

**Bloomfield Hills High School**  
**Boys and Girls Track & Field**  
**Varsity Letter Standards & Team Rules**

1. Daily Attendance and Timely attendance throughout the season is mandatory
  - A. **Daily practice is Monday - Friday, from 3:00 p.m. - 5:00 p.m.**
  - B. Whenever possible Dr. and Dentist appointments should be scheduled to avoid practice.
  - C. Tutoring should occur outside the practice schedule.
  - D. Missing practice or a meet because of employment is not a valid excuse.
  - E. If you do not check in to see the head coach before practice, about missing practice the absence be considered unexcused (unless there is an emergency).
  - F. **First** excused absence- allowed  
**Second** unexcused absence- cannot participate in next meet  
**Third** unexcused absence- dismissal from team.
  - G. Injuries and illnesses should be reported immediately to the head coach and athletic trainer to ensure the safety of the athlete.
  - H. Any athlete with an injury should report to practice for treatment or consultation with the trainer, John Ciecko.
2. Track and field athletes are expected to be respectful and display appropriate behavior throughout the season- **see student code of conduct.**
3. Student must be academically eligible to participate in track and field:
4. Any **athlete** who feels the need to talk with the coach needs to follow the appropriate steps.
  1. Cooling off period- wait one day gather your thoughts relax and set up a time to talk with the coach. Part of becoming an adult/student athlete is dealing with failure and success appropriately.

**Varsity Participation**

Varsity starting line-up: The fastest athlete or the the athlete which throws or jumps the farthest or highest in each event will be on the varsity roster which is the top 3 athletes for each event. Weekend meets or Invitationals may change from one meet to another based upon the rules of the meet. In other words one meet may allow one athlete and another may allow 2 athletes or 3 athletes per event. Athletes should always be prepared to participate on any given weekend in an Invitational, athletes may become sick or injured any day.

**Captains**

Captains are chosen by the Track & Field staff based on the following:

Attendance	Leads in practice	Motivator
Gives maximum effort everyday	Sets a positive example off the field	Leads by example
Coachable	Takes charge without the coach	Open to feedback
Good Sportsmanship	Builds team spirit	Follows Direction
Takes Responsibility for mistakes	Caring	Takes care of self
Communicates with all teammates	Courageous	Follows code of conduct
Stays positive	Caring	Finds own strength as leader
Works with teammates	Consistent	
Sets goals with team-individuals	Never let up or give up	