

Ansley/Litchfield Spartans JH Track Expectations

Welcome to the 2024 Ansley/Litchfield JH Track Season. Below are the expectations while participating in the JH Track Season.

Grading (This is your PE)

- **4 points will be given each day.** There are a possible 20 points to be earned each week based upon the following expectations:
 - Appropriate shoes are worn (1 pt)
 - Dress in proper attire (Short, T-Shirt, Sweats, Hoodies, Headwear) (1 pt)
 - Participation (1 pt)
 - Appropriate attitude and behavior (1 pt)
 - Unexcused absences (Not having a valid reason for missing practice) will receive a **ZERO** for that day of practice. Please bring a note from your parent or teacher to Mr. Wagner.

Expectations

- Practices will take place Monday through Thursday
 - Practice will start around 2:45, lasts until about 4:00-4:10
 - If we travel to Litchfield, students will be dismissed from class at 2:25 and bus leaves at 2:30.
 - There will be a late bus provided after practice, if your student needs to ride the late bus, they need to check in the office and be waiting for the bus by the front entrance to the school. **YOU WAIT FOR THEM, THEY DON'T WAIT FOR YOU!**
- Come prepared for practice **EVERYDAY.**
 - Have all of your workout clothes/competition uniform ready when you come to school.
 - Recommended practice attire everyday is a sweatshirt, sweatpants, t-shirt, shorts, pair of shoes, and a hat.
- Be a positive representative of the track team at all times.
 - Expected to be a **STUDENT**-athlete
 - Show respect for your teachers and classmates.
 - Keep up with your studies.
 - **SEEK HELP IF YOU NEED IT!**
 - **If a student is ineligible due to failing grades, they may attend practice but will not be able to travel to track meets.**
 - Keep the locker room clean!
 - When traveling, be courteous of other schools and make sure to pick up after yourself when we go to track meets.
 - We will not load the bus until our area is cleaned at the track meet site.

- Be a team player
 - This is largely an individual sport, but we also compete to succeed as a team.
 - Coaches will place athletes in events that we feel will best help the team.
 - The first week of practice, we will have students select the events they are interested in.
 - The coaches will try our best to accommodate the students with their preferred events, but this will not always be the case.
 - We are only allowed limited entries per event, per athlete.
 - Our success depends on the student-athletes being respectful and participating to the best of their abilities.
 - Be sure to listen to your coaches on technique and the drills they have you do.

- Attendance and participation is mandatory
 - If the student-athlete does not attend, participate, and utilize their time appropriately, they will not attend track meets.
 - Reasons for not going to track meets: unexcused absences, academically ineligible, and lack of participation.
 - If you are ineligible, you will not be allowed to travel with the team if we leave early from school.
 - Unexcused Absences: 1 missed practice, you will not play the 1st quarter; 2 missed practices, you will not play the 1st half; 3 missed practices, you will not play in the upcoming game.

- Track uniforms will be checked out to the students.
 - If a student does not turn in the uniform at the end of the season, a replacement fee will be charged at the end of the season.

- During track meets, students **WILL** act **APPROPRIATELY** and **RESPONSIBLY**, or their track privileges will be **REVOKED**.
 - They need to pay attention to the schedule, their assigned events, and announcers to be prepared for upcoming events.
 - **NO excuses for missing an event!**

- Have fun and learn
 - Enjoy the time with your fellow teammates and the sport of track.

2024 Ansley/Litchfield JH Track Expectations Overview Return Form
(10 points upon return)

We are looking forward to the upcoming JH track season and working with your student. If you have any questions or concerns, feel free to contact Mr. Wagner at (308) 935-1121, e-mail at awagner@ansleyyps.org, or a ParentSquare Message.

Student Confirmation:

I, _____, have read and understand the expectations for participation on the 2024 Ansley-Litchfield JH Track team.

Student Signature

Date

Parent Confirmation:

I, _____, have read and understand the expectations for participation on the 2024 Ansley-Litchfield JH Track team.

Parent Signature

Date

Parent Contact Information:

Home Phone _____ Work Phone _____

Cell Phone _____ E-mail _____