Ardrey Kell Track and Field Guidelines

1. School Rules/Code of Conduct:
   Follow all the school rules according to the Ardrey Kell Code of Student Conduct Handbook.
   Please pay close attention to the Honor Code contract you signed.

2. Attendance Policy:
   See Weebly: https://ardreykelltrack.weebly.com

3. Grades:
   School must come first! You are in school to be a student, not a professional athlete.
   Eligibility is determined based on previous semester grades.

4. Conduct:
   Wherever you are as a member of the Ardrey Kell Track and Field team, you are representing yourself, the coaches, the team, the school and the community. It is vital that you behave in a way that demonstrates a sense of maturity and responsibility wherever you are.
   Recognizing the importance of time and place should help you to assess what is proper behavior for the moment. We will be spending a LOT of time together and we wish to make this the best time possible. Each member of the team is expected to treat ALL others (whether they are team members, fellow athletes, opponents, other coaches, or officials) with kindness, respect and courtesy. If you find that you cannot follow this rule, you will promptly be asked to leave the program. Keep in mind that what you say to others and how you act toward others reflects on our program and school. Everyone who competes has worked hard and deserves your admiration. Please feel free to cheer for all athletes regardless of their team, but be sure to cheer the loudest for our wonderful AK teammates. We want to be known as a friendly yet competitive team, please help us develop this tradition.

5. Health:
   A balanced diet and plenty of rest is a must and will be a tremendous aide to you as you attempt to reach your goals this season.
   You will be putting great strains on your body throughout the season as your train. Keeping yourself healthy will be a difficult, but vital task. Please concern yourself with your diet and health care. If you feel that you are becoming overwhelmed with schoolwork and are lacking sleep, please talk with a coach so that we may work something out to give you more time.

6. Asthma or other Health Conditions:
   If you have asthma, you are required to have your inhaler with you at all times.
   If you do not have your inhaler, you will not be able to practice or compete.
7. **Injuries:**

Athletes must ask a coach to visit the trainer unless there is an emergency situation.

We will be pushing our bodies to their limits during many practices and meets and you will get sore. **Athletes need to learn the difference between soreness/regular aches and pains and a true injury.** Any and all injuries should be reported to a coach immediately. It is important to NOT make it a habit to bow out of practices to see a trainer as you will be missing valuable practice time that will be essential to you improving your performances. If a situation does arise where an athlete needs to see the trainer daily for pre-workout aide, the athlete should do so quickly **prior to the start of practice.** If there is a long wait, the athlete should report to practice and then get clearance from a coach to return to the trainer for aide.

8. **Cell Phones:**

Phones must be turned off and be put away during practices.

We want the students engaged and supporting their teammates. Athletes are not allowed to use their phones during workouts. Focus on practice is important and it will give everyone a chance to interact with teammates and coaches.

9. **Practice Attire:**

Please dress appropriately for practice.

You are here to work hard and achieve your goals, not to put on a fashion show. Layers are key! Check the weather before packing your practice/meet bag. All athletes will be expected to wear shirts and shorts at all times.

10. **Uniforms:**

As a way of demonstrating team pride, clothing that identifies you as a member of the Ardrey Kell Track and Field team should be the *only* clothing worn at a meet.

Each member of the track and field team will be issued a school uniform. In an effort to keep these uniforms in good condition, they are only to be worn for meets. Please remember you are representing AK and dress accordingly. In inclement weather other personal clothing may be worn, but it must be worn under the AK team apparel. **It is each athlete’s responsibility to return all issued equipment in the same condition as when issued.** Lost or damaged equipment must be paid for at the replacement price.

11. **Rides/Carpool**

Please try to car pool. Please reach out to another parent if it is difficult to pick your child up after practice.

The Ardrey Kell Track and Field staff is looking forward to working with the students on the team and getting to know the families of our athletes. Everyone’s cooperation is truly appreciated.