**2015 Jesse C. Carson High School Girls Outdoor Track& Field**

Team Expectations:

**1. GIVE 100% EFFORT**- you have to push yourself and your body to do things that it hasn’t done before in order to get better.  Everyone, NO MATTER WHAT YOUR ABILITY LEVEL IS, can improve as the season goes along if you work at it. In order to earn a Varsity letter, you must meet attendance requirements and show event improvement from the beginning of the season to the end of the season.

**2. ATTEND ALL PRACTICES**-we have practice everyday from 3:10 p.m. until approximately 4:30 p.m. (later for some.) If you have excessive unexcused absences, you will be asked to leave the team. This means that doctor’s or other appointments and travel plans must be made around practice time.  Unexcused absences are absences that you yourself did not clear with a coach, or your reason for being absent was not ok’d by the coach.  I am willing to work with things that pop up in your life, but I need to know that you are committed to the team and to getting better.  If you need to miss a practice you need to give Coach Efird a note from your parent stating the reason for the absence. On your 1st and 2nd unexcused absence you will miss the next meet and record times and will also have extra running in practice. On your 3rd unexcused absence you will have to complete 10 miles of running before you can practice again or you will be removed from the team.

**3. ATTEND ALL MEETS**- If you are at school you need to attend each meet even if you are not running that particular day due to injury or sickness. We are a team and everyone needs to support one another.

**4. BE A LEADER AND TAKE RESPONSIBILITY FOR MAKING THE TEAM BETTER** – When we all work hard to accomplish something, everyone wins.  Peer pressure can persuade people to take the easy way out or it can make working hard something that is expected.  Winning teams and true competitors thrive in an environment where hard work is encouraged and rewarded.  You can make a difference and demand the best from your teammates and from yourself. Each event will have an event captain that will lead during practice and at meets.

**5. FOLLOW PROPER PROCEDURES**- For uniform care, injury care, absences, competition day/meet routine, etc..  We set these things up to make life smoother for you and for me as a coach.  Stress comes when people don’t know what is going on and the team may suffer when you aren’t where you need to be or when things didn’t get done.

**6. BEHAVE LIKE MATURE, SUCCESSFUL ATHLETES**– Your behavior can have a dramatic effect on the team, positively or negatively.  True athletes listen to coaches’ instructions, treat their teammates with respect, and conduct themselves in a manner expected of a Carson student.  Any behavior or attitude that is harmful to the team will not be tolerated.

**7. HAVE FUN!**– My goal is to make being a part of the Track team a positive experience.  If you work hard, compete well, get better, enjoy and encourage your teammates, this season will be fun.

Other “Rules”

1. You are required to stay for the entire duration of the meet and stay in uniform.

2. No using profanity, smoking, or drinking.

3. We will have practice no matter what, unless Efird tells you differently.

4. You will not speak negatively about any other members of the team or coaches.

5. If you must miss a practice or leave early from school you must tell Efird, to her face, that you are leaving or why you cannot stay. Telling another member of the team to tell me or sending me a text will count as an unexcused absence.

6. You may participate in up to 4 events for the first part of the season unless you run the 2-mile or are strictly a thrower.

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