

Riverton Track & Field Disclosure Document

Team Website: www.rivertontrackxc.com - all information will be relayed to athletes and parents here.

Remind.com: You can get on the text message group to remind you of upcoming events such as bus schedule, practice times, due dates etc. **text: @rivtrack to: 81010**

Coaching Philosophy: Track & Field is a fun, rewarding, and healthy lifetime sport that welcomes all participants—no one will be excluded from participation based solely on performance. Success-or lack of it- is achieved by one's effort, and athletes will quite literally, reap what they sow.

Our philosophy as coaches is to develop athletes on and off the field. You can't hope to be a great athlete unless you are a great person first. We strive to create an atmosphere of safety, excellence, and success where athletes will develop character traits including integrity, work ethic, team unity, leadership, selflessness, resilience and determination, among others. Development of these attributes positively influences other aspects of one's daily life.

Track & Field athletes are renowned for being hard working, self-motivated, self-disciplined individuals who work-out every day with very little outward reward or fame. Gebersolosi of Ethiopia, one of the greatest endurance athletes, who at one time held every distance record from 3000 meters to the marathon, said, "In order to win a race you have to win yourself."

Expectations: Track & field is a sport where success comes through self-improvement and overcoming adversity (aka personal growth). It is not predicated on how you fare against others. Our expectation is not about winning or losing, it is that each athlete does their best. This means:

1. Meet all of the school's academic requirements to participate; as student athletes, your first priority is school
2. Attend every practice and meet; come with a positive attitude, prepared to give your all
3. Support your team members through encouragement and positive feedback

Eligibility: To compete, an athlete must:

1. Attain a GPA of 2.0 or better from the previous quarter.
2. Complete Registermyathlete.com <http://www.registermyathlete.com/>
3. Pay participation fee in the office.
4. Have a current physical (physicals are valid from June to June)
5. Pay \$40 uniform fee. (only if you don't have the current team jersey)

Substance Abuse: While on Riverton's track & field team, athletes will be expected to live certain standards. Drug use, smoking, drinking etc. will not be tolerated and if occurs will result in immediate expulsion from the team. NO EXCEPTIONS.

Initial_____

Bullying and Hazing: Bullying and hazing is not appropriate and is not allowed. It accomplished by putting other people down and is done by people who think they are better than their peers. This will not be tolerated and if occurs will result in immediate expulsion from the team. NO EXCEPTIONS.

Initial_____

Gear: Having proper gear will prevent injuries and aid in performance. Training shoes, racing shoes, training flats, dry fit clothes, moisture wicking socks and a running log are among some of the items highly recommended. Don't just buy random shoes online without trying them on first! Stores that specialize in running gear are a great resource-they have staff that is knowledgeable about the fit, function, and quality of shoes and other gear specific to running.

Parent Support – Parent participation is critical to the success of the team, individually and collectively. When parents support and encourage their child to be engaged and dedicated, they help elevate their athlete's performance, and in turn, the team's performance, to the next level.

- **Attendance:** Everyone's attendance matters to the success and culture of the team. We have an expectation for our athletes to have 100 percent practice attendance. Please do everything you can to make sure they don't miss, particularly Saturdays. We know that the key to success and improvement is CONSISTANCY. We also learn from studies that hard work, success, laziness, etc. are contagious. Let's help encourage our athletes to be dedicated by reinforcing good life skills and habits. **Unexcused missed practices will result in athletes not being allowed to compete at the next meet.**

Initial _____

- **Riding the Bus:** It is expected of every athlete to ride the bus to and from each meet. Extenuating circumstances can be approved **24 hours in advance** by talking to the coach and signing the appropriate documents. If documents are not signed, our hands are tied as coaches. **ATHLETES ARE NOT ALLOWED TO GO TO OR FROM A MEET WITH ANYONE BUT THEIR LEGAL GUARDIAN(S). NO EXCEPTIONS!**

Initial _____

- **Working-Out Every Day:** Successful teams practice every day. To be a successful team we need to practice every day. Elite athletes practice anywhere from 9-13 times a week; we don't require that much, but we do have high expectations for athletes to practice every day.

Initial _____

- **Cold Weather:** Make sure your athletes layer up and have proper gear such as gloves, jackets, beanies, leggings, etc. for practice and meet; weather in Utah can change quickly. Practice will never be canceled because of weather.
 - Myth 1 – Cold weather causes sickness – FALSE – Being indoor all the time causes sickness because bacteria builds up.
 - Myth 2 – Running in cold weather can burn your lungs – FALSE - Dry air or poor air quality causes that burnt lung feeling.

Initial _____

- **Inversion or Red Days:** This is a big concern to us as coaches and I am sure as parents it is a concern as well. Studies show about 200 yards away from a main road the pollution decreases about four times and decrease even more in the morning/nights and near water/trees.
 - Solution 1 - Avoid hard workout days
 - Solution 2 – Run in the mornings/doubles
 - Solution 3 - Move away from main roads near trees/water

Initial _____

- **Practice Locations and Driving:** To be a successful team we need to run in certain areas that aren't found around the school. Driving to these areas gives us access to hill training, soft surfaces, parks and other various locations. This allows for safer running routes, reduces injuries, better running adaptations and breaks up the monotony of running the same places all the time.

Initial _____

I, _____ understand if I miss practice I will not be allowed to participate in the next meet.

- If you have to miss you need to let coach know 24 hours in advanced.
- Don't schedule dentist, doctor, work etc. during practice time.
- Dual sport athletes need to coordinate with their coach the days they will miss.

I, _____ understand that if I miss practice for attendance school I will not be allowed to participate in the next meet.

I, _____ understand that if I miss an Invitational, I will not be able to participate in the next Invitational. If you have to miss an Invitational you need inform both your event coach, and Coach Englestead ahead of time.*

*Your job is to check the board outside of the coaches' office and runnercard.com to see what events you are registered for.

I, _____ understand that I am required to ride the bus to and from the meet. We will send buses to and from the meet at different times to accommodate for the longer invitational.

I, _____ understand that if I need to leave a meet early, I can only leave with my parent/legal guardian and they are required to sign me out with a coach in person.

I, _____ understand that I need to come and support at state both days or I will not letter in track and field.

I have read this document and I understand the expectations of being part of
Riverton High School's Track and Field Team

Athlete Name _____

Athlete Signature _____

Parent Name _____

Parent Signature _____

Date _____