



Track and Field Parents,

The 2020 Track season is already rolling. We start competing in a few short weeks! *As of March 2nd all athletes will be required to be at every practice.* The attendance policy is attached and found in the policies and guidelines. Their failure to attend practice will result in not competing in the following meet which includes dual meets and invitationals. If your athlete can not make an invitational date please let us know a week in advance as we need to scratch them from the event so we are not charged. Some of these athletes may be a part of a relay and their failure to attend will result in 3 other athletes not being able to compete. We have had this happen and it is not fair to other athletes who work so hard day in and day out.

Athletes will have access to lockers on the track as of March 2nd. Please make sure your athletes have a lock to use in the locker room to store and secure their personal belongings during practice time. We highly advise athletes to not share combinations with other athletes and to leave items such as electronic devices at home. We are not responsible for any lost or stolen items. Please make sure on rankone sports you complete the Pledge of Integrity. If any student is caught in any activity that is not accepted by our Eastwood Community program administration will be involved and may lead to removal of our track & field program. We do not condone this type of behavior. Thank you for your understanding in this matter.

Here are some links on our code and conduct.

<https://www.yisd.net/Page/7077>

https://www.yisd.net/site/handlers/filedownload.ashx?moduleinstanceid=2319&dataid=77661&FileName=Parent_Info_Handbook_19-20_ADA.pdf

Thank you for your time and we look forward to an amazing season!!

**Coach Macias
Head Track and Field Coach**

**Eastwood Middle School
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El Paso, Tx 79935
School: 915-434-4300
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Practice Time: Sprints, Field Events Everyday – 4:00 – 6pm

Official Practice: March. 2

Minimum Time at Practice Required – 2 Hours

Policies

1. **Attendance** – With such a large group, in order to keep absences under control, the following rules are in effect for the season: If you miss practice for any reason during the week, you will not be running in the next track meet. There are three exemptions from this rule.
 - a. You have a doctor's appointment that you cannot change...On your return the next day, you will provide a note from the doctors' office confirming the appointment
 - b. Your teacher required you to go on a field trip, or performance for a grade. Tutoring with a note from the teacher
 - c. An extreme family emergency is excused. A parent note will be required on return.

All absences must be excused; however, an excused absence does not necessarily mean you will be running in the next meet. If you miss practice, only the **above excuses** will be accepted.

2. **Relay Teams** - Anyone on a relay team **must** be at practice the day before a meet in order to participate on the relay team. There are no excused absences for this! If you fail to show up for relay practice you will be removed from all relays at the corresponding meet.
3. **Tardies** - 3 Tardies = 1 Absence
4. **Practice and Meet Uniform** – Every track team member must wear appropriate workout attire during practice. There will be Eastwood middle T&F shirts for sale if you want one (highly suggested). Please wear shorts, compressions or tights to practice. Always bring track shoes and flat running shoes to all practices and meets, you will not be allowed to run in vans, or regular shoes. If you come to practice in any other apparel, you will not be allowed to practice. This will be looked at as an unexcused absence. Jewelry, undergarments showing, etc. is not allowed. *Do not bring cell phones or iPods to practice.* At meets you will wear our uniform, shirt or warm-ups. If you do not purchase team sweats, you will be allowed to wear plain black or blue sweats only, with no logos from other teams or sports If the dress code is not followed you will not be allowed on the bus, or run in the meet.
5. **Warm – Up** - All athletes will be required to warm up together in proper attire before every meet.
6. **Transportation to meets** - Each athlete will be required to ride the bus to and from each meet. Athletes who follow proper school protocol thru the athletic coordinator's office will be released to their parents after the meet. Your event coach or Coach Macias must meet with each athlete's parents before he will release them. No athlete will be allowed to go home with a parent or anyone else without proper documentation.
7. **Behavior**- Athletes are expected to support all team members during practice and competition. Any rude or inappropriate behavior or comments to either athletes or coaches will not be tolerated. Any behavior that in the opinion of the coaching staff is inappropriate, distracts from practice, or brings discredit to the team, coaches, or school, will result in suspension from practice or meet. Any further incidents and the athlete will be dismissed from this team.