

# Highland Park High School

## Track & Field

### Team Rules and Policies

The philosophies that we follow for all members of our team are “Training beats talent over time” and “Goal oriented people find a way.” The goal of our program is to have our student-athletes learn how to become hard working, self-directed team members. A positive team atmosphere that values each individual’s best efforts is shown every day, in every practice, in every meet. We believe that by working hard, and giving your best effort, every individual makes a contribution to the team. Our team goal is to be consistently competitive in our conference, qualify our student-athletes to the state meet each year, and eventually have our team place and win a team trophy.

In order to meet our goals for our program, in a safe and positive manner, it is important that the following rules and policies be followed:

1. Student-athletes are students first, and must maintain a strong academic standing in all their coursework.
2. All IHSA, Highland Park High School, and team codes of conduct must be maintained both on and off the athletic field.
3. Student-athletes are required to attend every practice and competition. They must be there on time and if injured they will still attend practices and travel to competitions with the team. Missed practices will result in student-athletes being held out of competitions. If a pattern of missed practices/competitions occurs, dismissal from the team will be considered. If a student-athlete must miss a practice or competition due to illness or personal/family reasons they may still be held out of competition, but will remain in good standing in the program **if** they communicated with the coaching staff in a timely manner.
4. All student-athletes must travel to, and from competitions with their team, in school-sanctioned vehicles. A parent/guardian note must be brought in to the athletic office at least 24 hours before the competition if other arrangements for transportation are needed.
5. Student-athletes are required to follow the training program provided by the coaching staff. They are not allowed to engage in other training regimens without the explicit approval of the coaching staff (this includes participation in other sports during the season). It is important that the student-athletes have one coach and one training regimen.
6. Training for track & field is a very rigorous activity. The coaching staff, in conjunction with the trainers works diligently to provide a training structure that is both challenging and appropriate for the individual student-athletes fitness and ability levels. Despite all efforts, injuries are a possible outcome. Our goal is to teach student-athletes to identify early signs of injuries to prevent more serious outcomes. Once an injury has been identified, our primary goal is to heal the injury while sustaining the highest fitness level possible. In order to heal injuries and maintain fitness levels we utilize a variety of techniques and methodologies including: cross training, ice baths, specific strength work, range of motion activities, trainer delivered interventions, and more.
7. We treat all individuals on our team with respect and dignity. No hazing, bullying, intimidation, or related behaviors will not be tolerated.
8. If a parent has specific questions or concerns please direct communication with the coach to discuss what can be discussed

*“We are what we repeatedly do. Excellence then is not an act, but a habit.”*  
-Aristotle

*“To give anything less than your best, is to waste the gift.”*  
-Steve Prefontaine

*“Nobody who ever gave his best regretted it.”*  
-George Halas