

1. The individual member's action both in and out of school reflects on the team. Actions that reflect negatively will result in loss of competition privileges.
2. Student must pass five classes to be eligible for competition with the team.
3. Members will be held accountable for promptness at training sessions, for travel and for meets.
4. In order to facilitate organization of practices and meets, it is requested that all members notify the Head Coach and any other coaching staff in advance if they are going to be late or have to leave early.
5. Absences excused in advance with the head coach and a staff coach (a written notification, not by a teammate) will be tolerated. If they become a habit, the result will be reduced competition privileges.
6. Unexcused absences for practices or meets will result with forfeiture of the individual's privilege of competition. Additional unexcused absences may result with additional sanction including removal from the team.
7. Attendance at all training sessions and meets are mandatory to participate as a member of the team. If you feel you have a special situation for which you cannot attend all practices and/or meets, please see the Head Coach to excuse your absence.
8. Training session will begin promptly at 3:30, and will end at 5:30 unless otherwise stated by your coach.
9. Rewards for participation as a member of the AW girl's track team will be dependent on attendance and effort in all practices and meets. 2 points will be awarded for each day of attendance and 100% effort (meets included), 1 point will be awarded for attendance but little or no effort to complete workouts or events at meets, 0 point will be noted if absent from practice or meet. If injured, need to attend when possible and consult coaches for further instructions.
10. Participation Award requires you to have 85% of total points. Varsity Letter requires you to have 85% of total participation points and 20 Varsity competition points (relay divide points by 4).
11. Practices during Spring Break will be optional. Arrangements for training will be made at a later date. A daily log of workout completed during the entire spring break will be needed if not training with the team.
12. School issued equipment (uniform, warm ups) will be returned cleaned and in good condition by the designated date. Failure to return will result in school sanctions.
13. Good nutritional habits and proper rest are essential for good health as well as for preparation for competition. Use good judgement in maintaining your health.
14. Additional consequences for break rules (other than code of conduct rules) will be specified and determined by the athletes.

Appleton West Girl's track and field coaching staff