



**Thornton  
Track and Field  
Parent / Athlete  
Handbook  
2016**

Visit us at: [www.thorntonhstrackandfield.weebly.com](http://www.thorntonhstrackandfield.weebly.com)

February 3rd, 2016

Dear Parents:

We would like for you to read the enclosed rules that your son or daughter will need to follow to be a member of the track and field team at Thornton High School. The Thornton Track and Field coaches feel these rules are appropriate and our expectations are that the athletes abide by them. You, as a parent, can help by encouraging your son or daughter to stay in the best physical condition and support the coaches by helping enforce these rules.

Please sign below, indicating that you have read and understand these rules. If you have any questions, feel free to call one of us. Dave Hammerschmidt (303-895-4935) and Suzanne Hammerschmidt (303-895-4934)

Thank you,

Dave Hammerschmidt

Suzanne Hammerschmidt

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**Please Return This Portion to Coach Hammerschmidt**

I have read and understand these rules.

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Parent's signature

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Athlete's signature

Paperwork needed:

1. Track and Field rules
2. Physical, Parent permit, and Insurance waiver
3. School District Contract (Athletic Code of Conduct)
4. Athletic Fee

## Track and Field Information

1. Attendance at all practices and meets is expected. Conditioning for Track and Field takes time. Attendance will be taken. Practice is from 3:15pm to 5:30 pm. **If you can't be at practice, a note from your parents needs to be turned in to the coaching staff within one day of your absence to excuse you.**
2. Uniforms will be passed out before the first meet. Athletes are expected to keep uniforms neat and clean. Also, athletes will pay for any uniforms that are lost or damaged. **At the end of the season, you must turn in the same numbered uniform that is issued to you at the start of the season. If you fail to turn in your uniform on the announced due date you may be assessed a \$25 late fee.**
3. If you must be taped, do so prior to practice. Practice starts at 3:15pm, please be at the track ready to practice at 3:15pm.
4. Practice is not over until 5:30 pm. Plan to stay until then. Some days may be earlier, but there is always skill work that can be done. Weightlifting will be included in the workout each day. We will practice on bad weather days unless the District cancels all after school activities. We may dismiss practice early.
5. Starting date: Monday, February 29<sup>th</sup>.
6. Must be attending 5 classes for all of 2<sup>nd</sup> semester. Teacher Assistant does not count as a class.
7. Athletes must be in school on the day of a meet to be eligible to participate and must be in school on Friday if a meet is on Saturday to be eligible to participate.
8. We will be following CHSAA academic eligibility rules, Thornton HS 95% attendance rule and Thornton's tardy policy. Please get to class on time and be counted.

## Track and Field Meet Bags

### Nutritious Snacks

Drink/juice  
Spikes  
Socks (extra Pair)  
Tights – black  
Tape

### Steps/mark

Towel  
Track shoes (spikes)  
Hair Ties  
Umbrella  
Big trash bag keep things dry

### Rain suit

### Uniform

Individual warm up card

\*\*\*\*Relay Teams must be in the same uniform style\*\*\*\*

# Track & Field Rules for Athletes

## Administrators, Teachers, Coaches, and Officials

Please treat with respect at all times. Use proper title of person when speaking to him/ her.

## Injured Athlete

Please report injuries to coaching staff immediately. An athlete is **required** to report to practice each day for treatment or rehabilitation and then observe and help at practice. Ice must always be used for first 24 hours after injury. We have a full time trainer, so please communicate all injuries to her.

## Practice

**Team members expecting to participate in the meets are expected to be at practice daily. Please bring your sweats to practice, weather can change quickly. We will go outside as much as possible.**

## Missing Practice

***Excused absence***---Must be approved by coaching staff before you miss practice and you will need a note from your parents to excuse you. If the staff is not told, it will be an unexcused absence. **2 excused absences in a week = NO competition in the next meet, unless cleared by coaches.**

***Unexcused Absence***---**NO competition in the next meet.**

**Missing school the day of a meet or missing school the Friday before a Saturday meet = No competition**

## Late for Practice

100% effort at all times by every participant. If you have a problem, come see one of the coaches before we start practice. Tardiness – there will be a consequence. (Must bring a note from teacher)

**Lettering** – Criteria listed below will be used in consideration for lettering in track and field.

1. Break school record (automatic)
2. Qualify for the state meet (automatic)
3. Qualifying for the finals at the League Championships in an individual event.(Automatic)
4. Recommendation of the coaching staff
5. Must be in good standing with the THS Track and Field Program at the end of the season.
6. Meet **Varsity Standards** in your individual event as set by your coach and discussed with your coach.
7. As a relay team meet **Varsity Standards** as set by your coach and discussed with your coach.

## Equipment

Each athlete is responsible to bring his/hers equipment and uniform that was issued to him/her to each meet and to practice. The uniform will be turned into a coach at the end of their last track and field meet. Please do not wear your Varsity meet uniform or sweats to practice.

## Transportation

**New District 12 Policy**—Transportation will not be provided for competitions or events within 10 driving miles of Thornton High School. (Monday through Friday)

No Transportation will be provided for athletic events held on Saturdays.

## Dismissal from the team

Inappropriate behavior that would bring embarrassment to the school and team will be reason for removal from the team.

# Track & Field Rules for Athletes

## **What coaches expect from THS track and field athletes:**

- To get an education. You are blessed to be a part of the best school in the state so take advantage of this opportunity.
- Give your total effort to make the most of the talents you have.
- **Respect and honor you teammates.**
- To be totally honest and trustworthy.
- To be 100% loyal to your teammates, coaches, teachers, administrators, school, family and friends.
- Be prompt and punctual to all classes, meetings, practices and meets.
- Be courteous to teammates, teachers, coaches and officials.
- Encourage your teammates.
- Be emotional, love and be enthusiastic about your sport.

## **What THS track and field athletes should expect from their coaches:**

- ❖ To be loyal to you in all areas.
- ❖ To be honest at all times.
- ❖ To provide the leadership and training necessary to achieve all of your goals.
- ❖ To work you harder than you have ever worked before.
- ❖ To assist you in any way possible now and after you graduate.
- ❖ To treat you with respect.
- ❖ To make all the decisions predicated on what is best for the team first, and then what is best for the athlete.
- ❖ To help you mature and grow as a person.
- ❖ To help you learn to make the sound decisions based on what is the right thing to do.
- ❖ To do everything within our power to improve facilities and equipment and make this the best place in Colorado to participate in track and field.

### **Three Simple Rules**

- Be where you are supposed to be.
- When you are supposed to be there.
- Doing what you are supposed to be doing.

### **Closing**

It is important for all parents to understand that we as coaches treasure these athletes. All decisions will be made on the behalf of the team's goals and interests. THS Track and Field cannot possibly be successful if our athletes are not successful. We will work diligently in making your athlete rise to their fullest potential both on and off the track and field venue. We welcome the opportunity to serve you and the Thornton High School Community in this capacity.