



EPISCOPAL
HIGH SCHOOL
of JACKSONVILLE

January 2008

From: Head Coach, Episcopal High School Track & Field Team

To: Team members and parents

Welcome to the 2008 season! The coaching staff is excited and ready to go. We are committed to having an enjoyable and successful season. Many people have worked very hard to achieve the tradition of excellence that we now enjoy. The team guidelines listed below are intended to help you achieve your goals. Since there is only one team, Varsity, we all work together toward individual and team goals. Success in track requires a great deal of discipline and accountability. Please read the team policies below and discuss them as necessary. Please sign and return the accompanying form within three (3) school days. This is your first act of responsibility towards the team. ***The number one rule of track is that you get out of it exactly what you put into it.***

Team Policies:

1. Daily attendance at practice is mandatory and is recorded by the manager. This means you arrive at 3:30 and you do not leave until you are dismissed by the coach. Unexcused absences will result in a series of consequences ranging from non-participation in meets (which you will attend anyway) to dismissal from the team. An excused absence is allowed when the athlete has a written note beforehand, explaining the absence. This note must be delivered to a coach or the manager prior to 3:30.
2. Track meet attendance is critical. Families will arrange personal matters so as not to conflict with meets. This is still a team sport and absences are detrimental to the entire team. Absences MAY be approved if we are notified at least one week in advance by a letter from a parent. This does not apply to the championship series of meets in April, for which there are no excused absences. Non-compliance with this policy may result in a suspension or dismissal from the team.
3. Because academics are paramount, keeping one's grades up is a top priority. See your event coach if you need help in this area.
4. There is ZERO tolerance as regards to tobacco, alcohol, illegal substances or offensive language/behavior. Non-compliance with this policy results in immediate dismissal from the team.
5. 100% effort is expected in practice and meets. If you are ill or injured, see your coach immediately.
6. Any problems with coaches or peers will be brought to Coach Hunt's attention immediately.
7. The team captains are the direct representatives of the coaches. You will be expected to respect their authority.

8. All team issued uniforms **MUST** be returned promptly at the end of the season.
9. You must travel to school-day away meets with the team. You may leave meet with your parents if you sign out on the clipboard at the meet.

VARSITY, JV and MIDDLE SCHOOL RECOGNITION CRITERIA:

In order to earn a Varsity letter you must attend all practices and meets unless there is an excused absence (see above). To win a Varsity letter winner, one must earn 20 meet points during the season, (meets are scored 10-8-6-5-4-3-2-1 for places 1 through 8) or place in the top 8 at the District Championships (i.e., 8th place = 20 points toward a varsity letter). An unexcused absence at practice is worth MINUS 5 points and an unexcused absence at a meet is worth MINUS 20 points. Coaches may award discretionary points for extraordinary leadership, sportsmanship or effort. Likewise, disciplinary or attitude problems can result in deduction of points. JV status is awarded to all upper schoolers who do not qualify for Varsity status, unless there are unusual circumstances that merit the awarding of PE credit only. Middle Schoolers typically earn Middle School Achievement Certificates, although they are also eligible to earn Varsity and JV (for superior performance that falls short of the Varsity criteria) letters.

***** IMPORTANT *** IMPORTANT *** IMPORTANT *****

There will be a very important parents' meeting at 6:00pm on **Tuesday, January 29** in the Intramural (old) Gym. It is extremely important that all parents attend. We cannot run our home meets without the active participation of the athletes' parents.

The Coaching Staff and contact info:

Head Coach and Sprints: Charlie Hunt, 398-6442 (work 5am – 3pm), 363-1931 (home evenings)

Jumps: Pat Crandall crandallp@episcopalhigh.org, 396-5752 ext 1620 school, 221-4796 home

Hurdles: Charlie Phillips, school ext. 1607

Girls' Distances: Kevin Day, school ext. 1910

Boys' Distances: Buddy Myers

Throws: Brendan Bledsoe

cut off here and return to Track Coach

Episcopal High School Track & Field

From: _____

Athlete's Name

I have read and understood the team policies. I agree to follow the team rules.

Athlete's signature _____

Witnessed by parent _____