

Shady Side Academy Girls' Track and Field 2014

Head Coach: Paul Bodnarchuk - Asst. Coach – Tron McConnell

Varsity Letter Eligibility

A varsity letter should reflect both a commitment to the team and a level of excellence. An athlete would become eligible for a varsity letter if she meets the following conditions regarding **both** attendance and achievement.

Attendance

An athlete's attendance record will begin on the first official day of practice, **Monday, March 3, 2014**. The only exception will be for those in a winter sport or activity that extends into the spring season.

The season officially ends by Friday, May 2nd. **HOWEVER**, for those athletes who do advance to the WPIAL individual qualifiers, and to all athletes who will compete for our team if we qualify for the team semi-final playoffs, your season is complete only when all required competitions are done for the playoffs we compete in. For some individual athletes, the season may not end until the state meet at Shippensburg University, May 23rd and 24th. As a team, our playoffs may not end until May 8th, the WPIAL Team Championships. **THIS IS THE TEAM GOAL WE ARE AIMING FOR!**

To be eligible for considerations for a varsity letter, all athletes must meet both attendance conditions outlined below.

1. The athlete must attend **90% of all practices**. Excused absences NOT related to a school activity (for example, going on a family trip, dental appointment) count against an athlete's attendance record with respect to varsity eligibility.
2. The athlete must attend **90% of all meets** as designated by the Head Coach and Coaching Staff. Attendance at invitationals is NOT part of the requirement for attendance eligibility.

Note #1 – If an athlete must miss more than the allowed number of days of absence for circumstances requiring special consideration, this will be taken into account by the coaching staff.

Note #2 – A senior who needs to finish her college visit(s) MAY be granted permission to do so by the coaching staff without penalty. However, seniors are strongly encouraged to avoid the day before, or day of, a meet or invitational. Early notification of any such visit is necessary.

Achievement

“Achievement” in the girls’ track and field program needs to be met in two categories:

A. Quantitative Achievement: Do you meet any **one** of the factual requirements listed below?

1. The athlete scores a point/points in half the total dual meets.
2. The athlete qualifies for WPIAL post season competition in any individual event. Qualifying times, distances, and heights are set by the WPIAL.
3. The athlete is a member of a relay team that, in the coaches opinion, will be entered to compete in the WPIAL post season competition.

B. Qualitative Achievement: This is best expressed in the phrase, ‘Esprit de corps!’ While allowing for personal expression and the unique qualities of each person, does each team member **consistently** demonstrate behaviors that reflect the guiding principles of the Academy? Does each person, in her own way, bring a sense of energy, purpose, and a supportive team role to each practice and track meet? Does each team member **consistently** demonstrate actions that support the goals of the track and field program and the coaching staff?

NOTE: Meeting these conditions makes an athlete **eligible** for a varsity letter. The final decision about those athletes who will receive a letter rests with the head coach and coaching staff.

Special NOTE: Athletes meeting the attendance requirements and who have maintained a commitment to the team for 4 years also become eligible for a varsity letter.

Coach’s Discretionary Letter Award Consideration - Any other unique criteria that in the coaching staff’s opinion would make an athlete eligible for a letter may be taken into consideration for a particular athlete.

*To summarize, there are three possible ways in which an athlete can become **ELIGIBLE** to be considered for a letter.*

- # 1. Attendance & Quantitative and Qualitative Achievement
- # 2. Attendance, Years of Participation, and Qualitative Achievement
- # 3. Unique Circumstances that Warrant Consideration & Qualitative Achievement

Additional Policy Considerations

Girls' Track and Field 2014

1. Attendance throughout the season is so important to the success of both the individual and the team. It is vitally important that you do your best to be at all practices. In particular, attendance to practice the day before a meet is critical for various important reasons: last minute relay team practice; refinement of technique needed for the meet; information about dismissals and departure times; adjusting lineups due to injury or illness; verifying events athletes are competing in for the next day; special announcements. **PLEASE BE AT PRACTICE THE DAY BEFORE MEETS!**

Sometimes an unusual situation may arise that causes an athlete to miss practice the day before a meet. In this case, the athlete must notify the coaching staff of the reason as soon as possible; the sooner the better. Some examples of exceptional and understandable reasons for missing the day before a meet would include items such as:

- a. the observance of a religious holiday before a meet
- b. a school sponsored event
- c. an excused absence by a senior for a college visit
- d. an unexpected, sudden family concern
- e. illness or significant injury

CONSEQUENCE: If you miss the day before a meet for reasons other than those listed above, you **may** be considered ineligible to compete. In this case, you are still expected to come to the meet and help the team in any way you can. You do NOT have the day off. In a circumstance such as this, the coaching staff will consider the reason you missed practice and then make as fair a decision as possible about your eligibility to compete. We strive to be as fair as possible for all concerned, including the team and the athlete.

2. If you need an early dismissal from a practice or meet, **BRING A NOTE** from home explaining your situation.
3. When we are in a meet, you are expected to stay at the meet as long as possible, even if your events are finished. It's your responsibility to encourage and support your teammates as long as possible. Meets can be lost or won by the events that are still going on toward the end of a long day of competing....All for one and one for all!!
4. If you must leave a meet before it's over, **ALWAYS** check out of the meet by letting a coach know you're leaving.
5. You are expected to ride the bus to and from the meets as much as possible. If you must drive to a meet:
 - a. **BRING A NOTE** from your parents explaining your situation and indicating that you can drive that day. Bring it the DAY BEFORE the meet and follow the steps below.

- b. Get the note authorized through the Dean's Office.
 - c. Bring the original note, or a copy, signed by the Dean to Mr. Bodnarchuk.
 - d. Follow the bus to the meet and park near the bus as well.
6. IF YOU FORGET TO BRING A NOTE THE DAY BEFORE A MEET AND ARE SUPPOSED TO DRIVE:
- a. Bring the note on the day of the meet and do everything indicated in #5, steps b, c, and d.
 - b. If you still haven't remembered to bring the note on the day of the meet, you have until the scheduled departure time to call your parents and arrange getting a note to the school, getting it signed by the Dean, and bringing it to Mr. Bodnarchuk.
 - c. If you can't get arrangements made, then you have several choices:
 - * Call your parents and make arrangements to get picked up at the meet by them if you must be able to leave the meet early.
 - * Miss the meet and stay at school. The consequences of this choice are that you will be marked absent (an unexcused absence) and will also miss a meet.
 - f. Whatever you decide to do, you must make a choice by the time the bus is going to leave.
7. Departure time for away meets is 15 minutes after being dismissed from classes. Don't waste time getting down the hill, changing, and getting on the bus. The more time that is lost trying to leave campus, the more time we lose for our own warm up and practice prior to the beginning of the meet...in other words, we hurt ourselves!
8. You are responsible for any class work or homework missed because of early dismissals. Keep track of your classes and assignments.
9. In the event you become injured, let your specialty coach and head coach know about it. Seek medical assistance through the trainer so you can heal and recover as soon as possible.

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I understand the criteria for lettering and the extra policies that are used to guide the team. I agree to abide by these guidelines and will ask for clarification if I'm unsure of the information contained within them.

* Athlete's name (Printed) _____

* Athlete's signature _____

* Parent's signature _____

* Date ____ / ____ /14