

# Shadle Park Track & Field 2024 Program Expectations

## Athlete Guidelines & Expectations:

- Treat all teammates and coaches with respect and represent our program with dignity.
- Support your teammates, both on and off the field.
- Commit to the program, the process, and be coachable.
- Good school attendance and grades are expected (**Student 1<sup>st</sup>, Athlete 2<sup>nd</sup>**)

## Competition & Practice:

- Athletes will take the bus to and from all GSL meets with the team. Invites will have exceptions.
- Wear the Shadle Park issued track uniform and gear to all meets.
- Dress appropriately for practice and meets. Always bring athletic clothing, training shoes, spikes or throwing shoes, warm clothes, and a water bottle.
- Be on time and prepared for all meetings, practices, and competitions.

## Attendance:

- Practice and meets are mandatory. **If you are going to miss practice or a meet for any reason, you must contact Coach Clayton or Ms. Aaliyah in advance via (In-person, Remind, or Email).**
  - **Practice**
    - 1<sup>st</sup> Unexcused – Verbal Warning
    - 2<sup>nd</sup> Unexcused – Meeting with Coach and suspension from next meet
    - 3<sup>rd</sup> Unexcused – Dismissal from the team
  - **Competition**
    - 1<sup>st</sup> Unexcused – Meeting with Coach and suspension from the next meet
    - 2<sup>nd</sup> Unexcused – Dismissal from the team
- Track & Field athletes will be held to the highest standard. It is expected that you attend every class, every day.
  - There will be disciplinary action for any unexcused absence during the school day.
    - ***Athletes who have an unexcused absence from school on competition day will not be able to compete.***
  - Poor school attendance will result in disciplinary action or team removal.
- We utilize a computer sign-in process for Attendance. Athletes are expected to sign-in using their student ID. Those who fail to sign-in will be marked with an unexcused absence, unless they've taken the necessary steps listed above to communicate.

## Grades:

- School policy states that you are eligible to compete with no more than 1 F if you are taking 6 classes. 0 F's if you are taking 5 classes.
- Students with any F's will need to get checked off by their teacher before being eligible to compete.
  - There will be a study hall option for students in need of academic support

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**Nathan Clayton**

Head Coach

NathanielC@spokaneschools.org

**Aaliyah Ashley-Meek**

Assistant Head Coach

AaliyahA@spokaneschools.org

## **General Information**

- Practice Monday-Friday, with occasional Saturday practices. We will go no later than 5:30pm during the school week. All practices will start in the main gym for attendance and daily meetings.
- After the first week, practice times will vary depending on if athletes are competing JV or Varsity.
  - JV practice will be from 3-4:15pm. Varsity practice will be from 4:00-5:30pm.
- All JV and Varsity athletes will compete in GSL meets.
- Invites are limited to how many entries we can have per event. Varsity and JV athletes will be notified prior to the invite if they are competing. If you qualify, it's important you compete!
- All athletes will be provided with a team uniform that consists of a jersey, compression shorts, warmup jacket, and warmup pants. Once athletes are given a team uniform, a fine will be placed on their student account. Athletes must keep track of their assigned uniform and turn it in at the end of the season.

## **Communication**

- We use the Remind App for short day-to-day communication. This is mandatory for all athletes! **To join, see the next page for instructions.**
- We use email communication for more in depth announcements/reminders/information. Emails will be sent to the email address listed on FinalForms.
  - Emails sent through FinalForms and can sometimes end up in your Junk/Spam mail, so please make sure they send to your Inbox.
- Turn on email and Remind App notifications so you don't miss any information!

## **Training Shoes, Competition Spikes, and/or Throwing Shoes**

- Track & Field is a running, jumping, and throwing sport, which means proper footwear is crucial to athlete success. Proper training shoes help prevent injuries such as muscle strains, shin splints, and stress fractures. Without proper training shoes, the likelihood of these injuries increases, possibly ending your season. Training shoes are what we train in and should be worn to practice every day and at all competitions.
- To reach your full potential and compete at your highest level, running spikes, jumping spikes, and throwing shoes are highly recommended. Spikes and throwing shoes can be found with a google search or at any local sporting goods store. Spikes and throwing shoes should be brought to practice every day and will be used at every competition.
- If circumstances restrict you from purchasing training shoes, spikes, or throwing shoes, please let me know.

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## Meet Results and Athlete Profiles

**Athletic.net** – This is where all meet results are posted after every event. You will also have an athlete profile where you can see all your career marks, times, and personal bests.

## **Remind App – Mandatory for all athletes!**

All general communication will be used through the Remind App. Coach Clayton or Aaliyah will be able to send messages to the team or an individual. Athletes and parents can also use this App to communicate directly with us. *Note: All replies go directly to the Coach Only.*

## **Join by downloading mobile app: RECOMMENDED**

Download the Remind App and create a new account (or log in if you already have one). To join a class, tap the + by Classes Joined and enter the class code(s) below to join. Make sure your notifications are on!

## **Join by text:**

Text the class code below starting with the @ symbol to 81010. You will only get text messages and not be able to have the App options. \*Standard Text Message fees may apply. Note if you have a text plan, they are the same as any text\*

Boys - use code @spboystr to join.

Girls – use code @spgirlstr to join.

Parents - use code @spparenttr to join.

## [Practice/Meet Schedules & Program Information](#)



## [Shadle Park Athletic.net](#)

