

Track Club Expectations

Purpose: Track Club is to provide a fun opportunity for students to be active, while at the same time introducing them to the sport of Track & Field. Our goal is to teach students basic fundamentals, and give them a chance to practice those new skills in a fun and positive environment.

Equipment/clothing: Students are expected to wear athletic clothing, and bring the appropriate layers of clothes. They will be given a Track Club t-shirt, and are encouraged to wear their shirts each week (but this is not mandatory). Please check the weather beforehand when packing after-school bags. We will be outside rain or shine, so be sure to pack a long sleeve or rain slicker if needed. Also, please ensure your child brings a water bottle with his/her name on it, and a light snack to eat after school.

Track Meet: The five-week program will conclude with a track meet at Judge Memorial High School on Saturday, May 12th, 2018. Students are encouraged to wear their track shirt and can compete in as many events as they choose. More details will be provided as the track meet approaches.

Attendance/Practice Procedure: Students will report to the gym immediately after school concludes (with the exception of Saturdays, meet at Judge Memorial track ready to go @ 8:15). There will be coaches present, and the students can eat a light snack, change, and get ready to start practice 15 minutes after school concludes.

For the safety of each student, if they do not report 15 minutes after school concludes, they will not be allowed to participate that day. Many times we will be running around the school, or walking down to the field, and the coaches cannot be responsible for a student walking around unsupervised.

The coaches will take attendance 15 minutes after school concludes, and each student accounted for cannot leave early from a practice unless a parent specifically comes and talks to Brian McCloud or one of the coaches and picks up their child.

Track practices will run for 75 minutes. Please be on time to pick up your child. Any student not picked up within five minutes of practice ending will be escorted to Extended Day.

Before students are dismissed, the coaches will take attendance at the conclusion of practice. The coaches will then escort students to the Spring Lane parking lot. For the students' safety, they will be asked to wait behind the orange cones by the gym doors in the parking lot. A child must verbally tell a coach that his/her parent(s) are there to pick him/her up before leaving.

Behavior: Students are expected to follow the same rules and procedures as they do in their classroom and the school. If students are not following the instructions from one of the coaches or volunteers, the following steps will be taken:

- 1) **Warning** – A coach will talk to the student and explain what is and isn't appropriate.
- 2) **Time Out** – If a child continues to ignore/violate instructions he/she will be asked to sit out from Track Club for 10-15 minutes.
- 3) **Parent Talk** – If a child refuses to follow instructions for a third time, a parent meeting will take place between the coach, parent, and child.
- 4) **Expulsion** – On the fourth infraction, the student will be asked to leave the program as a safety to themselves and the rest of the students.

Questions: Please email Brian McCloud (bmcloud@stvincents-school.org) and/or Gary Green (ggreen@stvincents-school.org)