

Conroe High School Cross Country/Track & Field

GO TIGERS!!!!

*Developing Character, Courage and Commitment, One Stride at a Time.
Success is not Given. It is Earned!*

Team Policies and Guidelines

Being a member of the Conroe High School Cross Country/ Track & Field program is an honor and a privilege. In joining the team, you have accepted a role in which you represent Conroe High School, the Athletic Department, the cross country/ track & field program, and all of its members. It is expected that you will act in a responsible, respectful, and positive manner at all times whether on the track or in everyday situations.

General Conduct and Responsibilities

- Always treat your teammates, coaches, and teachers with RESPECT. Fighting and Drama will NOT be Tolerated!
- Players and parents must display good sportsmanship towards officials and other teams. They should not make any disparaging remarks about or gestures towards another athlete, team, coach or official nor use foul or abusive language.
- Use of tobacco, alcohol, or drugs by any athlete will be handled in accordance with Conroe ISD policy and/or precedence set by the school, coach and district.
- Any athlete who is assigned ISS, ASD, or suspension; may not be allowed to participate in the next scheduled meet and may be required to do extra conditioning for each day assigned as the coach sees fit.
- In the event of an injury, each player will still be required to attend practices, and must have a doctors or trainers clearance before returning. It is encouraged to consult with our Athletic Trainers FIRST.
- In the event of sickness each athlete must contact Coach Ogden at least 2 hours before practice.
- Concerns or problems should be addressed in the proper chain of command.
 - Player/ Coach
 - Player/Parent/ Coach
 - Player/Parent/Coach/Athletic Director
- Athletes will **not** use Social Media to post personal profiles depicting any activities violating Conroe ISD training policies. Athletes will refrain from posting negative comments regarding school, teammates, other students, coaches and school personnel. If violated could result in immediate dismissal from the program!
- Everyone will support the track program at all times. BE POSITIVE.

Academic Responsibilities

- As a student athlete, your first priority is to be a student. Academic excellence is the student's responsibility and our expectation.
- It is expected you will be on time to each class.

- Players must maintain an average above 70% in all of their classes in order to participate in the track meets. Progress reports are sent out every 3 weeks and parent access is available with grades updated weekly.
- Weekly grade checks may be submitted to coaches for review. If an athlete has below a 75 extra conditioning may be assigned.
- Track & Field is never an excuse for poor grades or missing assignments.

Practice Responsibilities

Absences:

- If an athlete misses practice or is going to be late they are required to email or call Coach Ogden letting her know why they will be out **before** practice starts.
- All absences will require make up work even excused. This is not for punishment but to make up the conditioning their teammates did they day they were gone.

Expectations:

- Parents must not communicate with the coach or any athlete until practice is complete.
- Athletes must dress out and have proper running shoes for each practice. They will also not be allowed to have unnaturally colored hair or show tattoos. **NO** Electronic devices are allowed at practice!
- Any taping or treatment will be done before or after practice. Communicate with trainers and coaches.
- It is critical to be on time for practice so that we can maximize every opportunity to excel.
- You must practice at 100% effort!!

Meets

- **All Athletes will not be guaranteed spots at every cross country/track meet.** Therefore, it is important to understand that each week of practice is basically a try-out, and different athletes could be participating at each and every meet. Athletes should be present at practice every day they are scheduled, or face the risk of not being able to participate in the upcoming meet.
- Coaches will make participants decisions based on academics, attendance, and performance.
- All athletes will ride to meets with their team on the bus. They will be allowed to ride home with **their parents only** after the end of the meet. Parents must sign their child out before they can leave. **Athletes will not be able to ride home with someone else's parents!!**
- Must wear proper uniform issued by Conroe Athletics during competition.
- Absences from a meet are not acceptable unless they are due to another UIL event (Choir, band, softball, etc). Missing a meet for any reason other than this, may lead to you losing your spot in certain events or that team all together. Proper communication must be present if there is a conflict.

**Conroe High School Cross Country/Track & Field
GO TIGERS!!!**

SIGN, DETACH AND RETURN THIS SHEET
WRITE YOUR GRADE HERE _____

TIGERS MISSION STATEMENT

I, _____, realize in order to create a
(PRINT NAME)
successful Cross Country/Track & Field Program, I must adhere to the following
standards:

I will:

1. Strive for excellence in the classroom as well as the track
2. Show respect to teachers and coaches by listening, following instructions, and asking questions when unclear
3. Work hard, give 100% throughout practice both mentally and physically, and improve every day
4. Be at practice on time every day
5. Be a positive representative of the Conroe Cross Country/Track & Field program at school, in the community, and on social media. Will not fight or be involved in drama.
6. Be a positive role model for younger athletes in our program
7. Refrain from any overt displays of displeasure or frustration in practice and in competition
8. Take responsibility to help my teammates uphold these expectations
9. Uphold the policies & procedures set forth in the *Policies and Procedures*
10. BE COMMITTED TO DOING SOMETHING REALLY SPECIAL INCROSS COUNTRY/ TRACK & FIELD!

By following these standards and rising above them, I will enjoy infinite success in academics, track & field and life. I have read and understand these expectations, policies and procedures and pledge my commitment to **Conroe Cross Country/ Track & Field Team.**

Signed _____
Date _____
Athlete phone number _____ Email _____

Parents,
Please sign below to acknowledge the fact that you have read and understand the policies and procedures set forth in this document.
Signed _____
Date _____
Parent phone number _____ Email _____

GO TIGERS!!!!
QUESTIONS? CALL 936-709-5718 or e-mail sogden@conroeisd.net