

## **SKY VIEW TRACK AND FIELD ATHLETE EXPECTATIONS**

Philosophy: Our philosophy is to create and implement a positive athletic track and field program whereby the student athletes will learn a variety of skills specific to track and field, improve upon those skills already known, while at the same time developing healthy, enjoyable habits for lifetime of physical fitness, good health, and enjoyment.

Participation requirements and eligibility: All sixth, seventh, and eighth grade girls and boys are eligible if they have a medical physical signed by their physician on file in our Athletic Department. Several things will be taken into consideration when determining an athlete's eligibility to participate in each week's meet:

- *Having good attendance and being on time for all practices.*

If an athlete is going to miss practice, a note is required to excuse the absence or it will be considered an unexcused absence. All athletes need to be at practice until 4:15pm or it will be considered a missed practice unless special arrangements have been made. We will be holding sign-ups for each week's meet every Friday at the start of practice once the season starts. If an athlete has missed practice without a note, a coach might call to find out where they were. If possible, please prearrange all absences.

- *Effort and having a positive attitude during practice.*
- *Good Sportsmanship*

Good sportsmanship is having a positive behavior towards teammates, coaches, and opponents. Athletes will get a warning for unacceptable behavior. If the behavior continues the athlete will not be allowed to participate in the upcoming meet. Parents will be contacted.

- *Academics*

Athletes are required to have all passing grades or they will be placed on academic probation. See the bottom of this section for how the academic accountability works.

- *Behavior*

Poor behavior is not allowed! Sky View Administration, Coaches, and the Athletic Director will work together to deal with all behavior issues that happen during school and during practice/meets.

Season and practices: Practices will run Monday through Friday from 2:55-4:35 p.m. There will be no practice on Wednesday's because of early release. Athletes will be available for pickup at 4:45 p.m. Please be on time to pick up your child. Season meets are held during the week, beginning with field events at 3:15pm and running events at 4:00pm. Most meets are over by 7pm. Each season will end with the District Track Meet at a local High School.

Buses and parental transportation: Bus transportation is provided to all meets. There will be a boys' and girls' bus. We will take roll on the bus. There will be no bus transportation back to Sky View for in-town meets. Parents are asked to be at the meet by 6pm to transport their child home. Athletes may leave when their events are over. If an athlete is leaving please have them talk with a coach. Buses will be provided for transportation back from an out of town meet. Athletes are expected to ride the bus unless they have a note to ride with their own parent only.

Uniforms: Sky View provides jersey tops and shorts. Athletes are required to turn in the same uniform that was issued to them at the beginning of the year. If the athlete fails to do so, they will be charged a fine to replace the lost uniform. Full uniform dress is required to compete in every track meet. No jewelry is allowed during track meets. During practice time, athletic shorts or sweats and appropriate shirts may be worn. Spaghetti straps or shorts with zipper bottoms and pockets are not allowed. Inappropriate clothing will result in an unexcused absence and the athlete will be sent home. Appropriate running shoes are required and must be laced tightly.

Expectations during track meets: We will have a designated "home base." All athletes will drop their bags in this area. This is also where Sky View will sit during the meets when they are not competing. The host team will call out and announce the order of events. For example: "100 meter girls' first call," etc. Each athlete is expected to listen closely and will be responsible for getting back and forth from field events to running events. All athletes are expected to do warm-ups at the meets the same as in practice. We want to have positive representation of Sky View Falcons.

Volunteers: We are very grateful for any parents or family members who would like to volunteer at practices or meets. With 185 or more athletes and 6 coaches, the more eyes we have the better. We want to make Sky View Track and Field a safe and fun place to be for our student-athletes. Please contact Coach Jones by email [matt.jones@bend.k12.or.us](mailto:matt.jones@bend.k12.or.us) if you would like to volunteer your time.

Coaching Staff: Matt Jones, Head Boys Coach & Athletic Director will be coaching long jump. Joyce Conant, Head Girls Coach, will be coaching the distance runners and long relays. Todd Andresen and Jeff Young will be coaching the shot put and discus. Kelly Simpson will be coaching sprints, hurdles, & short relays. Heidi Price will be coaching the high jump and sprints. \*NO POLE VAULT THIS YEAR.

Parent Meeting – First Thursday...from 4:40-5pm

Coach Jones & Coach Conant will be available in the gym during this time to answer any questions you might have about the season. This will not be a sit down talk, but a time for you to come see one of us if you need a question answered. If this time does not work for you please email any questions you might have.

Picture Day – April 22<sup>nd</sup> at 3pm.

\*Uniforms will be passed out during PE/Health Monday-Thursday.

Questions that always come up...

*Does my child get to choose their events for the track meet...*

Yes, and a little No. Each athlete will sign-up for a meet on Thursday at the beginning of practice. They can sign-up for 4 events. The coaching staff is limited on the number of athletes they can sign up in the 100m, 200m, hurdles, 400m, and Relays. The coaching staff will do the best they can to get all athletes involved. For example, last year we had 42 7<sup>th</sup> grade girls sign up for 100m and the coaching staff can only take 8. We can have unlimited numbers in the long jump, shot put, discus, 1500m, and 800m. The high jump and the pole vault have an opening height qualification that all athletes have to clear during practice time. If the athlete makes the qualifying height in practice then they can compete in the meet.

*How does choosing relay's work?*

The coaching staff will choose the relay teams for the first meet. After the first meet, the coaching staff will go by times posted in meets and challenges that happen during practice time.

*How does my child qualify for districts?*

The district team consists of the top 3 athletes that posted the fastest times, jumps, or throws in a regular season meet. The only change is that the 6<sup>th</sup> graders will compete as 7<sup>th</sup> graders in the district meet. That means a 6<sup>th</sup> grade athlete would need to post a faster time, jump, or throw than all the 6<sup>th</sup> graders and 7<sup>th</sup> graders so they can compete in the district track meet. We will be posting all season meet results on Athletic.Net. It is a great resource to find out how your child is doing compared to the rest of the Sky View team & the entire Central Oregon district.

Sky View Academic Policy

Sky View Middle School believes student-athletes should show effort and progress in their academic subjects in order to compete in athletic contests. Our goal is to help prepare your student-athlete to be more successful for the high school level. Please read the following description with your son or daughter so we are all on the same page.

At the beginning of each season, ALL student-athletes must turn in a grade check card by the due date, signed by all teachers. If the student-athlete does not have an "F" or "NP" they will be considered "academic accountable" for the season. If the student-athlete does have an "F" or "NP" they will be placed on a weekly grade check plan. Parents or staff may also ask for additional checks, on an individual basis. At any time during the season, a teacher can recommend a student-athlete who did not start on the weekly grade check plan to be placed on a plan if they notice a student-athlete's grade has dropped to an "F" or "NP".

After the 1st grade check cards are in, there are 2 ways the student-athlete could be ineligible to participate: 1) If a student receives an F or No Pass (NP) in any class, the athlete will not participate in the next athletic event. 2) If a student fails to turn in a card on time, they will not be eligible for the next athletic event.

This policy takes one week at a time. The student-athlete will need to show that they are passing on the next grade check in order to participate in the next event.

Students who are not eligible for the next contest are still required to attend all practices. An exception may be made for students who need to attend after school tutoring sessions in order to improve their grades. Arrangements ahead of time need to be made with the coaching staff to attend after school tutoring sessions.