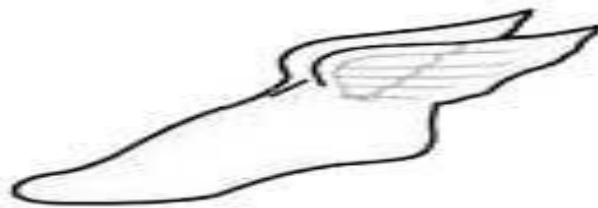


Blacksburg High School



Player Handbook

Read with your parents and return the last page.

Dear Blacksburg Wildcat,

This handbook is a means of letting you know what we expect from you as a student-athlete in our track and field program at Blacksburg High School. Our staff will go over this booklet with each athlete that has a desire to become a CHAMPION. If you have what it takes to be a CHAMPION, I welcome you to our Track Family.

Being a Champion is not easy. If it were easy to be great, everyone would be. It will take a tremendous effort from everyone involved in this program for us to be successful. Each player in this program (1st to 3rd team) is vital to the success to Blacksburg Track and Field. I challenge each of you to outwork your opponent year-round. YOU AND YOU ONLY know if you are working to make Blacksburg Track and Field a CHAMPIONSHIP program.

Do the little things well and success will follow. We will demand that you be better than the average student at Blacksburg. Each player is a direct reflection of our program; how you carry yourself around school and this community will directly affect your coaches and teammates. Some of our team rules and policies will seem trivial at times, I understand. I want you to trust and believe in our system and we will become CHAMPIONS together.

The rules apply to all members of this team; expect to be reprimanded if they are broken. Every situation is different and each will be handled with fairness. **I want each of you to leave this program a better person.** All through life there are rules to follow; make wise choices and problems will be limited. You know right from wrong; be smart and we will produce great things here at Blacksburg High School.

Our door is always open; never be afraid to come to us with a problem. I will do all that I can do to help in a time of need. The only thing I ask in return is this: Do your part to become a CHAMPION!

You're in the driver's seat!

COMMITMENT TO EXCELLENCE

How good do you want to be? If you answer, “Good enough to get by” then a commitment to excellence is not necessary. If your honest answer is, “The Best” you must make a total commitment to excellence.

You don’t have to tell anyone about your commitment. They’ll know. How? By your actions. People will see your commitment in the time and energy you put into practicing and the intensity of your practice.

Never be ashamed to admit that you want to be the best. Never feel you have to explain your reasons. If you are committed to excellence your answer will always be, “Why not be the best?” Don’t be satisfied until you get what you want.

In our years of coaching we have seen a couple of dozen young athletes make a sincere commitment to excellence. They had a burning desire to be great, not just good. They craved coaching. They wanted to learn new moves every day. They worked harder than others during the season and never stopped working in the off season. They looked for tougher competition to improve their performance. They were very stubborn: they refused to settle for anything less than the best.

As a result, each one was a winner. There was no luck or chance involved. These hustlers worked so hard they always had an edge. They knew they would win, and they did.

Perfection is very elusive. Athletes know there are always ways to improve their performance. Many strive for perfection, but most fall short. You can only achieve perfection if you have a strong commitment to excellence. Ask any CHAMPION.

We often wonder if people can ever be at peace with themselves, or totally happy, unless they make such a commitment. How do they justify their lives? How do they go day to day without an honest effort to be the best at what they do? It’s up to you. If you really want something bad enough, don’t let anything stand in your way. Don’t settle for less than the best; this is how you become the best.

The real reason most of us are afraid to make a total commitment to excellence is: fear of failure. We say, “I don’t want to try too hard to reach my goal, because if I do and don’t reach my goal, it will hurt too much.”

I’m going to tell you something friends. If you start anything on this basis, you’re not going to make it happen. When you get involved in something, man, you have to go after it. No holding back. No half tries. Go for it with all your heart. Once you get it going, don’t stop working. Maintain your steady workout schedule, and it will bring you more reward than you can possibly imagine. Then, if you win...the harder you worked, the sweeter the victory. “Winning is living” and I love to win.

PHILOSOPHY

As a team we must take **PRIDE** in all we do!

Positive attitude in all that we do.

Responsibility for our actions on and off the field

Intent (on being the best)

Determined to reach our goals

Enthusiasm – every day, every play, every way!

We feel that all CHAMPIONS have the same qualities. It is important to have these five common traits if we are to become CHAMPIONS!

1. SINGLENESS OF PURPOSE (Win Events! WIN IN LIFE!)
2. UNSELFISHNESS (THERE IS NO "I" IN "TEAM")
3. TOUGHNESS (MENTALLY AND PHYSICALLY)
4. SMART (BE SMART-MAKE GOOD CHOICES)
5. NEVER QUIT (NEVER GIVE UP)

TEAM RULES

1. FOLLOW ALL SCHOOL RULES.
2. DON'T DO ANYTHING TO EMBARRASS YOURSELF, YOUR FAMILY, OR YOUR SCHOOL.
3. RESPECT YOURSELF AND OTHERS- **YOU GET RESPECT WHEN YOU HAVE IT AND USE IT! REMEMBER-TREAT PEOPLE THE WAY YOU WANT TO BE TREATED.**
4. BE NEAT IN APPEARANCE.
5. BE ON TIME-**CLASS, MEETINGS, PRACTICE, ETC...**
6. GO TO CLASS! GET AN EDUCATION. THAT'S WHAT YOU'RE HERE FOR!
7. KEEP THE ATHLETIC DEPARTMENT CLEAN. **TAKE PRIDE IN WHAT IS YOURS!**
8. NO DRUGS-BE AWARE OF THE ALCOHOL, DRUG, AND SMOKING POLICIES.
9. STAY OUT OF TROUBLE. **BE IT AT SCHOOL OR AT HOME.**
10. TREAT PEOPLE THE WAY YOU WANT TO BE TREATED.
11. NO HORSEPLAY.
12. YOU MUST BE AT PRACTICE **ON TIME** and properly dressed.
13. ISS POLICY: 1ST OFFENSE= 1 MILE, 2ND OFFENSE =5 MILES, 3RD OFFENSE= 1 Meet SUSPENSION.
14. OSS Policy: 1st OFFENSE= 5 Miles, 2nd OFFENSE=10 MILES, 3rd OFFENSE=DISMISSAL

Dress Code:

1. On track meets all you can wear is Blacksburg High School attire.
2. No earrings or jewelry at practice or play.
3. When representing Blacksburg in an official capacity...dress appropriately. **NO CAPS, PULL UP YOUR PANTS, ETC...**
4. Anything worn under your uniform (leggings or shirt) must be black and free from logos.
5. You will be responsible for damage done to a uniform or warm-up.
6. Everyone will wear appropriate attire to practice.
7. No cell phones can be used on the way to and from meets.

Weight Room Rules:

1. Tennis shoes must be worn at all times
2. Keep all weights off the floor.
3. We start together, we leave together.
4. Take care of your house. Do not destroy it.
5. No horseplay.

Consequences: Every situation is different. All situations will be dealt with on an individual basis. The only promise that we will make is this: You will be treated like a **YOUNG ADULT** (as long as you allow us to) and as fairly as possible.

Disciplinary Consequences

- Minor Offense #1- 1 Mile
- Minor Offense #2- 5 Mile
- Minor Offense #3- 10 Mile, 1 meet suspension
- Offense #4- DISMISSAL FROM TEAM

- Major Offense #1- 5 Miles
- Major Offense #2- 1 Meet Suspension & Parent Conference
- Major Offense #3- 2 Meet Suspension & Parent Conference
- Major Offense #4- DISMISSAL FROM TEAM

Minor Offenses

Late For Practice

Late for Meeting

Excused Absence

Disruption at Practice

Wastes Time

Loss of Clothing

Improper Dress on Campus

Disruption in Weight Room

Major Offenses

Disruption at School

Unexcused Absence

Disrespect

Insubordination

Loss of Equipment

Using Someone else's
equipment

Poor Attitude

Cell Phone Violation

Breaking a Team Rule

Fighting

Failure to be a Role Model

****If a player gets into trouble with an administrator or teacher, the problem will be discussed and a decision will be made by all parties that are involved (coach, player, teacher, and administrator).**

ATHLETIC ACADEMIC POLICY

1. Coaches will check and average each player's grades after each grading period.

2. All athletes not maintaining a minimum average of 77 (C) or failing any academic subject will be placed on academic probation. This athlete will then sign our **ACADEMIC ATHLETE PLEDGE**.

3. After four (4) weeks, a progress report will be completed by the athlete's teacher. Any action step not performed as observed by the teacher or coach will result in the athlete being assigned to a specified number of **Study Halls**.

4. If an athlete fails to comply with the study hall procedures he will be suspended from the team until he does so.

5. If an athlete on contract is failing two or more subjects he will automatically go into study hall.

6. A copy of each contract will be given to each athlete, head coach, and athletic director. (This will also be the case with the behavior contracts).

7. Study hall will be held every Monday and Thursday during the season. Every player with an average below 77% (C Average) in one class or more will be required to attend study hall two times per week. Off season study hall will be held on Monday, Tuesday, and Thursday. It will be flexible to accommodate spring sport athletes.

8. High school eligibility- In order for a student in grades 7-12 to participate in athletics they must satisfy the following guidelines:
 - A. The student passes 5 academic courses

Blacksburg Athletic Reminders

1. No Drugs
2. **Stay out of trouble**
3. Treat people the way you want to be treated
4. No horseplay
5. Be on time

Player Policies

I. INJURIES

- A. The Trainer will set rules in the training room and players will follow them.
- B. A player will practice **unless he is excused by the trainer or team doctor.**
- C. All treatments will be done before practices and meetings.
- D. Injured players are to come out to practice unless injury makes it impossible.
- E. Injured players will take part in as much of the practice as possible.
- F. Players report for treatments when they are supposed to or they are considered well.

II. Uniforms

- A. Uniforms and warm-ups issued to a player are recorded.
- B. Uniforms and warm-ups are to be returned or paid for.
- C. No cutting, tearing, or damaging school issued uniforms.
- D. No swapping of uniforms between players.
- E. Do not leave uniform out-PUNISHMENT.
- F. Track spikes are not allowed inside the building.

III. MEET PROCEDURES

- A. All players return with team unless HEAD TRACK AND FIELD COACH excuses you.
- B. We will be well behaved at all times.
- C. We will reflect our pride by how we dress. We will dress neatly and properly.
- D. If you are signed up for an event you are expected to run that event.

Blacksburg Track and Field Player Contract

In representing Blacksburg High School in athletics, I realize that my behavior reflects on myself, my team, and my school. I understand and agree to the following actions and consequences during the season.

1. To be on time to all team meetings, practices, and to my classes.
2. To wear only issued and/or approved equipment, and to be properly dressed for meetings practice, and weights.
3. To maintain my uniform and any equipment. My physical appearance must be appropriate at all times.
4. To use appropriate language and good sportsmanship at all times at any school activity.
5. To respect my coaches, teammates, teachers, and all other school employees, both verbally and physically
6. To be honest with my coaches, teammates, teachers, and school administrators at all times.
7. To be home by midnight on school nights.
8. To demonstrate good sportsmanship at all times.
9. To abstain from alcohol, tobacco, and illegal drugs.
10. To abide by all laws of our community.
11. Not to have more than 10 unexcused absences from school in a school year.
12. To obey all school and team rules.

I understand that each time I fail to follow a school/team rule I will receive the appropriate consequences.

PLAYER AGREEMENT

Please return this page

I _____ have read the Player's Handbook and fully understand what is expected of student athletes in the Track and Field program at Blacksburg High School. I vow my commitment to this program and believe we will do what it takes to become Champions!

I will follow all team rules and will be responsible for all of my actions on and off the field. I understand that every member of our program is vital to our success and that each of us will have a role to play. I will trust my coaches and my teammates so that we can become a cohesive unit that will bend but never break.

I will take PRIDE in developing a work ethic that will enable Blacksburg Track and Field to build a solid TRADITION. I will strive to do my best in the classroom and on the field, so that I may attain success. I will recognize the TEAM factor and not the ME factor at all times.

I understand that I am at Blacksburg to earn a valuable education. I fully understand what is expected of me and want to be a part of something special. I will accept the punishment given when rules are broken, for I know I am responsible for my actions. I will not do anything to embarrass myself, my family, or my school.

Player's Signature _____ Date _____

Parent Signature _____ Date _____

Coach's Signature that reviewed this contract with the athlete

_____ Date _____