

2019 Buchholz Track Policies and Rules

The following would be reasons for expulsion from the team:

1. Any behavior that:
 - a. is illegal such as using drugs or alcohol, theft, or fighting,
 - b. Results in suspension from school.
 - c. Dropping below a 2.0 GPA
 - d. Continual missing of practice or meets without permission.

The following would be reasons to be asked to 'sit out' one or more meets:

1. Missing practices or meets without prior approval from coach.
2. Disrespect of any coach or official, whether at practice or a meet.
3. Any comments on **social media** which would bring harm or embarrassment to BHS
4. Unsportsmanlike conduct at a meet such as:
 - a. Cursing or taunting another team or athlete.
 - b. Deliberately pushing, tripping, or elbowing another runner.
 - c. Any actions that would bring embarrassment to a teammate or coach.

***The coaches reserve the right to waive a rule in the case of extenuating circumstances.*

Expectations for all athletes

Every athlete is expected to attend practices and meets with the intent of giving 100% effort with an attitude that is conducive to healthy training a competition. Respect and admiration for all your teammates and coaches is imperative. Inappropriate behavior will not be tolerated at any time. Negative, divisive, or inappropriate language will also not be tolerated.

Lettering Policy

To receive a varsity letter award an athlete must meet any one of the following standards:

1. Athletes must earn a minimum of 10 team points at varsity meets. (Tuesday meets excluded.)
2. Or Achieve the standards in your event that have been established by the coaches.
3. Or compete in the district meet which is the top four athletes in each event.
4. All athletes must finish the season (district meet)

***Athletes who do not meet the above requirements will receive a junior varsity certificate. Again, the coaches reserve the right to waive requirements when extenuating circumstances arise.*