

## South St. Paul Boys' Track and Field Team Expectations

We as a coaching staff and as athletes are going to work together to create a positive environment where the expectations for each of us are to work hard and get better every day. Track is an individual sport at the same time we depend on each other for success as a team. As a team we will follow the expectations listed below.

### Team Expectations

1. We expect you to do your best in the classroom. Your main purpose for being here is to get an education. We expect all athletes to take care of their school work first. Poor academic planning is not an excuse. For missing practice.
2. Have a positive attitude. Be positive towards your coaches and fellow athletes.
3. .Work hard every day.
4. Support your teammates during practices and meets.

### Individual Expectations:

1. **Communicate**-Please communicate to the coaching staff in the event of an absence. Our emails are on this document as well as our voicemails. **EVEN IF YOU ARE GONE ALL DAY**, let us know.
2. Sportsmanship is a key component to athletic competition. Please support your teammates and opponents in a positive manner.

### Practice Expectations:

1. All participants will be at practice every day! When you know that you will be gone, we can usually plan a workout for you before school.
2. Please bring a water bottle to every practice.
3. Athletes should always wear appropriate clothing for the weather.
4. Each unexcused absence (e.g. No communication, detention) will result in the athlete being required to make up practice and possibly miss meets

### Meet Expectations:

1. Participants are expected to be at every meet!
2. Participants must ride the bus to meets and back home unless prior permission is obtained through the athletic office and the Head Coach.
3. Leaving meets is generally for emergency situations only.
4. Participants must be at school by 3rd period to participate.
5. Athletes should always wear appropriate clothing for the weather.
6. Please remember that no jewelry can be worn in meets. Electronics are banned in the competition arena.
7. Remember to bring a water bottle to every meet.
9. The schedule is posted on the website ([www.sspps.org](http://www.sspps.org)) under Athletics/Activities.
10. **Email Coach Spreigl for specific information on meets days [mspreigl@sspps.org](mailto:mspreigl@sspps.org)**

### Lettering Criteria

Track team athletes will receive a letter if they successfully complete the season and participate in 50% of meets on the Varsity level. If an athlete chooses to leave meets early more than 2 times, they will not letter. Coaches discretion will be utilized due to special circumstances.