



Lacey Township High School Track & Field



How do I make the Lacey Winter Track Team?

Everyone makes the team. We are a program that does not incorporate a cut policy and we are proud that we are completely inclusive. However, that does not mean that you should forget the value of team and commitment. Therefore, we have incorporated some other policies.

Policy # 1 Athletes **MUST** meet a performance standard in order to be eligible to compete at dual meets and/or invitationals. You must first show that you have the physical skills in practice, workouts, and time trials before we will allow you to compete.

Policy # 2 Athletes **MUST** be cleared prior to the first day of practice. You cannot practice without a physical and the expectation is that if you are serious about potentially competing for the LTHS track & field team, then the first step is paperwork.

Policy # 3 Athletes **MUST** be at practice each and every day. You have committed yourself to a team and the expectation is that you are there every day. You will be allowed 5 unexcused absences for the season. If an athlete has a 5th unexcused absence, she will not be racing the rest of the season for the team and will forego any awards that may have been previously earned. Excusable absences are absences of an emergency nature, religious requirements, and any other absences that have been pre-approved by the coach. Athletes are to have, in writing, their request to miss practice with stated reason. I expect any appointments to be made around practice schedule, not during it.

Policy # 4 Athletes **MUST** be warmed up to begin stretching at 2:10 sharp. Any athlete that is not warmed up and stretching by 2:10 will be marked late. 3 lates equal an unexcused absence. Once again, if an athlete has a 5th unexcused absence, he will not be racing for the team.

How do I earn a Varsity Letter?

In order to be eligible for a varsity letter, athletes must:

- 1) Finish out the entire season. Anyone that quits or has a 5th unexcused absence will not receive a varsity letter.
- 2) Earn enough points through performances at varsity competitions.
OR
Earn a performance on the varsity standards list.
- 3) Score in any championship meet.
- 4) The only exceptions are any runners whom the coach deems to be a varsity athlete.

Other Rules and Regulations

1. Stay out of trouble in and out of school. You are a reflection of your family and this team. We are to be viewed as productive members of our communities. If you have detention, report to practice right after detention ends.
2. You will respect your coaches, teammates, and yourself. Opinions are only valid when you can have a constructive and productive conversation. If you cannot do that then it is best to keep quiet until you can manage to have a pleasant dialogue with coaches and teammates.
3. Your equipment and uniform is to be treated with the utmost respect and care. They are expensive and symbolically reflect your connection to your school and team. They are to be kept clean and in order.
4. A good athlete is an extension of a good student. You must put forth the same dedication and effort to your studies that you will put forth on the track and on the field.
5. The locker room is a place of preparation and relaxation. Use it for both but nothing else. Keep it clean and organized. Your locker should be neat and clean with a lock to safe guard valuables.
6. If you arrive to school after 8:15am, you must have administrative approval to practice.