

# **Hartford Girl's Track & Field Team Policies**

## **Coaching Philosophy:**

Track and Field is a special sport where athletes have the opportunity to compete against themselves. Not every athlete will have the opportunity to run in WIAA Finals or on the Varsity team, however they will get a chance to improve and set new personal records (P.R.) each time they race, jump, vault, or throw. Track and Field is largely a mental sport where ATTITUDE defines success. Competing in Track and Field will give each student athlete the opportunity to learn the skills of her event(s). They will also learn how to apply themselves to their fullest potential through hard work, the correct attitude, self-motivation, dedication, consistency, discipline, and effort. Team members must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of any individual team member.

The coaching staff has set strategic objectives while maintaining the vision and purpose of the Track and field program for the season. Being a member of Hartford Union High School's Track and Field team is a privilege and a worthwhile endeavor that will create lifelong lessons for each individual athlete.

*Successful Athletes are mentally tough and are:*

- *Self Motivated*
- *Positive, but realistic*
- *In control of emotions*
- *Calm and relaxed under pressure*
- *Determined*
- *Set smart goals*
- *Self confident*
- *Coachable*
- *Accept responsibility for their actions*
- *Make no excuses, lay no blame*

## **Practice Policies**

- a. Be on Time
- b. Dress Accordingly
  - Correct running shoes and clothes every day. Have warm clothing for outdoor practices.
- c. Be Responsible
  - In class, during lunch and outside of school
  - Do not miss any practices.
  - Work to your very best potential each day
  - All athletes are required to report all injuries to their coach. (Note: sore muscles, blisters & minor bruises etc. are pains not injuries) The coach will send you to the trainer or give you a recommendation for outside help with your injury.
- d. All athletes must dress for every practice. If you are injured, ill, or have a written excuse from your parents, you will still dress out. You and your event coach will determine the extent of your participation based on doctor/trainer recommendations.
- e. If an athlete needs to see the trainer for any reason, they must be given permission from their event coach or Coach Sliwinski beforehand.

## **Road Running (Distance)**

The following rules for running workouts on the roads should be strictly observed by all athletes for their own safety.

- a. NEVER RUN ALONE
- b. Always run on the sidewalk.
- c. Avoid major intersections as much as possible.
- d. Never challenge a car or driver. The Car always wins!
- e. Misconduct on the roads will not be tolerated. Remember who you are & who you represent.
- f. Always report any unusual occurrences immediately upon your return to the track.
- g. Always check in with your coach when you return from the run.

### **Before a Track Meet**

- a. Make sure you have eaten well the night before, morning of, and had something 2-3 hours before your first event.
- b. Drink plenty of water the week, the night before, and day of the meet.
- c. Stay out of the sun.
- d. Make sure you have all necessary items such as: Uniform, shoes (spikes, throwing shoes, etc), sweats, and have spikes changed before the meet!
- e. Know the events you are competing in and when they are.

### **At the Track Meet**

- a. Stay near our area or near the track with teammates.
- b. Wear your sweats. Stay warm!
- c. Conduct yourself in a respectful manner. Know whom (school, family, yourself) you represent.
- d. Listen and pay attention to the meet. Don't miss your event
- e. Warm up properly before your event (at least 2-3 events before you compete)
- f. Cheer your team on. We are there to win as a team!
- g. No cell phones on the Track or infield
- h. This is not a social event. Do not distract yourself or others
- i. Compete with a character and a humble attitude. Unsportsmanlike conduct will NOT be tolerated.
- j. All athletes not competing in home meets are expected to help whether it be a Varsity or JV meet.

### **End of Meets**

Athletes are expected to stay and support other Athletes after their events are finished. In the event an athlete needs to leave the meet early they can but MUST leave with a parent/guardian. The Athlete, along with their parent/guardian must see Coach Sliwinski before leaving the meet. As a coaching staff, we discourage Athlete's from leaving early because track is a team sport. As with any HUHS sports, we encourage our Athletes to stay to the end in order to support other teammates.

Team captains are responsible to ensure that all gear and equipment is cleaned up.