

Winograd Track 2022

Contact Information:

Head Coach: Connor Rodrigo crodrigo@greeleyschools.org

Assistant Coach: Catie Graefe cgraefe1@greeleyschools.org

Practice Schedule: Tuesday-Thursday 3:10-4:45; Friday 3:10-4:15 (unless otherwise notified)

Meet Schedule: Full details on back. Regular season meets go from 4:30-5:30 (approximate end time).

Athletes are encouraged to stay for the entire meet. Athletes can leave after they are finished with events, but parents have to sign athletes out with a coach.

Athlete Expectations:

-Try your best

-Bring a positive attitude (leave drama at the door)

-Respect yourself, others, equipment/facilities

-Communicate with coaches

-Athletes must report their absence or tardiness prior to the start of a practice or track meet with a note or email to Coach Rodrigo or Coach Graefe

-After 3 incidences of absences or tardies without prior communication, the athlete will no longer be a part of the track team

Parent Expectations:

-Please be on time to pick up your child. **4:45** for practices T-TH **4:15** and **5:30** for meets.

-Parents must be on time to pick up their athlete after practice, meets and bus drop offs. Parents will receive one warning when more than 10 minutes late. Athletes who are picked up late will not be allowed to participate in the next upcoming meet. Excessive tardiness may lead to dismissal.

-Parents must stay out of the infield at all track meets, unless given approval by a coach or meet official.

-We ask that parents stay away from the practice area and refrain from instructing or coaching during practices. If you are a parent with a track background and would like to volunteer coach please contact the head coach and we will direct you to becoming registered to do so.

Eligibility:

-Each student must have had a minimum practice period in that sport of FIVE days

-Athlete are encouraged to have above a 3.0 and they must have no more than 1 "F"

3 Strike Policy: In order to encourage communication between athletes and coaches, there is a three-strike policy which can potentially lead to the removal of an athlete from the track team or participation in a meet. If behavior is excessively unsafe/inappropriate, dismissal can be immediate at coaches' discretion.

- Not contacting a coach prior to the start of a practice or track meet about being tardy or absent
- Not being picked up on time (within 10 minutes of ending) after the completion of practice, track meets, or bus drop off.
- Inappropriate athlete conduct/behavior on or off the field (this includes behavior at school) or low effort to improve skills and fitness.

Please return this page to your coach by Friday, March 25, 2022

Athlete Agreement: As an athlete for the Winograd Track team, I understand, agree, and will abide by the athlete contract as written above.

Student Signature: _____

Parent Agreement: As a parent of a Winograd athlete, I understand and agree to review with my child the athlete contract as noted above and to encourage my child to abide by the contract. I, furthermore, will support my athlete, the team, and the coaches' efforts at all times.

Parent Signature: _____