

Track & Field

**CORE VALUES**

1. Create young men and women, Prepare them for life

CHARACTER – ACADEMIC – TRACK

1. Strive for perfect discipline
2. Mentality is equally important as effort

**TOUGH LOVE**

We will not accept you as you are, we will only accept you for what you can become. Through that process we will guide, love, and encourage you to be the best you can be. We must be willing to lose someone or something to find the truth.

**Important Dates**

* Feb 5th – 9th Winter Break (Practice M - W - F)
* HS First Meet Feb 22nd/JH First Meet Feb 20th
* Mar11-15th: Spring Break (Practice Tu&TH)
* Mar 16th: Saturday HS Meet PK Relays
* Mar 28th: JH District Meet
* April 3rd & 4th: HS District Meet

**Practice Times**

Monday – Wednesday & FRIDAY

3:45pm – 5:30pm

Thursday

3:45pm – 5:00pm

**Athlete Expectations**

* ***Missing Practice is NOT OK***
  + Reason vs excuse
  + Player communication - accountability
  + Competition consequences
  + Make up conditioning is not always a punishment
* Coaches will be addressed as Sir/Mam
* Only yes sir/mam-no sir/mam responses

**Program Expectations**

* Cursing is not allowed
* Hazing will not be tolerated – brother’s keeper not enemy
* Keep facial hair neat and clean
* No jewelry when representing Millsap
* Do what you are coached to do, and when you mess up accept correction.
* Communication – website updates
* Coaches are not to be approached after a meet
  + Go through the proper channels of communication
  + Email is the best way. [Jsigmon@millsapisd.net](mailto:Jsigmon@millsapisd.net)
* Competition time WILL NOT be discussed
* Coaches WILL NOT discuss any child except your own.
* Riding home
* Athletes can be signed out and leave with a parent
* Athletes may not leave with another parent unless a coach has been informed
* Athletes WILL NOT be allowed to leave with another high school aged student.

**Discipline Procedures**

* **Workouts:**
* **Excused Missed Workout/Unexcused Missed Workout:** normal and bad weather policies in place
* **Late:** 25 Up/Downs
* **Conduct in Class:** Coaches discretion
* **Bad Language:** 50 Up/Downs
* \*\* **Habitual Offenders:** subject to double or triple discipline numbers
* Also subject to removal from program. (Coach’s discretion)
* \*\* All Discipline must be completed before being allowed to play in a meet
* **Playing time Consequences:**
* Missing practice will result in missing competition time.