



SWMS Track & Field 2019

TEAM VALUES

We strive to develop values in our student athletes which will act as guiding principles. Our objective is to help develop core values, and therefore character and virtues, that are not only important in running, jumping and throwing, but also for success in life. Our values are: Commitment, Teamwork, Discipline & Focus, Selflessness, Integrity, and Sportsmanship.

Instructions: Athlete should initial each section (yellow underline) and sign last page. A parent should also sign on last page (yellow).

- 1) (Athlete initials) **COMMITMENT** – All athletes are expected to be committed to the sport of track and field. They are expected to show up for practice and meets on time, all the time.
 - a) DAILY PRACTICE – Practice begins at 4:30 unless otherwise designated by the coaches. Drill time may be assigned for each minute that an athlete is late. Never leave any part of practice without the permission of your coach. If you have to miss a practice, either call your coach or consult him/her ahead of time. Failure to do so could result in not participating in events.
 - b) COMPETITIONS – All student athletes are expected to participate in competitions unless a valid exemption (sick, test or withheld by coach) is given to the coach at least 24 hours prior.
- 2) **TEAMWORK** – Student athletes are expected to demonstrate teamwork and show courtesy to their fellow student athletes, managers, and coaches. This includes listening and not talking when the coaches or an athlete is addressing the team
- 3) **DISCIPLINE** – Athletes are expected to complete the assigned workouts in a timely fashion and complete all tasks when due.
 - a) ATHLETIC FEES – Fees should be paid in a timely fashion. Any athlete who may have an issue with the payment of dues should talk with the coaches before the dues are due. A deferred payment plan or assistance may be available.
 - b) PAPERWORK – Athletes must complete all of the paperwork required (highlighted in yellow on the Running Titan web site www.runningtitans.com) prior to being eligible to practice with the team.
 - c) PRACTICE DRESS - All student athletes should report to all practices in workout gear (including running shoes and water bottle). This includes light clothing both in color (bright for visibility) and in weight (keep cool). Never practice in meet uniforms. Make sure you wear sweats / warm up outfit when needed. Be sure to refer to the Equipment List on the web site for items needed for practice and meets.
 - d) UNIFORMS – Uniforms are the property of SWMS and must be washed and returned on the date due. Uniforms will be due at the end of the last meet that the athlete participates in. Failure to do so will result in monetary fines or jeopardize participation in other sports at West.
 - e) SAFETY – Any athlete deemed a safety risk to the team (e.g. dawdling when the rest of the team has completed their workout; does not complete workouts in a timely fashion), may be asked to leave the team. Any athlete violating safety instructions given by the coaches may be suspended or dismissed from the team. Athletes will refrain from chewing gum (or any other substance or object) during practice.
 - f) COACHES – Athletes must adhere to the coaches' instructions on time, all the time, without fail.
- 4) **SOCIAL MEDIA POLICY** - SWMS recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. However, each student-athlete must remember that competing for SWMS is a privilege. As a student-athlete, you represent the Shelby County Public Schools and are expected to portray yourself, your team, and the School District in a positive manner at all times.



TRACK & FIELD

- a) Similar to comments made in person, the West Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
 - i) Derogatory language or remarks that may harm my teammates or coaches; other West students, teachers, or coaches; and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
 - ii) Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
 - iii) Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - iv) Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.
 - v) Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.
- 5) **SPORTSMANSHIP** - Athletes are expected to show a high level of sportsmanship to meet officials, coaches, fellow athletes, spectators, and competitors. Any athlete not displaying sportsmanship or representing SWMS (e.g. engaged in horse play) well, will immediately be removed from competition and / or practice. Their parent / guardian will be called to pick them up from the venue (i.e. they will not ride the bus back to SWMS) and they will be suspended from the next competition.

TEAM DISMISSAL - The coach reserves the right to ask any athlete to leave the team if he or she is not in compliance with the team values.

Parent Guidelines:

- 1. Parents agree to monitor the academic progress, study habits, sleep, proper nutrition and hydration of their student athlete.
- 2. Parents agree to monitor the equipment needs of the student athlete (water bottle at practice every day, running shoes with good padding, light clothing both in weight and color, etc.).
- 3. Parents will refrain from contact with all athletes from 30 minutes prior to a competitive event until 15 minutes after their event, unless an emergency situation dictates otherwise. Parents must not intermingle with athletes before, during, or directly after the competition.
- 4. Parents agree to ensure that their athlete turns in their uniform when due.

ATHLETE CONTRACT:

I have read and understand the values of the SWMS Track & Field team. I agree to abide by them and realize that I may be asked to leave the team if I am unable to comply.

Signature _____

Date

Print name _____

PARENT CONTRACT:

I have read and understand the values of the SWMS Track & Field team. I realize that my son or daughter may be asked to leave the team if he or she cannot comply.

Signature _____

Date

Print name _____