

MIRAMONTE HIGH SCHOOL TRACK & FIELD

Team Rules

While there are many policies affiliated with participation in interscholastic athletics at Miramonte High School (i.e. sportsmanship, rules of sport, academic eligibility, etc.), there are also a few simple rules which athletes on the MHS Track & Field team will be required to adhere to throughout the course of their participation.

Attendance: Each athlete is expected to attend all practices and meets. If an athlete is going to miss a practice or a meet, he/she must speak with Coach Puppione prior to the potential absence to determine whether this is a valid reason for not fulfilling one's commitment to the team. *An unexcused absence will result in an athlete being withheld from the next competition. If unexcused absences continue, an athlete will be dismissed from the team.*

Punctuality: Daily practices will begin promptly at 3:20pm Monday through Friday. *If an athlete does not have a valid excuse for being late to practice (i.e. tutoring, make-up exam, etc.), he/she will be assigned to field maintenance duty following the completion of that day's practice. If tardiness becomes a regular occurrence, an athlete will be dropped from the team roster.*

Behavior: Athletes are reminded that they are ambassadors of the Miramonte High School community. As such, proper conduct that reflects the honor and tradition of this school and this program is expected at all times. In addition, the use of alcohol, tobacco, or drugs will not be tolerated. Athletes who do not display proper behavior or who fail to live up to these standards of conduct will be suspended or dropped from the team immediately.

Attire: Athletes must come to all practices and meets with the appropriate clothing and equipment. Running shoes, shorts, tops, and sweats are required on a daily basis. On meets days, all athletes must wear their team uniforms, including the team sweats and team t-shirt. *If an athlete does not adhere to the team dress code policy at practice, he/she will be assigned to field maintenance duty following the completion of that day's practice. If an athlete does not adhere to the team dress code policy on meet day, he/she will be suspended from the competition.*

Effort: Each athlete is expected to give his/her best on a daily basis. Cutting corners, half-efforts, and complaining are examples of an athlete that is not exhibiting quality character or quality effort. All athletes are capable of improvement, and all will be coached based on that premise at all times. An athlete displaying a lack of quality effort may be withheld from competition by the coaching staff.

Pride: This is not as much of a rule as it is an attitude that each Miramonte athlete is expected to embody. We are the Matadors—people of courage, strength, poise, grace, and inspiration. Be proud of your school, your team, your coaches, and yourself.

Go Mats!!!