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**FP Track and Field: Athlete Handbook**

**Our Philosophy:**

1. Track is a team sport.

We expect commitment and responsibility to the team in terms of effort, attendance, and time for all team members.

1. Every member of the team is important.

We all contribute to the success of the team. Your attitude and effort are just as important as your achievements.

1. Be positive and do your best.

This includes practices and meets, school, and your personal life. Work hard and success will follow.

**Letter Awards:**

To be eligible for a Varsity letter in Track and Field, you must fulfill the following requirements:

1. Meet the expectations outlined in the Athlete Handbook.
2. Score an average of 1 point per meet. You receive all points scored in individual events, plus ¼ of the points scored by any relay team you are a member of.
3. Complete the season to the satisfaction of the Head Coach.
4. In the case of extenuating circumstances, a letter may be awarded to an athlete upon the recommendation of the Head Coach and the approval of the Athletic Director.

**FP Track and Field Expectations**

1. You are expected to prepare yourself:
   1. Physically, Mentally, Equipment
2. Practice begins at 3:25. You should be in the gym or on the field at the scheduled time, dressed and ready to start.
   1. Please try to schedule any appointments around practice or meets. Miss practice unexcused and you will not participate at the next meet.
   2. In order to be excused from practice, you must notify the head coach ahead of time. If you do not, it will be considered an unexcused absence. It is your responsibility to notify your coach, not your teammate.
   3. Chronic tardiness will result in missing meets.
   4. If you are in school, you are expected to attend practice. **You must be in school all day in order to participate in a meet.** You must have a total of 6 practices before you will be allowed to participate in a meet.
3. Athletes are expected to ride to and from events on the team bus. Athletes are expected to remain until the final events have concluded. If you need to depart from a meet before its conclusion, you must have prior approval from Forest Park Administration and give a signed note from a parent to the coach. A coach must see your parent at the meet, in addition to the signed note.
4. Good sportsmanship will be observed at all times. Win and lose with grace.
   1. Poor sportsmanship at meets or practice will result in a penalty of:
      1. Dismissal from practice, missing a meet, possible removal from team.
5. You are expected to follow team rules, school policies, and MHSAA regulations.
6. Make good choices.
   1. Hazing and bullying goes against all of our morals as educators, coaches, and human beings. If it happens, it will be dealt with immediately and with the appropriate consequences, which can include detention, suspension, and/or removal from the team.
   2. Represent yourself as a Forest Park Student Athlete. Make us proud. Make your school proud. Most importantly, make yourself proud. Your choices and decisions today determine your future.
7. Any additional issues not discussed in these expectations will be dealt with appropriately by the Head Coach and Athletic Director.
8. F.P. Health Warning Policy
   1. Participation in this sport may result in injury and/or death (see form on next page).
9. All in.

**2019 Forest Park Track and Field Waiver**

**WAIVER:** In consideration of receiving permission from the Forest Park School District to participate in Track and Field activities, events, tournaments, contests or meetings, the undersigned assumes full responsibility for any bodily injury and/or property damage arising out of or related to my attendance and/or participation. I fully release Forest Park School District, its members, participants, observers, officers, officials, owners and/or administrators of land upon which the event/activity is being held, and/or anyone administering emergency medical assistance from liability to myself, my assigns, heirs and next of kin for any injury to myself or damage to my property arising out of my attending/participating in a Track and Field event/activity. I hereby agree that if at any time I feel any Track and Field activity/event to be unsafe or if I observe unsafe behavior on the part of other participants/observers, I will immediately notify the appropriate officials and/or refuse to participate in or observe any further activities/events. The undersigned is aware of the risks and hazards inherent in participating in any activity, event, tournament, contest or meeting of Track and Field and elects voluntarily to participate, knowing that participation involves significant physical contact by others to his person and that such participation may entail a risk of injury and possibly death.

In signing this release, the undersigned acknowledges and represents:

(a) That he or she has read the above release, understands it, and signs voluntarily;

(b) That, if the undersigned intends to participate in Track and Field activities, he or she has no known physical or mental defects that would increase the likelihood of serious injury from such participation;

(c) That he or she has read, understands, and agrees to the policies of the Forest Park School District handbook as well as the FP Track and Field handbook;

(d) That he or she may be removed from the team upon the coaches and athletic director’s discretion;

(e) That, if signing on behalf of a Minor participant, the undersigned has the legal capacity to do so.

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Undersigned (Sign name here) Date

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Undersigned (Print name here)

**Complete this section if you are signing for a minor:**

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Parent/Guardian Signature

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Name/Relationship to Minor Phone

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City, State, and Zip

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Email