Each athlete is expected to be a valuable asset to the program. Each athlete is expected to be at each practice, team meeting, and competition through its entirety. Athletes are not allowed to leave practices, meetings, and competitions until the end of the practice, meeting, and/or competition. Athletes will be dismissed by the Head Coach upon completion of the practice, meeting or competition.

Athletes must ride the team bus to and from competitions. Athletes must be on time for the bus. If an athlete misses the bus, he/she will not be allowed to compete that day and may be suspended for the next meet. Athletes will not be allowed to leave the competitions early. The entire team will be dismissed by the Head Coach at the end of the competition. Exceptions may be granted for athletes to travel from the competition with his/her parent. This has to be pre approved by the Head Coach and the athlete will only be dismissed at the conclusion of the meet. Buses will be provided to most competitions. If transportation is not provided, the athlete will be responsible for their own transportation. A violation of any of these above rules may result in suspension and/or dismissal from the team.

Each athlete must abide by the South Lakes High School and Fairfax County rules for extracurricular participation. Violations of the participation policy will likely lead to suspension from the team. Alcohol and drug use/offenses will not be tolerated and will result in either a 30-day suspension or dismissal from the team.

Practices begin at 3:15 PM, unless noted otherwise by the schedule. Exceptions are left to the discretion of the coaches. Excused absences include illness (when a student is not in school), family emergency, or any other situation which is excused by the Head Coach. Students are responsible for proper conduct between school dismissal and practice.

One unexcused missed practice or competition may result in a one meet suspension. Two unexcused missed practices/competitions may result in suspension from the team. Three unexcused missed practices/competitions may result in dismissal from the team. Three unexcused late arrivals to practice may be counted as an unexcused missed practice and have the same consequences.

Academics take priority. If an athlete needs help, it is the responsibility of the athlete to notify the coaches of the situation. An athlete may be required to bring a pass from a teacher if the athlete is late for practice. There may be a limit to the amount of times an athlete may come late with an excuse if this becomes a regular and disrupting occurrence. Students must be able to balance academics and athletics to remain on the team.

Athletes may be required to complete specified workouts on days the team does not meet for organized practice. Athletes will be required to check in with coaches when workouts are completed on days which workouts are assigned and the team doesn’t meet for practice.

Each athlete is responsible for his/her uniform, team equipment, maintaining proper practice equipment, including clothing, a watch, and footwear, maintaining a training log, bringing a water bottle and quick fix, and proper behavior. Proper behavior includes having respect for coaches, officials, teammates, and others. iPods, cell phones, and other electronics are not permitted at practice or meets. Athletes are required to wear long sleeve gear/jackets and pants if the temperature is below 70 degrees during practice.
Foul and bad language will not be tolerated. An athlete will receive a warning for a first offense of any of the above and a second offense may lead to suspension or dismissal from the team. An athlete may also be held out of practice for not having proper equipment/attire.

- Current equipment values if issued to athletes: uniform - $70, warm ups - $120.

- Exceptions to the above rules or waivers of the above rules in special circumstances may be granted by the Head Coach.

To receive a Varsity Letter an athlete should meet one of the following requirements:
1. Participate in District, Regional, or State competitions.
2. Is an extraordinary asset to the program as determined by the coaches.

I have read and understand the 2019 South Lakes Outdoor Track & Field team rules. I agree to abide by the rules, regulations, and philosophies set for the South Lakes Outdoor Track & Field Program.

_________________________  ______________  ______________________________  ______________
Student Signature          Date              Parent Signature               Date

_________________________  __________________________
Student Name Printed        Parent Name Printed