

2014 Assumption High School Track and Field Parent Meeting Handout

Team Philosophy and Mission

Our philosophy/mission are best characterized in terms of what we hope to accomplish as a team.

- We strive to compete as individuals and team on the highest possible level, with the ultimate goal of achieving great things on the national stage.
- We strive to take an active role in helping our athletes grow as individuals and in creating a very meaningful experience for every athlete in our program.
- We strive to always provide an athletic home for any girl, regardless of her initially perceived athletic ability, who is willing to show up, follow our guidelines and do her best within the context of the caring team environment we attempt to provide.

Behavioral Guidelines

Assumption Track and Field is recognized as a high level program both locally and in the State as a whole. As such, we are a very visible group and it is therefore important to conduct ourselves in an appropriate manner. The girls on our team, parents and coaches are all expected to behave as representatives of the program, both on and off the track, and adhere to our team's behavioral guidelines. Those guides are summarized below:

- Abide by the school's alcohol, tobacco, and drug use policy (addressed on the alcohol/tobacco/drug use form each athlete must sign at the start of the season). *The drug/alcohol and tobacco policy is in force at all times during the season - whether the athlete is participating in an athletic function with their team, at home, on vacation, etc.*
- Always do whatever you're asked to do in all settings and to the best of your ability.
- Integrity is the glue holding this team together. We do not tolerate intentional dishonesty of any sort. We expect athletes to be forthcoming when asked questions, and that they will (confidentially) share instances where they become aware of team rules being violated.
- Avoid behavior that reflects negatively on your school, team, teammates, or yourself.
- Generally speaking, each athlete, parent and coach associated with our program is expected to engage in conduct that is consistent with both the goals of the team and mission of the athletic program as a whole.

As a rule, we ask our athletes to avoid situations where our behavioral guidelines are not met. E.g., athletes should avoid situations where underage drinking or drug use might occur, and if such behavior does occur at a social event, then we strongly suggest the athlete leave the event.

We believe that the girls on our team are accountable to both themselves and their teammates and that they will hold one another accountable for their behavior. Therefore, if a girl on the team becomes aware of a teammate breaking rules and says nothing, then (once we learn of the incident) that girl could be treated as a participant in the rule-breaking and not just an observer.

Practice and Attendance

1. Communicating absences: The coaches expect each girl on the team to attend regularly, but when it is not possible to attend practice we have the following expectations:

- Any girl who is at school through the conclusion of the school day and cannot attend practice must inform her coach about her absence. If a girl has a scheduled practice on a non-school day and she's unable to attend, then she should also contact her coach.
- If a girl does not attend school on any given day or is not at school through the conclusion of the school day for reasons such as illness or retreat, then she is not obligated to contact her coach about that absence. We are able to access the official school records and determine whether a girl was absent or left early. Of course, while communicating an absence is not required in this situation, it's always appreciated.

2. School-related conflicts: we recognize that situations can arise with club activities, testing pool, etc., where there's a conflict between the activity and practice. We expect our girls to keep conflicts like this to a minimum by asking that each girl look for ways to work around these conflicts. We do not expect a girl to miss testing pool if she has to take a scheduled exam, but we ask that she attempt to get a ride to practice after testing pool ends (if possible). We similarly ask girls to work their club activities around practice times as well.

3. non-School-related conflicts: we do not allow girls on the team to regularly skip weekday practices or miss weekday meets in order to do Spring Field Hockey, Club Soccer, work at part-time jobs, etc. Our coaches are willing to work with athletes in certain situations, but not involving anything that entails a regular absence from practice or meets. Each girl's primary commitment must be to the Track team first, and then to these other non-school-related areas.

4. Leaving early from practice: we also recognize that situations can arise where it's necessary for a girl to leave early from practice. We expect our girls to keep these conflicts to a minimum as well. Any girl leaving early, however, must receive permission to do so. Even a very small number of "sudden disappearances" will lead to a girl being dropped from the team.

Practice routine

1. Daily routine: practice begins each day at the Assumption Track facility unless otherwise noted (e.g. the Distance Runners may meet elsewhere on 1-2 days each week). We'll provide a weekly schedule in advance that indicates where practice is located for each group. Each practice typically begins with some announcements before we move into warmup.

2. Practice hours: practice will last 1.5-2 hours after our official start time (typically 3:30). Early season practices may not last as long as mid- or late season practices. There will be certain days when certain groups may go later than average, and we will make every effort to announce those days in advance. On some occasions, practice may be delayed for reasons outside of our control, but we will make every attempt to finish on time or at least minimize the lateness of our concluding practice on those days.

3. Practice and Bad Weather: unless conditions are expected to be hazardous, we will not cancel practice. If there are days when it's not appropriate to be outside, then we will either seek an alternative (e.g. practice inside) or wait out the bad weather. We will not necessarily cancel practice when it's raining outside or colder than normal. We expect our girls to show up to practice prepared for rain or cold in terms of how they dress and behave. If, on any given day, parents have concerns about their daughter practicing outside, then we ask that those parents speak directly with their daughter's coach.

4. Safety Guidelines: practice can involve a wide variety of potential hazards. To minimize such hazards, each girl must abide by the following safety guidelines.

- All athletes should “check in” when arriving at practice and “check out” when leaving practice. We have no formal process for this other than making sure we know you're here and making sure we know when you leave.
- All activity that occurs at any official practice must be coordinated through the appropriate coach. This not only includes doing specific things during practice, but also involves avoiding inappropriate behavior such as running with non-teammates, using a cell phone during practice without permission, etc.
- Unless practice involves departing from the main practice area, in which case coaches will explain what to do, all athletes must practice under the direct supervision of a coach.
- In situations where practice involves departing from the main practice area (e.g. distance runners leaving on a distance run), there are specific precautions we ask each athlete to take in order to minimize the chance of accidents or problems.
 - Runners must follow the running routes given by their coach.
 - Runners should make every effort to run with a group and avoid situations where they will be alone. This is particularly true when running on trails or in areas where a girl is not in public view (e.g. in an alley, behind buildings, etc.).
 - Runners should always practice in such a way as to ensure their own safety and the safety of those running with them. E.g., runners should obey all traffic laws, stay off the road whenever possible, not jaywalk, etc.

If an accident ever does occur, then our policy is to contact your parent/guardian as soon as possible and any appropriate legal and/or medical authorities as the situation warrants.

We advocate that our girls follow basic safety precautions and note that many of the guidelines listed are consistent with what we consider general rules of good behavior.

Coaches and Contact Information

Name	Email address	Phone (cell)
Barry Haworth (head coach)	bmhaworth@louisville.edu	502-802-6564
Barry Kornstein (assistant coach)	bjkorn01@louisville.edu	
Jesse Shelton (assistant coach)		
Melissa Connell (assistant coach)		

Info Distribution

Team Website (<http://track.ahsdistance.org>): most team announcements, meet entries, meet schedule, directions to meets, important handouts, historical performance lists (e.g. top performers in each event, school records, etc.), photographs, and other information are all posted at our team website.

Team Email Distribution List: our primary means of distributing team announcements, meet entries, and other pertinent information is through our team email distribution list. All email-using parents are strongly encouraged to “subscribe”. You can email such a request to Barry Haworth at either email address given above. The *ahsrockets.org* email address of each girl on the team is automatically included on this list as soon as her name is placed on the roster.