

Phoenixville



Track & Field

Mr. Jonathan Gabb
Mr. Kyle Worrell
Mr. David Saville
Ms. Meghan Quinn

Head Coach
Assistant Coach
Assistant Coach
Assistant Coach

Practice

Welcome to the 2021 Spring Track season! The expectation is that you will attend every practice. This is particularly important if you are on a relay team (4x100, 4x400). Consistent absences when you are on a relay will result in the athlete being replaced for the duration of the season. We believe each athlete should give careful attention to the following:

1. You are expected to get changed in a bathroom and walk up to Washington Field to the far end with all of your things. There cannot be more than 4-5 students in the bathroom at a time. The bathrooms are to be clean and neat when you leave.
2. No **cellphone usage during practice, unless it is an emergency and you should have a coach's permission.**
3. You are to be dressed appropriately (and be prepared for shifts in weather). Track season can go from 20 degrees one day to 80 degrees the next day. We will be outside either way.
4. Bring your own water. You are not allowed to touch anyone else's water for any reason.
5. Practice and meet updates will be posted on Remind
6. You joined the track team. You are expected to perform the workouts we prepare for you. If you cannot run the warm up laps without stopping, you may not be asked to run in the meets
7. There is zero tolerance for any bullying. If you don't have anything to say don't say it. We're all on this team together, support and encourage each other.
8. **Attendance Is Mandatory.** You have made a commitment to the track program. Consistent absences from practice, when the athlete has been in school that day, could result in not running at meets and/or removal from the program.
9. **MASKS ARE TO WORN AT ALL TIMES, THIS INCLUDES COMPETITION**

Injuries and physical care

Injuries can and will happen. There is a protocol that we must follow. Any injury during the season must be reported. It is your responsibility to inform the coach first and your coach will arrange for you to see the trainer. It is also your responsibility to complete the required program set forth by the training staff. If you **Go to a Doctor and not the trainer**, only a doctor can clear you to resume practice. You may not practice or compete at meets without a written note clearing you **from your doctor**. Your note must be on file with the training department.

TEAM and SCHOOL policies

1. The behavior expectations are those presented in the student handbook and player handbook
2. Proper sportsmanship should be presented by all parties involved (players, coaches, parents/guardians and supporters)

3. Any uniform/equipment distributed by the school must be returned upon the athlete's departure from the team
4. If you are placed in OSS, then you are ineligible to participate in track that day.
5. Please notify the coaching staff if you are going to miss practice on a particular day in advance. If it is an emergency, please use the remind app to say why you are missing practice

TRANSPORTATION

You are required to ride the bus to all away games and ride with the team back to PAMS. If your parents/guardians feel that you need to ride back with them, you must fill out a travel release form and have it signed by your parents/guardians and one of the principals. Once you turn in a travel release form it is good for the entire track season. If it is an emergency, your parents/guardians must fill the form out at the game and sign it.

STUDENT FIRST, ATHLETE SECOND

You attend the Phoenixville Middle school to receive an education and nothing should interfere with your pursuit to achieve academic success. During the season, your priorities are family, academics and then track.

Middle school track events for both boys and girls:

<u>Relay events:</u> 4x100m 4x400m	<u>Hurdles:</u> 55m
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<u>Sprints:</u> 100m 200m 400m	<u>Distance:</u> 800m 1600m
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Field Events:
Shotput
High Jump
Long Jump

Please cut and return this bottom portion with your completed physical packet to Mr. Gabb.

*I, _____ have read the expectations and I understand what is expected of me.

_____ (STUDENT SIGNATURE)

- We, the parents/ guardians of _____ have read the expectations and understand what is expected of our son/daughter.

_____ (signatures)