



Kentridge Track and Field Team Regulations

“We Are KR”

Check Athletic.net or KRBoosters.org for more Track Team Information

Attendance:	
An athlete may not participate in a meet if: <ul style="list-style-type: none"> - 2 absences from Thursday – Wednesday - 1 unexcused absence from Thursday – Wednesday - Absent the day before a meet without arrangement with coach. (Especially relay team members) 	Excused Absences: <ul style="list-style-type: none"> - Dr. appointments that cannot be scheduled at other times - Teacher directed conference or study session (<i>kept to a minimum</i>) - Illness - Family Emergency - Mandatory School Functions - No PE credit available after 7 absences (for any reason)
Unexcused Absences: <ul style="list-style-type: none"> - Work - Non-Kentridge teams' activities - Non-teacher directed study sessions with friends - 2 unexcused absences during the season = conference with coach and possible dismissal from team. 	Tardy: <ul style="list-style-type: none"> - Tardy if you come to practice after 2:30 p.m. - Tardy to practice will count as an absence for PE credit and weekly eligibility. - If tardy is school related, bring note from faculty member to excuse. - Frequent tardiness may lead to disciplinary action.
Grades – Eligibility:	
Academic Eligibility: (one of the items below must be met) <ul style="list-style-type: none"> - min. 2.0 Cumulative GPA - min. 2.0 in the previous semester - min. 2.0 GPA in current semester classes after probationary period. 	Attendance Eligibility: <ul style="list-style-type: none"> - Must be in school by third period - Deadline to join team is March 14. (PE absences count from Feb.29) 
Forms to be turned in:	
Before an athlete may turn out: <ul style="list-style-type: none"> - Online Athletic Registration - Clearance by Athletic Director's Office 	<ul style="list-style-type: none"> - KSD Athletic Handbook signed and returned - Off-Campus Running Form (distance runners)
Uniforms:	
<p>Only colors allowed for anything worn to a meet will be Green, Yellow, Black, or White/Gray</p> <ul style="list-style-type: none"> - Undergarments will only be black. Long shorts and t-shirts for warm-up will only be in school colors (Green/Yellow/Black/White) - Any stripes must be in school colors - Only team warm-ups or purchased KR sweats may be worn at meets. - Athletes are financially responsible for uniform and equipment checked out to them. Fines will be charged for loss, repair or cleaning. Late fees will be charged for uniforms turned in after due date. <p>Note: No uniform will be assigned until an athlete is academically and athletically eligible and has turned in all forms.</p>	
Practice Expectations:	
<p>Start: 2:30 p.m. (in East Gym or on track when weather improves)</p> <p>End: 5:00 p.m. (varies depending on event and weather conditions)</p> <p>Appropriate practice apparel required. (Sweats, running shoes, etc.)</p>	
Warm-up:	
<ul style="list-style-type: none"> - Warmups will be completed by event groups after attendance and announcements 	
Equipment at Practice	
<ul style="list-style-type: none"> - No athlete in a group leaves practice until all the equipment for that group has been put away. (i.e. HJ and PV pits, starting blocks, hurdles, throwing implements) 	

Weight Room:

- Use of the weight room before or after practice must be supervised by a coach.

LETTER STANDARDS

In all cases, the judgment of the Head Coach will be the deciding factor in determining who will become “candidate eligible” to be awarded a letter. However, here are some basic guidelines or general standards.

- 1. Must meet minimum letter requirements by event or points.
- 2. Participation in a minimum of 4 meets.
- 3. Must have completed the season, unless injured or excused by coach for special reasons
- 4. Must have followed the Athletic Code
- 5. Must have been in regular attendance at turnouts. (Max. 7 absences for PE credit)
- 6. Must be a student in good standing
- 7. Must have turned in all equipment and/or paid all fines and obligations

Dual and Invitational Meet Expectations

Dual Meets

- All athletes **must ride the bus to dual meets**
- All athletes are encouraged to stay until the end of the meet. (Especially varsity athletes)
- **No athlete may leave the athletic venue during the meet unless excused by parent.**
- Only a parent may take an athlete home if not returning on the bus.
- Athletes leaving with a parent must checkout with event coach.

Invitational Meets

- Participation in an invitational is not optional. Top athletes should plan their schedules accordingly.
- Schedule conflicts should be worked out two weeks in advance with head coach.
- See Attendance section for Excused and Unexcused absences.

Event Selection:

Event selection for meets will use the following procedure.

- Event coach discusses events with athlete
- Event coach determines which events an athlete will participate
- **Skipping an event will result in discipline. (Ineligible for next meet.)**
- Head coach will move athletes where necessary for the benefit of the whole team
- Relay teams will be determined by coaches
- Must participate in at least one event per meet when eligible and not injured.

Fundraising:

All athletes will be expected to participate in three fundraisers

- Road Runner Spike Night Fundraiser (Wed., March 2nd, 6:00 p.m.) Just show up and we get paid! Free Pizza, too!
- eTeamSponsor Fundraiser participation. Rewards and Prizes available. More information the first week of practice.
- Kentridge Blanket Sale (2 blankets per person)

Note: Funds benefit the whole team and allow us to participate in invitationals and purchase needed equipment, refreshments and awards.

KRHS Booster Club (Track)

Opportunities to support Track & Field and Cross Country sports at Kentridge!
Please contact a head coach if you can help. Our team representative is Mrs. Holman.

Outside Teams/Coaches/Personal Trainers

Outside Teams:

- Participation on teams outside of school is allowed as long as the other team’s schedule does not interfere with the KR track schedule for practices and meets. Care must be given to not over train.

Coaches and Personal Trainers: (during the KR track season)

- Interference or training with coaches or personal trainers outside of the KR track program is discouraged. In most cases this leads to a conflict of interest and overtraining. Some of our best athletes in the past have been injured and missed several weeks of the season due to training beyond what we do at KR. Student athletes must choose between being a member of the KR Track Team OR individual personal training.

Questions???

Contact Head Coach

Al Waltner (Boys) 253-373-4249 (al.waltner@kent.k12.wa.us)

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