

Lansing Varsity Outdoor Track & Field

Policies & Procedures

Becoming a track and field athlete is not only about running, jumping, and throwing but also about developing student-athletes who can set individual and community goals and achieve them, be it on the track, in the classroom, on the job, or at home. *We are a team that is committed to being our best selves and to supporting our teammates in a challenging and fun atmosphere.*

Academics

You are a student athlete. It is your responsibility to keep up with your schoolwork and to remain in good academic standing. **If you are struggling academically, we expect you to ask for help and to communicate with your coaches so we can support you.** Successful athletes excel at time management and work to achieve both academic and athletic goals. Use your time wisely and remember: student first, athlete second.

Alcohol and Drugs

Alcohol, tobacco, and drug use are strictly prohibited. Not only is their use in violation of school policy (and the law!) but their use also explicitly counteracts the goals that we are trying to achieve. Team members must refrain from the possession, consumption, purchase, or sale of these substances and should not attend any function or be present in spaces at which there is underage use of these substances.

Communication

Communication with coaches is extremely important.

- 1) Athletes are expected to keep the coaches informed of anything that may affect training including but not limited to:
 - a) knowledge of an upcoming absence
 - b) any injury or concern about a possible injury
 - c) conflicts within the team or with other athletes
 - d) academic problems
 - e) any other issue that may keep you from performing to your potential.
- 2) Athletes must notify a head coach in writing if they will not be available for a meet because of a conflict. More than one week notice is expected. Should an athlete need to miss a meet because of illness or emergency, the athlete and parent are expected to notify a head coach as soon as possible.
- 3) **Athletes are expected to read emails from coaches and to check our website (lansingxctf.weebly.com) for updates.**

Practices and Attendance

Practices are generally held Monday through Friday from 3:00-5:00. Saturday practices may be held. This is a varsity sport and thus practices will be held during school breaks, virtual days, and some holidays.

Track and field requires daily training to be undertaken safely and successfully. Practices are intended to help you achieve your best. **You need be at practice. Failure to attend practice jeopardizes an athlete's entry to meets and impacts the team's performance.**

Please review the following attendance requirements carefully. If you do not feel you can fulfill them, do not sign up for track and field.

1. Practice begins at 3:15pm on regular school days. Athletes are expected to be on time, dressed and ready to practice at 3:15. Attendance will be taken.
2. If you cannot be at practice, you must communicate this in writing to a head coach. Acceptable absences include illness (absent from school), a family emergency, and school sanctioned events or trips.
3. If you are unable to run/jump/throw as a result of an injury, you are expected to report to the start of practice and join the team for stretching. If you are medically cleared to cross train or have physical therapy exercises to complete, you can complete these exercises during practice and/or help the coaches facilitate the practice.
4. Athletes must remain in compliance with the Lansing Athletic Code of Conduct, including attendance policies. An unexcused tardy or absence means that you cannot attend practice or the meet that day. You need to be on time and in school in order to participate with the team. Again: student first, athlete second.
5. Athletes must be at practice to be eligible for meets. Athletes who miss practices before an upcoming meet may not be allowed to compete. They are required to attend the meet and to help the coach and team.
6. Athletes will be given two unexcused absences before they can expect to have a meeting with the head coaches.

A specific note about extra-curricular activities: the coaches recognize that our athletes have many commitments at school, at home, and in the community. We ask that athletes carefully consider their commitment to this team and to their health and growth potential. We support our athletes' various pursuits – but we also believe that commitment and prioritization are necessary to doing anything well. We are here to help athletes navigate these choices and encourage open and honest communication in order to facilitate healthy progress and growth.

Sportsmanship and Personal Conduct

Athletes are ambassadors both on and off the track. Excellence is a habit. Your conduct and attitude are a reflection of you, your family, coaches, teammates, and school. Represent them all in a positive, sportsmanlike manner with excellence and integrity. No one person is above the **team**. Everybody on the team is important and deserves your **respect** and **encouragement**. Unsportsmanlike conduct will not be tolerated and repeated offenses will be grounds for dismissal from practice, meets, or from the team.

1. Have a positive attitude and support, encourage, and congratulate your teammates.
2. Respect your teammates and coaches. Listen when coaches are speaking.
3. Respect yourself. Reflect on your own conduct and performances as you would that of a good friend.
4. Conduct yourself with a sense of purpose and urgency. Complete workouts to the letter. Be efficient with your time. Practice should be productive.
5. Always display good sportsmanship to other teams. Congratulate and encourage your competitors. Respect their effort.

Track Meets

Participation in meets is our goal and reason to practice. You are expected to attend every meet in which you are eligible to compete (see [Regular & Championship Season section](#)). Coaches will be in communication with athletes regularly to confirm entries.

1. Athletes are expected to travel on the bus to meets.
2. Athletes are expected to stay at the meet until the last event is over.
3. Athletes are expected to cool down and stretch before leaving the meet – regardless of whether they are leaving on the bus or with a parent.
4. Athletes may travel home from meets with their parents if the parents have spoken directly to a head coach. Parents will have to sign athletes out at meets with a coach. Athletes may not travel to or from a meet with anyone other than the assigned district-approved bus driver or his/her parent unless the athletic director and coach have received written permission at least 24 hours in advance of requested travel.
5. Do not be late for the bus. The scheduled departure times are carefully planned to allow enough warmup time for the team and for coaches to attend mandatory meetings. Bus departures will be prompt.
6. All athletes will do the initial team warmup when we arrive at a track meet (including home meets) and are expected to cool down, stretch, help clean our team area, and help load the bus with team equipment.
7. During a meet, athletes are expected to cheer for their teammates and help teammates however possible (collecting their warmups, holding blocks, etc).
8. During a meet, athletes may not scratch from an assigned event unless permission from a coach has been given. Athletes may not leave a meet before the completion of the final event unless permission from a head track coach has been given.
9. Athletes receiving an award must wear their team singlet, team jacket, or a top with "Lansing" or "Lansing Track & Field" on it while receiving their award.
10. Meets, especially invitationals, are several hours long. Plan to bring appropriate attire and plenty of water and healthy snacks. Before the first meet, the team will discuss meet day nutrition.
11. Varsity athletes are asked to work at our modified team's home meet. This is *required* and will count as a practice. Most importantly, this is an opportunity to build up our future varsity athletes and demonstrate outstanding sportsmanship and school spirit.

Regular Season (Dual Meets & Invitationals) & Championship Season

Dual meets:

As noted above, all athletes are eligible to compete in regular season dual meets. The first several weeks of the season are considered "regular season." Dual meets are called such because they are scored "head to head," even when more than two schools are present. For example, if Lansing hosts Dryden, Groton, and Trumansburg in a "dual meet," athletes from all four schools will compete against each other but scoring reflects Lansing vs Dryden, Lansing vs Groton, Lansing vs Trumansburg, Dryden vs Groton, Dryden vs Trumansburg, and Groton vs Trumansburg.

Invitationals:

During the regular season, the team will attend several invitationals, generally held on Friday or Saturday. Teams are allowed limited entries into these meets, and coaches must register athletes several days prior to each meet. Not all athletes are guaranteed entry into an invitational, and we encourage athletes to strive not only to earn an entry but also to take advantage of the opportunity to compete against some of the best athletes in the area. An athlete who is entered and then does not compete may be taking an opportunity to compete from his/her teammate; this is why we ask that athletes make every effort to tell us *in advance* if they will be unable to attend a meet.

Championship Season:

The last weeks of the season are considered championship season. All championship meets have limited entries based on qualifying standards. Athletes who have not met qualifying standards are exempted from practices and meets once championship season has begun unless coaches have specifically asked an athlete to stay on as an alternate or training partner.

Injuries

You may have some aches and muscle soreness at different points in the season; this is to be expected and is a natural response to new physical challenges. These types of discomfort will dissipate with rest that is built into the training program. Persistent muscle soreness and any sharp or sudden pains, however, can be a problem or may lead to other problems.

Any ache or pain should be communicated to the coach. It will then be determined if the ache or pain is a natural outcome of training or if further investigation by the trainer or your doctor is needed.

1. Athletes are expected to communicate injuries to their event coach before going to the trainer.
2. Athletes are expected to make appointments with the trainer and/or a physician as soon as possible after an injury that requires assessment occurs. Coaches will expect to meet with the athlete after the appointment to follow up about the trainer's/physician's recommendations.
3. Athletes unable to practice or compete should attend practice unless they are receiving treatment for their injury. You can help at practice, support teammates, and receive event specific instruction.
4. Athletes who have been restricted from practice and competition due to injury must provide a letter from the trainer/doctor before resuming practice free of restriction.

Equipment and Implements

Good running shoes are a must for the season. They will help you stay injury free. Spikes are the only meet apparel not provided. They are not required but will help your performance. *If you need assistance procuring running or racing/jumping/throwing shoes, please speak with a head coach. Our program has a significant collection of competition shoes as well as a partnership with the local running store.* In addition:

1. Please dress for the weather. We will be outside, we live in central New York, and you will need to bring clothing appropriate for whatever Mother Nature throws at us, be it hot, cold, rain or snow. This means hats and gloves/mittens in the cold and planning to bring layers on most days. If an athlete needs help procuring outerwear, please let us know. We can help get athletes outfitted if necessary. It is always recommended that you bring extra layers on meet days. **Failure to bring appropriate apparel may result in coaches sending athletes home from practice. This is a safety measure! Protect your body so you can train and perform to your potential!**
2. Water bottles are required at all practices and meets.
3. Athletes will be issued a competition singlet and shorts as well as a warmup jacket. *These are for meets only and must be returned at the end of the season.*
4. Athletes will be given a team t-shirt. We purchase these with team funds, and they are for athletes to keep.
5. Athletes should only handle equipment specific to their event. Even then, it only should be used when and how your event coach advises you.
6. If you need equipment or track implements for meets, you are responsible for making sure it gets on the bus and put away when returning to the school. Please keep track of our equipment at all meets.

No-Cut, but...

Lansing Track and Field is a no-cut sport, which means that no one will be dropped from the roster due to ability level. However, this is a varsity track team, and our team goal is to hold ourselves to standards that enable us to achieve our best. Athletes will be expected to demonstrate a high level of commitment. The team is not an exercise club; instead, this is a place for student athletes who seek to

increase their skills, extend and push their limits, compete in a sportsmanlike manner and be a member of a team that sets individual and collective goals and works hard to achieve them.

Goals

Athletes will be encouraged to set short term goals and long term goals for the season. Set standards that will push yourself and better yourself. Goals should be realistic, specific (a time or mark), and progressive (build upon each other). Make sure they are based on your training and fitness level at that time. Your event coach and head coach will work with you to set goals.

Both the boys and girls teams also will set team goals. Team goals give us a sense of unity and purpose.

You will have to ask yourself if you are willing to make the commitment to achieve your goals and the team's goals. Are you willing to show up for practice each day to work hard? Are you willing to make sacrifices and go outside your comfort zone? Do you look for ways to better yourself and your teammates? **Our team isn't about perfection – we're about progress. The team's success will be determined by the level to which each athlete commits himself/herself to growth and excellence both as individuals and as a program.**