

St. Francis Xavier School

Track Club Manual

2016-2017



➤ Mission Statement

The St. Francis Xavier School Track Club introduces the sport to students and develops their athletic skills while fostering holistic growth in health and fitness, teamwork, sportsmanship, community, and self-discipline.

➤ Philosophy

The program stresses teamwork and community while differentiating the athletic challenges students receive, thus striving to “build up the student from where he or she is.” Students do not have to be in excellent physical shape or have experience in sports to participate, but they must be committed and try to be their personal best. Competition is stressed at the individual level; students are always encouraged to compete against their personal best times, not focusing on the performance of others.

➤ Events

Coaches will relay information about the season’s public road races to parents and answer questions about preparedness. Students are encouraged to represent their school by wearing St. Francis Xavier School track shirts and cheering on their schoolmates. Road races usually involve a registration fee of approximately \$18-25 as well as transportation and mandatory supervision by parents or guardians, who will be solely responsible for such duties and the safety of their child during any out-of-school events. The coaches recommend meets only for those students ready to run a 5k and in grade 5 and above, unless the parents is running with the student. Races are not mandatory and are not school-sponsored functions, with the exception of the Greater New Bedford Schools Track Meet. Additional information about these and other local events is available at <http://www.jbrace.com/>

➤ Attendance

Students are expected to attend all after-school practices as well as the end-of-season awards ceremony. Aside from health and academic reasons, multiple absences from practice may result in possible removal from track meet roster.

➤ Cost

There is an administrative fee of \$20 per family for participation in the Track Club. Those students not picked up by 4:20 p.m. or the designated end time of practice will be automatically enrolled into extended care, and their parents will be charged the normal rate of \$3.50 per hour, on the half-hour.

➤ **Attire**

Students should report to school in full uniform and change after school at the direction of extended care staff. The school administration will judge appropriate dress for practice. Dress code for track follows the already established non-uniform dress code policy in the school handbook and consists of, but is not limited to:

- Running shoes
- A water bottle
- Athletic clothing
- St. Francis Xavier School track shirts may be worn at meets and on designated practice days.
- No short shorts
- No muscle shirts are allowed
- No iPods, phones, or technological devices
- Students who do not adhere to the attire policy may not be able to participate in practice.
- Students remaining at school for extended care after practice are to be dressed appropriately.

➤ **Inclement Weather and Cancellations**

Mr. Ferreira will make the decision as to whether practice will take place on days with inclement weather. Parents should check their e-mail throughout rainy days, as notices of cancellation will be sent via e-mail as well as posted on the school website.

➤ **Communication**

Parents may e-mail track coaches directly about track-related questions and concerns. Other issues should be directed to the school. Track news will be communicated through the weekly school newsletter or by e-mail. (aferreira@sfxacushnet.com)

➤ **Athlete Code of Conduct**

Students are to adhere to the following rules as well as all school policies and regulations:

- Be respectful of staff, coaches, teammates, the environment, etc.
- Be attentive
- Follow directions
- Participate in practice
- Be safe and stay together

Infractions of the rules, according to their severity, may result in the following consequences:

- Conversation about conduct
- Not being allowed to run with certain teammates
- Time out from practice
- Suspension from practice(s)
- Permanent suspension from club
- Extreme disciplinary matters may result in further consequences at the discretion of the school's administration.

All disciplinary matters will be communicated by coaches to the school principal, and/or assistant principal.

➤ **Parent Involvement**

Parent support is vital to the success of our track club. Please let us know how you could possibly support our efforts. Attendance at informational meetings is strongly encouraged, and attendance at out-of-school track meets by a parent or designated guardian is required.

Parents are asked to bring snacks and drinks to the Greater New Bedford Schools Track Meet. Guardians are solely responsible for their children at such events. Parents who wish to volunteer as assistant coaches should please speak with Coach Ferreira after practice.

➤ **Practice Schedule:**

3:00-4:15pm **Grades 6-8 Tuesday and Thursday** at Pope Park

3:00-4:15pm **Grades 3-5 Thursday's only** at SFX

Note: All students are expected to go to homework club/study hall first on practice days. Please direct concerns regarding student behavior, attendance, etc. to supervisor/coach of the track program.

GNBCS Athlete Code of Conduct

Athlete Conduct: All Catholic School Track Meet Team Members are representatives of their school and community and are responsible for continuing Catholic School tradition of exemplary conduct! Support your teammates, make a positive contribution to the sport, and act responsibly in every situation.

1. Problems must be handled in a mature and rational manner. Communication with your coach is essential.
2. Athletes should always thank meet officials for volunteering their time.
3. Under NO circumstances are athletes allowed to dispute rulings with meet officials! Athletes must maintain their composure and let their coach deal with the situation.

FAILURE TO FOLLOW THIS PROTOCOL IS GROUNDS FOR DISQUALIFICATION FROM COMPETITION AND SUSPENSION FROM THE TEAM.

4. Be respectful of coaches, officials, teammates and competitors on other teams.
5. Inappropriate language will not be tolerated. Negative comments will not be tolerated.
6. Athletes must follow directions of the coaching staff.
7. Older athletes should be mindful of the example they are setting for young athletes.
8. Exemplary sportsmanship is expected from all athletes.
9. No Jewelry – watches/earrings/bracelets/necklaces etc...
10. No Showmanship
11. While not running or waiting to run an event, must be in the center of the track at your team's designated area.

NAME OF STUDENT-ATHLETE (Please print):

Grade: _____

SIGNATURE OF STUDENT-ATHLETE:

Date: _____

St. Francis Xavier Track Club

Student Name: _____ **Grade:** _____

Address: _____

Town: _____ **State/Zip:** _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Parent/Guardian E-Mail Address: _____

Any Known Allergies: _____

Currently Under Doctor's Care/ Medications:

Prior Running Experience:

Running Goals:

My child and I have read, understand and will support the policies stated in the St. Francis Xavier Track Club Manual.

Parent/Guardian's Name (Please Print): _____

Parent/Guardian's Signature: _____

Date: _____

***Please attach the \$20 registration fee (per family) and remit before the first day of the track season to the school office. Checks made payable to St. Francis Xavier School.**