

PARKLAND HIGH SCHOOL TRACK AND FIELD **SPRINTER** RULES/GUIDELINES

A. General meeting - questions from general team meeting, team rules, policies or discipline code.

B. General information

1. Large numbers of participants are here for various reasons. Be a part of a team!
2. Don't get discouraged, varsity squad, work hard, improve personal bests, have fun,
3. Talk to a coach before you think about leaving us. Try another area of the team!
4. Work to get into a meet. The 800, 1600 and 3200 are all open events. Check with me first, some meets we may have to limit entries. We try to keep track of everyone's time.

C. Sprint events,

1. 100 m., 200 m., 400 m., 400 m. Relay, 1600 m. Relay
2. Individual events may enter 3 people, relays - one team of 4
3. 100 m. & 110 m. Hurdles, 300 m. Hurdles

D. Line up - individual events

1. First two places go to the fastest people, (except in unusual circumstances).
Third & Fourth place is at the coaches' discretion. (In unusual circumstances all places will be at the coaches' discretion).
2. Fastest runners are determined by times and head to head competition.
3. Other considerations: attendance, work ethic, team considerations

E. Line up - relay events

1. During the dual meet season, relay teams are formed from what the coaches' feel is best for the team.
2. **Missing practice or having to leave early from practice on days we hold relay practice may open you up to removal from the relay team.**
3. League and district relay teams
 - a. **All relays open up for the league and district meets!!!!!!**
 - b. Challenging for the league meet title.
 - c. Coaches will determine priority of events; team events versus individual events.
 - d. Teams will be filled by using times, head to head competition, meet results, possible runoffs
 - e. Individuals challenging will have to be able to **consistently** perform within the range of the current team members before a runoff will be held

F. Daily practice routine,

1. Stretch with sprinters, and roll is taken, certain days we will warm-up as a team with stations.
2. All sprinters must come here first, then when released may go to their other events. Hurdlers should check with me or have their coach notify me.
3. Practice routine, (warm up, form running/plyometrics, workout, starts, cool down)
4. Relay teams & select others will need to stay for relay practice/extra work
5. **Sub-Varsity will be done on most days in time for the 4:35 bus, (4:25 release).** Varsity workouts will usually run later
Relay teams and hurdlers will stay until 5:00 to 5:30 on most days. **Timing days we will run late.**

E. Miscellaneous items

1. Athletes **must sign out prior to** absence to be considered for approval. Unnecessary cuts will lead to dismissal from the team. Normally, no more than 3 unexcused absences will be allowed.
2. **All Sub-Varsity team members must compete in the 3 Sub-Varsity meets and attend all home varsity meets. All team members must be available for the Whitehall relays. The varsity members must help officiate the home sub-varsity meets. The dates are listed on the schedule. Non-attendance at these meets will remove you from the team. If you can not attend those meets, then you cannot be part of the team. Sorry.**
3. Dress appropriately for the weather! **Proper footwear** is important. **Jewelry may not be worn to practice or in meets.** It penalizes the team. **PIAA does not care if you have recently pierced anything!!**
4. Hurt/sore vs. injuries. Expect some soreness. **See the trainer if injured, come to roll first. You must have pass to see Trainer.**
5. We will have 2 levels of workouts. Do the one that is appropriate for you and work to get to the next level. As of the third week, we will have only 1 level of workouts, however we keep the 100/400 groups.
6. Season is short. Work hard to improve! Lack of work ethic will be reason for dismissal from the team.
7. **Parkland has a great tradition of success in track and field! Work hard to be part of that tradition!**

F. Communication

1. All general announcements or emergency information (practice/meet info. or cancellations, time trial scores, etc.) will be posted on the Internet site www.stewartp.org, ASAP. I will try and tweet out all weather practice or meet changes/cancellations at: **@CoachStewartPHS**
2. You can reach me via email from that site or at stewartp@parklandsd.org. You can contact me via phone at Springhouse Middle School, 610-351-5700, ext. 67581.
3. Coaches: Ms. Wert; Mr. Kremus; Mr. Joseph; Mr. Stewart; Ms. Gilmore; Mr. Notareschi;