

Bison Track and Field Rules and Regulations

(gfhsbisontrackandfield.weebly.com)

Remind 81010@b99c92

1. Arrive on time
 - a). All meetings, meets and practices
 - b). TEAM shake out lap 3:30
2. Practice is MANDATORY
 - a). Any unexcused absence leading up to a competition will result in the athlete missing that competition.
 - b). Any athlete accumulating two (2) or more unexcused absences will not become eligible for a varsity letter.
3. Abstain from alcohol, tobacco and illegal drugs. Immediate suspension will result from violating the school district chemical substance abuse policy. **Athletes will not be permitted to stay with the team if the violation occurs on an overnight event. Arrangements will be made with the parents to travel to the event site to get their athlete.**
4. Meet day expectations
 - a). Team members are expected to warm up for a meet with the TEAM and must wear team warm ups.
 - b). Team members are required to remain in uniform the entire meet. Team uniform will consist of any of the following: Team issued warm ups, competition top and bottoms, team issued track tee and shorts. We are the Bison track team- nothing else.
 - c). Team members are required to remain at the track, home or away, for the entire meet. Permission to leave the track early must be granted by Coach Polk before the day of the meet. Athletes will remain engaged in the meet and cheer on teammates as they compete. The conclusion of your event is not your ticket to board the bus.

d). Athlete's will be expected to compete in multiple events. You will not compete in a dual or triangular, home or away, with only one (1) event. These events can be a combination of varsity and junior varsity events. Invitationals are the exception since they are varsity only and you may not qualify in multiple varsity events.

5. Travel regulations

a). Team issued Bison TRACK gear is required for travel. Track warm ups, competition top and bottoms, team issued track tee and shorts. You will not board the bus if you are wearing anything else.

b). Athletes will ride the bus to and from competitions unless a travel waiver request form is signed by a parent and administrator.

c). Inappropriate use of the cell phone while on a school sponsored event will result in the forfeiture of the phone. Parents/guardians will be notified and coach Polk's contact info will be given so parental access to the athlete can continue.

6. Track equipment

a). Take care of your equipment. It is on loan to you for the season. Properly clean and maintain this equipment.

b). Help load and unload the bus. Team groups will be assigned this task for all travel. Seniors are not exempt from this task. We are a TEAM.

c). All equipment is to be returned promptly at the conclusion of your season. JV- after crosstown, Varsity- after divisional, State team- upon return from state.

d). Athletes will be fined the replacement cost of the equipment, not the current value.