

# ST. CHARLES TRACK AND FIELD

## Philosophy and Team Rules

### SAINTS TRACK AND FIELD PHILOSOPHY

1. **TRACK AND FIELD IS A TEAM SPORT**—We expect commitment and responsibility to the team in terms of effort, attendance, and time from **ALL** team members.
2. **EVERY TEAM MEMBER IS IMPORTANT**—Every member of the team has a contribution to make to the success of the team. Middle school and high school athletes are all of equal importance/rank. While age, longevity, or achievement do not warrant special treatment or privileges, they *do* warrant greater responsibility. All team members will be judged by your teammates and the coaches in terms of your attitude and effort.
3. **WE DO NOT CUT CORNERS OR CHEAT**—This goes for workouts, races, school, or in our personal life. We will pay the fair price for success in terms of time, work, and dedication. If we do this, success will follow.

### SAINTS TEAM RULES

90% of success hinges on attitude and team morale. There are certain behaviors that undermine both individual and team success because they damage that attitude and morale:

1. Most importantly, you are expected to treat your teammates, your coaches, your opponents, officials, and fans with *dignity*.
2. You are expected to be on time for practice and meets. Unexcused absences and repeated tardiness will not be tolerated.
3. You are expected to be positive. Your attitude is a choice. Grumbling and complaining at practice, in the locker room, or elsewhere will not be tolerated. See #3.
4. You are expected to COMMUNICATE. You are expected to address any concerns with the head coach on an individual basis and in a respectful manner. Internal manners will be discussed and dealt with internally.
5. You are expected to complete each workout, including warm-up, calisthenics, and cool down, as directed by the coaching staff.
6. Any behaviors and/or attitudes that are determined by the Coaching staff to be destructive to team attitude/morale/image will not be tolerated.

The following are the minimum penalties for violation of the above. Any of the following may also include suspension from practice:

- a. First offense: suspension for one meet. Removal from captaincy (if applicable).
- b. Second offense: suspension for two additional meets. Name removed from Honor Roll consideration.
- c. Third offense: dismissal from the team. Forfeiture of letter consideration.

Anyone who has been suspended because of violation of team rules or is ineligible because of poor academic performance or violation of MSHSL is ineligible for post-season team awards. In the event of an MSHSL violation, penalties as determined by the state will be followed.