

Practice and Attendance

1. Communicating absences or late arrivals/early departures from practice: The coaches expect each girl on the team to attend regularly and be there for the entire duration of practice. When it is not possible to do so, then we have the following expectations:

- If you are at school through regular dismissal and cannot attend practice that day, then you must tell your coach. Saying nothing can get you into trouble and can lead to your dismissal from the team if it becomes a problem.
- Please do not arrive late or leave early from practice without saying anything. If there appears to be an unavoidable conflict that affects your ability to attend the entire practice, then we will need to discuss how to proceed. If your arriving late or leaving early ever becomes a significant problem, then we may need to consider whether your participating with us is possible.

2. Attendance at practice: each event coach will determine their own specific policy regarding allowable conflicts with practice.

- **Non-allowable conflicts:** although your coach will explain their policy regarding allowable conflicts, as a general rule, each girl should assume that she cannot miss practice for any non-Assumption event such as work and athletic club team practices or events. Similarly, you should assume that you cannot miss practice for some Assumption-related conflicts as well (e.g. club meetings). This obviously does not apply to testing pool (see below), required after-school labs with AP Chemistry, etc.
- **Testing pool:** unless taking a makeup test during testing pool on any given day makes it impossible for a girl to attend practice (e.g. her test lasts for the duration of practice), then she is expected to attend – even if she must be late.
- **Appointments:** although we realize that the girls may need to miss an occasional practice due to some type of appointment with their doctor, dentist, etc, we ask parents to at least try to schedule those appointments at times that do not conflict with practice.
- **Academic problems:** if any of our girls are struggling with one or more of their classes, then we strongly encourage them to speak with us. If there is something we can do to help, then we will certainly consider those options. If a girl is clearly unable to juggle academics and athletics, then we will consider releasing her from the team so that she can focus on schoolwork for the remainder of the season. Note that this includes girls who are placed on academic suspension by the Athletic Department and show no sign of coming off of academic suspension for an extended period of time.
 - **Missing practice for schoolwork:** as a general rule, the completion of school work is not an appropriate excuse for missing practice.

Practice routine

1. Daily routine: each coach will provide a weekly practice routine for their specific group of athletes. These routines may differ in terms of location, practice time and practice days.

- **Location:** sprinters, jumpers and throwers will typically practice at the Assumption Green Track facility. The distance running group practices at a variety of locations, which does include the Assumption Green Track facility.
- **Practice time:** whenever possible, we will attempt to practice after school. Some athletes may also need to meet with their coach in the evenings (e.g. the jumpers may need to meet with their coach on certain evenings).
- **Practice hours:** each practice will typically last 1.5-2 hours (e.g. from 3:30 until 5:00 or 5:30). On certain days, it is possible for practice to be delayed (e.g. due to team meetings, weather or other circumstances).
- **Practice and Bad Weather:** unless weather conditions are expected to be unsafe, we do not cancel practice. If practice is ever cancelled or changed due to weather-related concerns, then we will announce this as soon as possible (note that it is not always possible to make these announcements in advance of practice). Each girl is expected to arrive at practice, dressed appropriately and prepared to practice outside unless her coach has specifically said otherwise.

2. Practice-related guidelines:

- All athletes should “check in” when arriving at practice and “check out” before 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 should be coordinated through your coach. This not only includes performing a specific workout or run, but also making sure you know the specific rules which apply to each practice (e.g. letting your coach know when you need to take a bathroom break, using your phone at practice, etc). Some additional rules that apply to distance runners include the following:
 - Distance runners must follow the running routes given by their coach. If not, then this should be reported to the coach as soon as possible.
 - Distance 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.).
 - Distance runners should always practice in such a way as to ensure their own safety and the safety of those running with them (e.g., obey all traffic laws, stay off the road whenever possible, etc.), and report any potentially unsafe situation with your coach.

- If an accident or situation ever occurs at practice where it is appropriate to contact parents, then we will do so as soon as possible, and will also contact any appropriate school, legal and/or medical authorities as any given situation warrants.
- **Injuries and Practice:** although we do our best to prevent injuries, injuries are inevitable in a sport like Track & Field. If a girl experiences pain or anything out of the ordinary, then she should speak with a coach. We typically direct each potentially injured girl to the school's trainer for evaluation. If a girl becomes injured, then she should speak directly with her specific coach to determine how she should proceed when it comes to her attending practice.

3. Potential conflicts

- **Participation in KUNA or Humanities II Showcase:** please speak with a coach if you are scheduled to participate in either of these events.
- **Attending Prom:** we allow our girls to attend the Assumption Prom, but ask them to speak with us as soon as possible about attending other proms (e.g. St X, Trinity or other school proms). We do our best to provide opportunity for our girls to attend the St X and Trinity proms in a way that doesn't affect their ability to participate in important meets and practices, but that this does not necessarily extend to other proms.
- **Retreat:** missing practice for a retreat is always excused, but we ask the girls to inform us as early as possible regarding those conflicts.
- **End of season conflicts:** although conflicts between AP exams or graduation activities do not tend to arise with practice or meets, we obviously need the girls to communicate with us if and when a conflict is possible.
- **Spring Break:** there are no mandatory practices or meets during Spring Break. If anything is scheduled during Spring Break, it is always a mutually agreed-upon, voluntary arrangement between coach and athlete.
- **Giving Blood:** please check with your coach before giving blood during the season. E.g., if a distance runner gives blood, then this can have a significant impact on her ability to practice and compete, and we may have to withdraw her from practice for a period of time.
- **Outside Road Races:** it is not appropriate to compete in outside races during a competitive track season without first speaking with a coach.
- **Participation in Pink-White Football:** each event coach will have their own individual policy regarding whether and how a girl can participate in Pink-White and Track, so any girl interested in trying out for Pink-White should first discuss this with her coach.