

LADY CAT TRACK RULES

1. Athletes are expected to be at all practices, unless otherwise notified**(See note in #9). If an athlete misses a practice it is their responsibility to bring a note from their parent or guardian explaining the reason for the absence. Missed practice may result in losing a spot in a meet. Two or more unexcused absences are cause for removal from the team.
2. It is the athlete's responsibility to arrange transportation from Walnut Grove at the end of practices and meets. **Athletes should be picked up within 15 minutes of the end of practice each day.**
3. Athletes are required to ride the bus to all meets with the team. You may leave the meets **only with your parents and be signed-out by them before leaving the track.** If someone else depends on you for a ride they must be picked up once the bus gets back to Walnut Grove (MISD Policy).
4. If you become sick or an emergency arises on a meet day, please inform the coaches by phone as soon as possible. Parents may call and leave a message (972-775-5355 ext 1550).
5. Athletes are responsible for all workout equipment and uniforms. Lost sweats or uniforms must be paid for before a replacement will be given.
6. No jewelry is allowed at practice or meets. All shirts must be tucked in.
7. Any use of alcohol, drugs, or smoking will not be tolerated. The Midlothian ISD Policy will take affect in any cases of use.
8. Treat everyone with respect – parents, teachers, coaches, managers, and teammates.
9. Everyone will be given the opportunity to tryout for the event(s) they are interested in, but not guaranteed the race/field event requested. You must work and show a positive attitude to earn positions. Excessive absences could affect chances of making a meet. ***Tryouts for all events will occur on a weekly basis and be posted 1 or 2 days prior to each meet. Only those participating in the meet (as posted) will come to practice the day before a meet.
10. UIL requires athletes to pass all classes to participate in athletic and other UIL contests. If you fail a class for the Six Weeks, you may not participate in any contest for at least 3 weeks. If in 3 weeks all grades are passing (70 or above) you may then participate.

I have read the rules and policies above, and agree to abide by them. I also understand that there is a possibility of injury.

Athlete's Signature/Date

Parent Signature/Date