**Sullivan Middle School Track Rules**

1. Do not be late. Practice will start at 3:30 PM unless you are told otherwise. You will do 10 push-ups and 10 sit-ups for every minute you are late.
2. Be Prepared! Have everything you will need for practice or the meet that day, including all uniform items and warm-ups, etc.
3. Boys Only: Hair must be off the collar, not below the earlobe, and above the eyebrows.
4. Unexcused missed practices: Including Homework Hangout, Detentions, etc.:
* 1st Unexcused= 50 push-ups and 1 extra mile
* 2nd Unexcused= 50 push-ups and 2 extra miles
* 3rd Unexcused= Dismissal from the team
1. Missed practices without prior contact with a coach:
	* 1st Missed Practice=No participation at the next meet
	* 2nd Missed Practice= No participation at the next 3 meets
	* 3rd Missed Practice= Dismissal from the team
2. For other situations that come up throughout the season you need to communicate with the coaches beforehand, and we will use common sense and fairness to solve each individual situation.
3. School-Related Athletics take priority over Non-school related teams.
	* Conflicts on Saturday meets will be worked out as long as notification is given at least a week in advance.
4. If an athlete is ineligible from track they will still go to practice but WILL NOT ride the bus to away meets. See handbook for more details on eligibility.
5. Everyone will be expected to stay and support their teammates until the last event is completed for both home and away meets. You will also be expected to act responsibly and maturely at track meets and to help when needed.
6. All other school handbook rules apply and will be enforced. Other rules and policies may be instated throughout the season if deemed necessary by the coaching staff.
7. Have fun!!! We all want this to be a fun and positive experience! Work your hardest, enjoy spending time with your teammates, and make some memories you will be proud to look back on!

Coaches’ Contact Info:

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