

C.B. SOUTH GIRLS TRACK & FIELD

Expectations & Rules

The following are in addition to those set forth by the school district, CB South, the PTFCA and PIAA.

Members of the CB South Girls Track & Field team are expected to:

- **Support their teammates, respect the coaches and demonstrate good sportsmanship.**
 - Track *is* a team sport and only when we work together will we find success.
- **Show up on time to practice/meets and be available for the entirety.**
 - There are no part-time athletes. Clear your schedules and report conflicts to the coaches soon as they arise.
 - Should an athlete miss or be late to practice, an adult must email Coach Beck.
 - If missing or being late to practice/meets occurs frequently or without excuses, the athlete will be removed from the team.
- **Be prepared for practice/meets.**
 - Athletes are responsible for their uniform, warm-up clothing, shoes, drinks/snacks, etc. An athlete without these items will not participate.
 - It is the responsibility of athlete needing specific equipment to have it with them or ask a coach to get it for them.
- **Complete, to the best of their ability, workouts and events designated to them by the coaches at practice/meets.**
 - The coaches will determine athletes' training and events so that everyone will experience success.
 - Athletes not willing to put forth the effort asked of them will be removed from the team.
- **Maintain appropriate grades in school and complete schoolwork so that it does not interfere with practice/meets.**
- **Participate in fundraising efforts to the best of their ability.**
- **Check the team website daily before contacting coaches with questions.**