for each participant to become a successful student and be able to attain post-secondary goals.**
- 3. To help each participant reach their full athletic potential and to have the opportunity to win a championship.**
- 4. To help each player launch their collegiate careers so that when they leave Pittsburg, they can use all the resources our institution has to get the best opportunities in life.**

ASSUMPTIONS

There are three assumptions that are very important to our program. We feel that each and every participant should believe and want these ideals as strongly as we do.

What we mean by the word “want” is that you hunger for it. You are willing to work for it, earn it, and pay a price for it. You understand that there are no handouts, that nobody will give you anything.

WE ASSUME THAT:

I. YOU WANT TO BE PART OF A CHAMPIONSHIP TEAM

Our practices, our strength program, and our overall program is designed to produce a champion. To be a champion is not easy, therefore, it is important that before you decide to be a Pittsburg Pirate, you must feel very strongly about sacrifice and commitment.

II. YOU WANT TO BE THE BEST TRACK ATHLETE YOU CAN BE

This is important because when our coaches look at you they see what you could be and will push you to achieve your maximum potential. You will never be allowed to settle for less than your best.

III. YOU WANT TO BE THE BEST PERSON YOU CAN BE

We have very high expectations for you off the field. We will work with you to help you grow as a man and become the best person possible. Once a Pirate, you become a Pirate 24 hours a day, 7 days a week for the rest of your life. There are many benefits that go along with being a Pittsburg Pirate athlete, but along with these benefits are many responsibilities.

“BE THE BEST”

PIRATE TRACK

- 1. We will be the TOUGHEST team in the state of Texas.**
- 2. We will PRACTICE HARDER than our opponents are willing to practice.**
- 3. We will be more MENTALLY PREPARED than our opponents.**
- 4. We will play COMPETE HARDER than our opponents are willing to compete.**
- 5. We will SACRIFICE more than our opponents are willing to sacrifice.**
- 6. We will have more FUN and compete with more ENTHUSIASM than our opponents**

PITTSBURG PIRATE TRACK PROGRAM EXPECTATIONS

- 1. WORK AND PRACTICE TO BE THE BEST IN THE STATE.**
- 2. WORK AND PRACTICE SO AS TO OUT CONDITION EVERY OPPONENT.**
- 3. STRIVE TO GIVE MAXIMUM EFFORT AT ALL TIMES.**
- 4. PLEDGE TO EARN THE RESPECT OF YOUR TEAMMATES.**
- 5. PROMISE COMPLETE HONESTY AT ALL TIMES.**
- 6. HUSTLE! COMPETE!**



TRACK 2020

WHAT WE EXPECT FROM YOU

The coaches expect the following from you as an athlete:

1. To settle for nothing less than “A’s and B’s” in the classroom – COMPETE!
2. To give your total effort (make the most of what you have)
3. To be respectful towards your teammates (we are working towards achieving the same goals)
4. To practice to the best of your ability every day
5. To be prompt
6. To be courteous
7. To always encourage your teammates
8. To be emotional and enthusiastic
9. To improve daily in your quest to become the best athlete that you can be
10. To do whatever it takes to be a member of a championship team (everyone has a role – know yours and be the best there is at it!)

WHAT YOU CAN EXPECT FROM YOUR COACHES

1. To provide the leadership to achieve the TEAM’s goals
2. To work you harder than you have ever been worked
3. To assist you in any way possible, now and after you graduate
4. To treat you like a man and to respect you
5. To hold you accountable for your actions
6. To make all decisions with the TEAM’s best interests first
7. To do everything possible to improve our facilities and make this the best place in Texas to go to school and compete in track
8. To help you mature and grow as a man
9. To help you reach your goals
10. To be competitive and intense on the field (Note: Our coaches will be just as intense and competitive as our players. Remember, do not pay attention to HOW we are saying something; listen to WHAT we are saying.)

PERSONNEL DECISIONS

Position Assignments: Athletes will be assigned to the position that gives our team the best opportunity for success. Another consideration in the assignment of athletes to positions is how likely that athlete is going to help the team at that position. We will always consider what position an athlete desires to compete in, but ultimately that athlete will be placed where he has the best chance to go out and help the team win.

Team placement – athletes are placed on a team in which they will make the most positive contribution. Another factor in team placement is the development of the individual athlete. Your academic classification does not determine team placement. Some juniors will compete on JV and some sophomores may compete on Varsity. The coaches will place each athlete on the team that affords them the best opportunity to improve their skills.

Ability is the major factor in placement of athletes. *Ability* is defined as the combination of an athlete's physical talents, knowledge, effort and toughness. The athlete's with the greatest ability, as defined, will compete at the highest level of play. This is regardless of age. Academic classification is not a determining factor in who gets to compete.

Maturity is the second factor in the placement of athletes. *Maturity* is defined as the ability to sacrifice a short-term pleasure, such as sleeping in during the summer, for a long-range goal, such as reaching the STATE TRACK MEET. Mature athletes understand how important their efforts are to the team and prepare throughout the week to compete on any given night.

Chronological age is the number of years you have been alive. Mental age is the maturity level you have achieved in the years you have been alive. There are 16-year-old men and there are 40-year-old boys. Maturity is not determined by your chronological age.

Everyone on our team has an important role in our success. Not everyone can win an event, but all of our athletes are equally important to our team. It is important that all players know what their role is and take these very seriously.

WHO GETS TO COMPETE? IT IS UP TO YOU!

Every one of you wants to compete on our track team. Unfortunately, not all of you will. The coaching staff must determine who will compete in track meet events and who will be backups. As mentioned before, every athlete on our team has a critical role. Backup athletes are one turned ankle away from competing in an event at a track meet. It is important for all athletes to understand how the coaching staff will determine who will compete. The following are the primary criteria used by the staff to make these judgments:

1. **Knowledge** – We cannot and will not bring athletes who do not know their events. Coaches are more than happy to spend extra time outside of practice teaching athletes who need and desire help in learning. There is no excuse for not knowing your events.
2. **Hustle and Effort** – Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they will expect the same from you. Extra effort wins events and meets. Talent does not control effort. Everyone has the ability to give 100%.
3. **Contribution to the TEAM** – many look at track as an individual sport. We, as coaches, will look at it as a team sport. The individual who motivates his teammates to do better, is always enthusiastic and ready, will make a greater contribution than one who does not possess these qualities. One man who hates to lose can make a great contribution to the TEAM effort. Everyone wants to win, but we are looking for athletes who despise losing.
4. **Talent** – If the above four characteristics are equal (which they should be), and then the young man who has the most talent and makes the most contributions will compete. We are looking for “primetime” competitors. Potential is a dangerous thing. There are many athletes who are fast or strong, but are not talented runners, jumpers, or throwers. Track talent means the ability to succeed within the painted lines.

The best athletes, according to the above criteria, will compete on our Track team. It is important to remember that all of the above criteria are determined by the athlete's performance on the track or field. Realistically, practice provides the only opportunity for us to evaluate our athletes. We cannot assume that an athlete is going to win events at a meet when they do not compete in practice. Thus, it is important that athletes give 100% effort in practice so that the coaches can make accurate evaluations.

DO RIGHT

In our everyday life, how should **RIGHT** be distinguished from **WRONG** in one's words and actions?

1. Words and actions should help to unite, not to divide the members of our team.
2. Words and actions should be beneficial and not harmful to our goals.
3. Words and actions should help to consolidate and not undermine the rules and regulations necessary for successful team effort.
4. Words and actions should help strengthen not weaken the leadership of our team.
5. Our words and actions at all times should be beneficial not harmful when inter-related to our friends and fans who support the team.

SUMMARY: Griping and complaining by a few can keep everybody unhappy. Unfortunately, even a very few, one or two, can create confusion, distraction from our goals and weaken our effort. These undermine and weaken our attitudes and can be and must be resolved among yourselves by persuasion and education. Suppression will not succeed. Any mistakes by a few must be criticized and eliminated by the majority whenever they come up.

You must truly take a stand for the best interest of the team. If you and the team don't handle them properly and if you and the team relax your guard, the unhappy complaints will grow and eventually destroy any chance of team success.

Sincere feelings by a team member pertaining to what he might consider as unjust should be brought to the attention of the team leaders or the coaching staff.

If we follow through with this, team effort will be of such magnitude that success will be inevitable.

ATTENDANCE
FIELD HOUSE OFFICE # 903-856-6461
LEAVE A MESSAGE IF NO ANSWER

Attendance and punctuality are MANDATORY. As a member of this Track team, you are expected to be in attendance at all practices and team functions. Failure to attend or arriving late is a selfish act. The person who is tardy or absent is showing the team that he is concerned with no one but himself. Arrange your schedule to prepare for circumstances that might cause you to be late or absent.

If you are going to be late or absent, you are expected to call and notify the coaches. When you are absent, we fear the worst. Be selfless; call and let us know the situation. The only problem that we cannot help with is the problem that we don't know about.

If you are sick or injured, you are still expected to be in attendance at practice and getting "mental reps" or helping other athletes. Even if you cannot go through the drills and sessions physically, you can mentally prepare to compete in the event that you physically improve to the point where you are able to participate in your event(s).

DISCIPLINE

Our coaches treat our players like sons. Discipline is an integral part in any relationship. **Running time will be done before the next meet, or you will not be competing.**

TARDINESS - 1 Standard Mile will be run at the END of practice.

EXCUSED ABSENCE - Must call in before practice time - *Not a punishment* - 1 Standard Mile will be run at the END of practice for *each* missed day(s).

UNEXCUSED ABSENCE (no call, no show) - 2 Stadium Miles for *each* day(s). A stadium mile includes running the bleachers on the home side for each lap. Make ups are after practice.

MISSED MAKE UP RUNNING - YOU WILL NOT COMPETE UNTIL ALL MAKE UP WORK IS DONE.

HORSEPLAY - 1 Standard Mile

FIGHTING - See Head Coach

Instigating- See Head Coach

PROFANITY - 15 Up-Downs per word

CLASSROOM BEHAVIOR - See Head Coach

UNCOACHABLE PLAYER - See Head Coach

TRACK MEET CONDUCT- Behavior that embarrasses the program - See Head Coach.

PIRATE TRACK PRACTICE EXPECTATIONS

1. Be "ON TIME"
2. When a coach is talking, "LOCK IN".
3. You will be given goals that must be met at practice. It may be a specific time or distance. You must give effort to meet these goals in order to improve.
4. Get to where you are supposed to be and get your work done. Practice is the time to "put in work". After practice is the time to socialize.
5. Don't let water interfere with a drill.
6. Outwork every team in the state every time we step on the practice field.
7. Always use "Yes Sir", "No Sir", "Yes Coach", or "No Coach".
8. No bad language.

TRACK MEET EXPECTATIONS

1. Mentally prepare to compete in your event(s). Visualize the event before you ever step on the field. See yourself and the team being successful. Remember, the body cannot tell the difference between a real experience and a vividly imagined experience. The more your brain sees you being successful, the more likely you are to perform successfully. Further, respect your teammates as they prepare themselves for their event(s).
2. No one will risk not competing by leaving campus on meet day. We will stay together and prepare together on meet day. As soon as you are dismissed from class, all athletes will report to the field house immediately. Athletes will remain there until we leave. (NOTE: Do not eat foods that will hinder your performance on the field)
3. STAY TRUE. No matter what the results on the field, our athletes are always expected to stay true to our colors. We will have pride in being Pirates and will perform in a manner that represents the Black and Gold in a positive light. To give up, quit, hold back, or fake injury is to change colors and be disloyal to our school, our families and to the teammates who trusted you to perform. Not every athlete can be great, but everyone can stay true to the Black and Gold and have Pirate Pride.
4. Be result oriented. Each athlete must realize that he is responsible to get results on the field. No coach will ever be perfect, but the coaches will prepare relentlessly to provide our athletes with a plan that gives the team the best chance to succeed. However, no matter how good our plan is, the athletes still have to perform.
5. You do not win events with your mouth; you win them with your body and your mind. We will always let our competition on the field do our talking. Do not get caught up in trash talking. The athletes that talk the most are usually the ones who are the most scared. Our opponents should think that they are competing against a team of deaf, mute crazy people.
6. Never criticize, always encourage. Your teammates need you when they make mistakes. Always be there to pick them up. We need them to perform on the next event and not focus on the mistakes they made on the previous one.
7. The contest begins with our Warm-Up. As soon as we walk on the field for Warm-Up, we should be in "competition mode". Focus on doing everything perfect in Warm-Up and you will be more likely to perform in that manner during the actual competition.
8. At the conclusion of each event, we will shake the hands of our opponents. We will compete with pride the entire track meet, meet as a team before we leave, and will show respect for our school and appreciation for our fans after.

TEAM TRAVEL

When our team travels, it is important for our athletes to understand that they are representing our track program, our school, and our community. Our program, school, and community will be judged by the impression our athletes and coaches make with our actions.

Remember the following when traveling:

1. Check and pack all your gear. Unpack and turn in all equipment after the meet. You are responsible for your equipment.
2. Hydrate yourself properly beginning the morning before the meet.
3. Only dress in attire provided by the coaches. We will look like a team.
4. Be on time.
5. Do not miss a meeting.
6. A very quiet bus trip to the meet will be expected!
7. Prepare yourself mentally to compete at your highest level.
8. You may listen to music with headphones on the trip.
9. Don't be nervous. You are ready to compete.
10. Do not eat or drink something that will hinder your performance.
11. If we stop and eat you better be on your best behavior and represent our program well.
12. Everyone will return with the team, unless arrangements were made BEFORE we leave the school.

MEET CONDUCT

All the work and effort is put forth for one primary objective, to win the track meet. We expect you to win, but more important, we expect to compete to our maximum abilities regardless of the outcomes of any events.

Remember:

1. You are a Pittsburg Pirate. You are a winner.
You are the best prepared track team in the state and you will prove it every meet.
2. Our warm-up is important. Take great pride in it. The warm-up is used to get you ready to compete both mentally and physically.
3. Never lose your poise.
4. Be respectful to the officials—Use yes sir and no sir, don't complain to them about anything.
5. Do not talk to your opponents. Let your actions do the talking for you.
6. Encourage your teammates and help them up.
7. Don't get discouraged if breaks go against us, they will even up eventually.
8. Always know when your event is coming up. NEVER show up late.
9. Always do the warm-up before your event. Show up "in a lather" and ready to compete.
10. Always compete with enthusiasm.
11. Compete with intelligent recklessness.
12. Do not let adversity destroy your desire to win.
13. If you are injured, make every attempt to get up and shake it off. If you cannot get up and continue, step off the track and we will come get you.
14. If we are at a meet with the Lady Pirates, we will respect and cheer them on as if they are our own teammates. We will also **STAY CLEAR OF THEIR CAMP** and leave them alone during the extent of the meet.

LOCKER ROOM AND EQUIPMENT

We have the finest facilities in East Texas. Take care of them. Take pride in your locker room. It is your second home.

1. Hang all equipment in your locker in the proper place. Lock your locker at all times.
2. Keep all of your valuables locked up. Your locker provides a lock for your convenience in storing valuables.
3. *If you are **NOT CURRENTLY ENROLLED** in athletics.* A coach will be in the freshman locker room with you to provide you a place to change. You will NOT be assigned a locker.
4. Pick up any trash you see laying around in the locker room.
5. Turn in your clothes to have washed *if you are in athletics class.*
6. **Absolutely no horseplay in the locker room.**
8. Do not wear spikes in the building.
9. We will provide you with the finest equipment that money can buy. We want to always look sharp and it is up to you to take care of the equipment issued to you. It is extremely important that all equipment that is issued fits properly. This is important for safety reasons. If a piece of equipment does not fit, make sure that you see a coach for a change.

EQUIPMENT GUIDELINES:

1. Stay out of the equipment room unless accompanied by a coach.
2. Wear only equipment issued unless approved.
3. Do not cut any issued top or shorts.
4. Do not take any equipment from the locker room, unless it belongs to you. They are to be worn during meets and practice only.
5. **You are responsible for all equipment issued in your name.**

TRAINING ROOM AND INJURY POLICIES

We will be the toughest team in the state of Texas. Track can be hard on your body. Know the difference between pain and injury. Soreness comes from competing in events. If you go hard every second, you are going to get a little sore. If you are injured, report it to your head coach and Coach Epps, our athletic trainer. We will get you back on the track as fast as possible.

1. Injuries

- a. The quicker the athlete receives treatment for an injury, the quicker he can get back to 100% health. Do not miss a treatment session.
- b. Injured athletes unable to practice are still expected to be in attendance at practice and mentally preparing for the upcoming meet. Treatment will be assigned by the trainers and will not be provided during practice time, unless approved by Coach Epps **and** Coach Barnhart.
- c. Athletes should not see a physician regarding an athletic related injury without consulting Coach Epps, our athletic trainer first, either by telephone or in person. If you need to go to the doctor, she will be able to help you see one with the information that you need. This does not apply in the case of an emergency.

2. Training Room

Being in the training room is not an acceptable excuse for being late to practices or meetings, unless previous arrangements with your head coach have been made. Do not go in the training room unless you are injured.

3. Players

Wear all issued equipment.

4. Student Trainers

- a. Student trainers and managers work for free. They are here to learn athletic training and to be a part of the athletic program.
- b. If you treat the student trainers with respect, then you will be treated with respect in return. (Disrespectful treatment of these people will not be tolerated).

STUDENT ATHLETIC INSURANCE

PISD typically carries a student athletic insurance policy. These types of policies are secondary insurance policies. This means that they do not begin paying claims until the student's primary insurance cuts off. We encourage all of our student-athletes to seek the advice of our athletic trainer before visiting a doctor, except in emergency situations. Our trainers are Certified Athletic Trainers who have spent years studying sports medicine. They are among the best in the business and are employed for the purpose of taking care of our student-athletes. They also have a great understanding of sports related injuries and can provide you with quality advice regarding the care of your injuries. If you have any questions regarding the procedures for making a claim, please feel free to contact the athletic training office.

OFF-SEASON PROGRAM

Our coaching staff prides itself on putting together one of the toughest and most effective off-season programs in the state of Texas. It is our belief that championships are built in the off-season. Thus, we expect all of our student-athletes to participate in this program, unless in another sport at the time. This program will enhance the student-athlete's ability to perform on the track or field. In our program, we will work to develop functional speed, quickness and agility, and strength. It will also develop mental toughness, discipline and teamwork, all of which are critical to our success during a track season. This program is a critical element in the development of our track team and it is our expectation that all of our student-athletes will participate in it and give 100% effort.

MULTIPLE SPORT PARTICIPATION

It is our belief that in order to stay sharp, a student-athlete needs competition. Although we provide opportunities for competition in our off-season program, there is no substitute for the real thing. Thus, we strongly encourage all of our track athletes to seek out and participate in another sport before or after the season is completed. If a student-athlete participates in another sport, they will still be expected to complete any work necessary to continue their development as a track athlete. For example, if a student-athlete is in a sport that does not require them to lift weights, then they will be expected to be responsible enough to make sure that they find time to get some work done in the weight room. This is simply a matter of a student-athlete doing what is necessary to continue their development as an athlete. Track is a grueling sport and your body must be in top condition to be able to compete at the highest level possible.

ACADEMICS & ATHLETICS

How are they related?

Academics and athletics can and will be a positive influence on each other in our track program. Athletics should complement the academic program at PHS.

1. **There are two types of education:** one teaches us how to make a living (academics), the other teaches us how to live (athletics).
2. **Keep your priorities in the proper order.** You must pass all of your classes to be academically eligible to compete. However, that is a minimum standard set by the state of Texas and we expect more from Pirate Track athletes. We expect our athletes to strive for excellence in the classroom. Our athletes should settle for nothing less than “A’s” and “B’s”. Athletes should understand that they need to make grades higher than “C’s” to meet NCAA scholarship requirements.
3. **A true competitor wants to succeed in everything that they do.** We expect our athletes to compete on the track and in the classroom. We will strive for excellence in the classroom. There is no substitute for effort!
4. **Athletics is “extra-curricular”.** Our athletic program is designed to supplement the educational process. The athletic program serves as a laboratory to enhance a student’s education physically, mentally, and emotionally.
 - a. The excitement of an upcoming meet must not take away focus from academics on those days. We expect total focus on the track and expect nothing less in the classroom.
 - b. Less than 1% of Americans make their living in sports, TV, or music. The time will come when your playing days will be over and you need to be prepared to support yourself and your family without athletics.
 - c. Winning a state championship or district championship is something that an athlete will remember and cherish for the rest of their life. However, education is the key to success and the fulfillment of that life.
5. **Turn off the TV and read!** We do not want you to be the first generation of Americans that does not progress and improve the quality of life the next generations.

WHERE THERE IS A WILL, THERE IS AN “A”.

1. School is like a big business, treat it as such. Make your work neat and presentable because appearance raises grades.
 - a. Typed papers are a plus.
 - b. Use correction fluid or tape on mistakes: do not scratch them out.
 - c. People on the first row tend to get more attention than those in the back.
 - d. When studying, mark down information that you do not already know and go over it a few times.
2. Choose courses you like.
3. Read your textbooks and notes early.
 - a. Do not wait until the last minute to read the chapter or your notes.
 - b. When you are mentally tired, try propping your feet up, breathing deeper, and/or eating something sweet to get you going.
 - c. Read aloud.
 - d. When taking notes, do not write long sentences. Abbreviate and paraphrase.
 - e. Write down questions you have as you go and look them up or ask the teacher later for the answers to your questions.
4. Zero absences. . . Always be in class.
5. Extra Credit: extra credit should be mandatory, it may mean the difference between passing and failing or between an “A” or a “B”.
6. Pre-test yourself.
 - a. Ask yourself questions about the chapter or the lesson.
 - b. Study in bright lights.
 - c. Do not miss the first and last minutes of class. The teacher may reveal something you need to know.
7. Become an expert test taker.
 - a. In essays, volume pays off. Break your thought patterns into shorter paragraphs. It looks longer and reads better.
 - b. Neatness raises grades.
 - c. Answer every single question; do not leave any answers blank.
 - d. Use all of the class period to finish the test. You do not get bonus for finishing first.
 - e. If you have to guess, go with your first hunch. Do not second-guess yourself.
 - f. Proof read your test. Do not lose points for obvious mistakes.
8. The key to perfect papers.
 - a. Written work is a game of comparison. Make your paper one of the best in the class.
 - b. Volunteer to edit your friend’s paper to learn new styles and ways of writing.
 - c. Five steps to building better writing:
 1. Structural outline
 2. Sentence Outline
 3. First Draft
 4. Redo paragraph
 5. Polish paper
9. Find the time of day in which you are the most alert to study in, night or day.
10. Use your imagination.
 - a. Create new tricks for learning material for the test.
 - b. Use positive self-talk (ex. I am smart and alert. I will ace this test.)
 - c. Reward yourself with a treat after completing a segment of study.
11. Tips for better note taking.
 - a. Read the book before class.
 - b. Take only notes of value.
 - c. Use keywords not sentences.
 - d. Use pictures and symbols.
 - e. Review notes immediately after class.

RULES FOR THE PIRATE ACADEMIC GAME

1. Always be on time. This cannot be over-emphasized. Nothing causes a teacher to turn off on a student faster than tardiness.
2. This is not a team endeavor. Sit next to students in class who are not just your track friends.
3. Remember that in any classroom, the teacher is the absolute authority, so follow his/her rules and show respect at all times. Do not talk back to a teacher, even if you disagree with what is being said or done. If you have a concern about something, wait until class is over and discuss it one on one with the teacher. Be a leader in the classroom!
4. Sloppy appearance is held against an athlete to a greater degree than against other students. Dress neatly – shoes tied, no caps, no sagging, hair neat and clean, neatly shaven, no earrings.
5. Before class starts, make sure that you have all of your materials. Make sure that your book or notebook is open and that you have a pen or pencil ready to start working.
6. Once class begins, keep your mouth closed unless you are asking or answering a question, or taking part in a teacher lead class discussion.
7. Make sure that you turn in all of your work on time and fully completed. With proper planning, you will get everything done for all of your classes. **NO ZEROS!** There is **NO EXCUSE** for not completing or turning in your work.
8. As soon as possible after class, do your homework.
9. Never be afraid to ask a question or to ask for help. This is how all people learn.
10. If you are going to miss a day for a game or travel, make arrangements for any missed work ahead of time. This should be done at least 2 days prior to the absence.
11. Just do it! Getting an education requires hard work. You can do it, and do it well, if you will apply yourself. Most failures are due to a lack of effort!

Acknowledgements

TRACK ATHLETE HANDBOOK

I have received, read and understand the Pirate Track Athlete Handbook.

Player's Name (Print)

Parent's Name (Print)

Player's Signature

Parent's Signature

PISD ATHLETIC CODE OF CONDUCT

I acknowledge that I have received, read and understand the PISD Athletic Code of Conduct.

Player's Name (Print)

Parent's Name (Print)

Player's Signature

Parent's Signature

TRACK PROGRAM AND ACADEMIC INFORMATION

I give permission for information regarding my child to be printed in any track programs, which may include: name, height, weight, academic classification, picture, position or any other track related information. I also give my permission for the registrar or counselors to release my child's academic information to the coaching staff for the purposes of post-season awards and recruiting.

Player's Name (Print)

Parent's Name (Print)

Player's Signature

Parent's Signature



2019-2020