

Attendance at Practice

As part of your commitment to the team, attendance at practice is required.

1. If you attend school you are expected to be at practice. If you are unexcused for part of the school day, but are at school at the end of the day, you attend practice, but do not dress out.
2. You must attend school (all day) the day after a meet. If you violate this policy once, you will be talked to about the absence. A second offense will result in disciplinary measures, which may include a meet suspension.
3. If you are not at school at the end of the day for an excused reason, it will not be counted as an unexcused absence.
4. If you become sick during the day, talk to coach Block before you leave school.
5. If for some reason, you can not come to practice, you must turn in a note that day to coach Block.
6. The coaching staff needs to be made aware, in writing from a parent or guardian, of any family trips and vacations, or class field trips, ect..., before you leave on them.
7. Unexcused absences (those not approved by coach Block) will be dealt with in the following manner:
 - you will not be allowed to participate in the next meet.
8. Excused absences include:
 - serious family matters
 - injury
 - illness
9. If an athlete has 3 unexcused practices, they will be asked to turn in their uniform and leave the team.

Attendance at Meets

1. Attendance at all home meets is required, and absences will be unexcused unless you have talked to coach Block in advance
2. Meets end after the 4x4 relay. If you leave before the meet is over, it will be considered an unexcused absence. We will have an entire team meeting after the completion of the 4x4 relay.
3. Athletes are required to ride the bus to all away meets. Arrangements may be made to ride home with parents **AFTER** the meet. See coach Block to sign off the bus.
 - If you plan to ride home with parents, you must turn a note into Coach Block the day of the meet for approval

How to Earn Letter Points

1. Athletes must earn at least 50 team points in order to letter for the season.
2. Equal points are given for those which are earned in meets. For example, if you win the 100m dash in a dual meet you earn your team 5 points. You have also earned yourself 5 letter points. See the table below for how team scoring is conducted throughout the season.
3. Relay members will earn points that they earn at meets the following way: if your team wins first in a dual meet (5 pts), we double the points (10 pts) and then divide by 4 (2.25) and give each member that amount of points.
4. Working a middle school meet will earn 5 points for each meet worked.
5. For members of the team that do not compete in the River Valley invitational. 5 points can be earned by working an event.
6. Team members that volunteer to help with the Saturday morning Little Speedsters clinics will earn 5 points for each weekend.

River Valley Track and Field

Athletic Code of Conduct Player

Contract

The River Valley School District's Code of Conduct Book states the following:

When a student-athlete is judged to have committed an unlawful, illegal, or specifically prohibited act- including, but not limited to: theft, vandalism, assault, batter, sexual assault of any degree, the possession, use or selling of alcoholic beverages or controlled substances (drugs), and the possession or use of tobacco in any form- that individual shall be disciplined.

I understand what the school district's policy is on first, second and third offense violations to the above stated rules are. As a track and field team staff we agree that there is no room for any violation of the code of conduct book during our season and therefore, will enforce a tougher penalty that those stated in the district's code book.

From the first day of practice this season until the last race run, we expect our athletes to remain substance free, and abide by all rules in the River Valley Code of Conduct book. Our coaching staff feels that once an athletes starts into our program, they should be committed until the end.

I have read the above information, and understand what the consequences are for breaking any of the code of conduct rules during the 2008 track and field season. By signing this document, I agree to the following rules as established by the River Valley Track and Field program as stated.

Date: _____

Athlete's Signature: _____

Parent's Signature: _____