

# Harding Middle School Track Rules

1. Use of alcohol, tobacco, or drugs will result in Automatic Dismissal from the team.
2. Disrespect toward any team member, the coaching staff, or faculty of Harding Middle School will not be tolerated and will be dealt with by the coaching staff.
3. No player may miss practice without notifying Coach Duffy and Coach Ribar. Do not tell a friend to tell a coach you will not be there.
4. If you have an unexcused practice the day before a meet, you will not participate in that meet. (examples of excused practices are doctor, dentist, or funeral)
5. Time-Out Policy ( If your child is placed in time-out for any reason)

1<sup>st</sup> time----extras

2<sup>nd</sup> time----extras

3<sup>rd</sup> time----extras

4<sup>th</sup> time----1 meet suspension and extras for 1 week

5<sup>th</sup> time----Possible dismissal from team

Day of Meet- 1 or 2 periods---extras for 1 and 2 periods, 3 or more periods means you MISS THE MEET.

6. Lunch Detention and After School Detention Policy

1 thru 9 detentions----extras

10<sup>th</sup> ----1 meet suspension

11<sup>th</sup>----Possible dismissal from team

7. An Eligibility Report will be taken weekly. 2 F's will result in 1 week suspension. After the 3<sup>rd</sup> week if a student is still carrying 2 F's the student will be dismissed from the team.
8. Any athlete having 4 unexcused practices will be dismissed from the team. This includes being suspended.
9. Boys --- NO Earrings are to be worn in school or to school activities. No athlete shall dye their hair. Track practice is over at 3:45 --- Make arrangements to have your child picked up no later than 4:00--- they are not permitted to go to McDonalds.

\*\*\*\*Please review these rules with your child and sign. Return to Coach Duffy or Coach Ribar.\*\*\*\*

-----Cut and turn in-----

Student name \_\_\_\_\_ Student signature \_\_\_\_\_

Parent name \_\_\_\_\_ Parent signature \_\_\_\_\_

# Harding Track 2018

<u>Date</u>	<u>Day</u>	<u>Bus</u>	<u>Start</u>	<u>Event</u>
April 9	Monday	----	4:00	vs Martins Ferry
April 10	Tuesday	3:30	4:30	@ Martins Ferry Tournament
April 12	Thursday	3:15	4:30	@ Shadyside Relays
April 16	Monday	3:30	4:30	@ Martins Ferry Tri
April 23	Monday	----	4:30	vs St. Clairsville
April 25	Wednesday	3:00	4:00	@ St. Clairsville Invitational

*\*Times and dates subject to change*

*\*\*Have a ride here by 3:45*

*\*\*Times and dates subject to change*

*\*\*Lift Club and Fitness excused at 3:15 on Tuesday and Thursday*

*\*\*Any questions call Coach Duffy @ 740-282-3481*