Track Basic Information - 2016

- **Practice times**
  - Monday through Thursday immediately after school until 5:45 and Friday’s until 5:30
  - FIRST DAY OF PRACTICE TAKES PLACE ON MONDAY APRIL 4
  - You must provide your own transportation home from practices, and transportation must arrive at dismissal time.
  - No practice on our asynchronous learning days, or any other day where we have no school.
  - Take care of your body, and it will take care of you (eat right, get sleep, stretch, ice!).
  - We expect nothing short of your best effort each day.

- **Clothing**
  - Running shoes! You **will** get hurt if you have improper footwear. NO SPIKES!
  - Appropriate clothing (OVER-DRESSING in layers is strongly encouraged)
    - T-shirt
    - Sweatpants
    - Sweatshirt
    - Shorts
    - Gloves & hat
    - Rain gear (poncho, raincoat, etc.)
  - You MUST have a current Lance Track and Field shirt and shorts to compete in a meet!
  - TEAM CLOTHING MUST BE PURCHASED THROUGH THE ONLINE STORE (SEE HANDOUT) by March 20th with no exceptions. Anyone having difficulty must contact coaches immediately. Athletes may not participate without a shirt and shorts.
  - Cell phones are prohibited at practice. Headphones and any type of music playing/streaming device are prohibited at practice.

- **Attendance**
  - Be there **everyday**
    - If you are in school you should be at practice.
    - If you’re not going to be there, a parent MUST contact us by email to one of the following:
      Coach Landwehr llandweh@kusd.edu
      Coach Wienke twienke@kusd.edu
      Coach Fedele
      Coach Whittaker

    - 3 unexcused absences **WILL** mean dismissal from team. Excused absences include:
      1. Medical appointments with doctor’s note
      2. Funeral or other type of memorial service
3. Miscellaneous family emergency with parent explanation
   o We respectfully ask you to please pick up your child in a timely manner. Family time is important to everyone, coaches included.

- Fees will not be refunded after one full week of practice time has passed (April 8th).
- Academic Standards
  o Lance Track and Field will employ a strict “Failure is not acceptable” policy. Any athlete with an F in any academic or elective course when grade checks are performed will be deemed ineligible to compete in meets until grades are in line with expectations.
  o Coaches reserve the right to perform grade checks at any time.
  o Remember, being absent from school is not an excuse to fail a class, and it is your responsibility to acquire and complete all missing work from when you were out.
- Disciplinary Standards / Code of Conduct
  o Aside from the grade requirement, all KUSD athletic code of conduct policies will apply.
  o Due to the nature of track practice, there are times where we are spread throughout the neighborhood and school grounds. Students found to be “ditching” practice may face dismissal from the team if deemed necessary by the coaches.
- Locker Rooms
  o We are not responsible for lost items. If you don’t want to lose it, lock it up - there are plenty of lockers.
  o ALL Lance discipline policies apply while on school grounds, locker room included!

**Meets (all begin at 4:30 PM)**
(Transportation provided to the away meets and back to Lance via bus. Only participating track team members and managers are allowed to ride the bus. Parents may bring their child home versus riding the bus if they check in with one of the coaches before leaving the premises.)

- 4/20/16 @ Mahone (Lance, Mahone, Lincoln)
- 4/27/16 BYE
- 5/04/16 @ Lance (SJCA, Bullen, Lance)
- 5/11/16 @ Lance (Bullen, Lance, Washington)
- 5/18/16 @ Lance (ASCS, Lance, Lincoln)
- 5/24/16 @ Lance (Lance, ASCS, SJCA)
- 5/25/16 @ Lance (Bullen, Lance, ASCS)
- 6/01/16 @Mahone  VARSITY CITY MEET (not a full team meet)
- 6/02/16 @Mahone JUNIOR VARSITY CITY MEET