



Track and Field Code of Conduct Contract 2020

RESPONSIBILITY	OR	CONSEQUENCE
Athletic contract, insurance form, code of conduct and \$30 athletic fee signed/submitted by Wednesday, April 15th, 2020 via <u>School Day</u> .		You will not compete until these three items have been submitted and you have attended practice regularly.
Must participate in 2 practices minimum per week.		You will not compete at the next meet.
Must participate in 6 practices a week before Investor's group meet.		You will not compete at Investor's meet.
Must participate in 10 practices a week before North Zone qualifier meet.		You will not compete at North Zone Qualifier.
Must participate in 16 practices a week before Regionals sign up deadline.		You will not compete at Regionals.
Must sign up for each meet using google form posted in classroom before each meet deadline (one week before each meet).		You will not compete. Coaches will not chase you for meet sign up. Coaches also reserve the right to decide if an athlete is ready to compete or not.
When registering for an event, you are committing to competing in the event. No show and scratching is not permitted without consultation with your primary coach in advance.		You will not compete in that event in the following meet.
You must help with assigned duties (hurdles, blocks etc) at track meets.		You will not attend the next meet.
All equipment used at practice each day must be put away.		You will not have access to the equipment at the next practice you attend.

AGREEMENT COMPLETED IN SCHOOL DAY

Continue reading for important information & schedule

IMPORTANT INFORMATION

TRACK AND FIELD ATHLETE ETIQUETTE
Arrive to practice on time (3:00 sharp).
All athletes will warm-up and stretch together at the beginning of every practice.
For club athletes to receive credit for their participation in practice they must do the workout provided by their STH coach. No club coach interference at high school meets.

OTHER NOTES FOR ATHLETES
<ul style="list-style-type: none"> To sign up for the season complete the event interest form found in google classroom. To sign up for our track google classroom group use the code 7h35grv. Here you will find all the information and documents needed for the season. Remember, the deadline to hand in your athletic contract, code of conduct, insurance form and \$30 athletic fee is Wednesday, April 15th. If these are not submitted by this date you will not compete in the first meet.
<ul style="list-style-type: none"> At the beginning of every practice, each athlete will initial beside his/her name on an attendance sheet on the track and field clipboard at the track shed. At the end of each practice a coach will verify athlete attendance.
<ul style="list-style-type: none"> Senior athletes will set the tone for younger athletes. A female and male team captain for the track group and a female and male team captain for the field group will be appointed by the coaches. Team captains will be responsible for leading warm-up, and for setting a positive tone & work ethic at practices and meets.
<ul style="list-style-type: none"> Relay teams will be selected by the coaches via timed trials.

Official Season Start Date

April 6th, 2020 (Monday)

Coach's List and Contact Info

COACH	EVENTS	Email Contact
Mr Dalziel	Meet Convenor	rdalziel@smcdsb.on.ca
Mr. deMunnik	Javelin, Shot Put, Discus	mdemunnik@smcsb.on.ca
Mr. Hudak	100m, 200m, Relays, High Jump	dhudak@smcdsb.on.ca krice@smcdsb.on.ca
Julie Wynhofen Ms. Bray	Triple Jump, Long Jump	julie@leanfitnessandwellness.ca jbray@smcdsb.on.ca
Ms. Prashaw Ms. Rice Ms. Cox	400m, 800m, 1500m, 3000m	eprashaw@smcdsb.on.ca krice@smcdsb.on.ca scox@smcdsb.on.ca

2020 TRACK & FIELD SEASON SCHEDULE

March 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 WK 1	2	3	4	5	6	7
8 WK 2	9 Pre- Season Start	10	11	12	13	14
15	16	17	18	19	20	21
22 WK 1	23	24	25	26	27	28

April 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
29 WK 2	30	31	1	2	3	4
5 WK 1	6	7	8	9	10	11
12 WK 2	13	14 Clothing Order Deadline - See Nike flyer	15 Contract, Insurance Form, Code of conduct, \$30 Fee DUE	16 Investor's meet sign-up deadline	17 Good Friday	18
19 WK 1	20 Easter Monday	21	22	23 MUST HAVE 6 PRACTICES BY TODAY	24	25

May 2020

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
26 WK 2	27	28	29	30 INVESTOR'S MEET STH	1 PA Day	2
3 WK 1	4 <u>North Zone meet sign-up deadline</u>	5	6	7	8 MUST HAVE 10 PRACTICES BEFORE NORTH QUALIFIER	9
10 WK 2	11	12	13 <u>GBSSA meet sign-up deadline</u>	14 NORTH ZONE QUALIFIER STH	15	16
17 WK 1	18 May Long Weekend	19	20 GBSSA Championship STH	21 <u>OFSAA Regionals meet sign-up deadline</u> MUST HAVE 16 PRACTICES BY TODAY	22	23
24 WK 2	25	26	27	28 OFSAA Regionals York University	29 OFSAA Regionals York University	30 OFSAA ENTRY DEADLINE

June 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31 WK 1	June 1	2	3	4 OFSAA Championship U of T	5 OFSAA Championship U of T	6 OFSAA Championship U of T