

# TRACK TEAM STANDARDS

Our Standards should inspire athletes to contribute/grow to their level of excellency.

**Everyone contributes at the level to which they want to participate and does not interfere with the growth of their teammates.**

What that might look like (not limited to the following):

- Competitors do not miss practice or school for any reason other than illness or academics because they want to compete at their highest level possible.
- Taking drills and repetitions seriously, regardless of who is directing them (coach, captain, teammate), will help make me the best I can be.
- Taking initiative about my own development by asking and following through with what I should be doing, will allow me to grow as an athlete.
- If I want to move up to the next level, I know there are certain event marks I should be targeting to get better. Wishing, whining, or trying to get out of a workout are not the ways to achieve success.

**Everyone respects all members of the team and the communities in which we interact.**

What that might look like (not limited to the following):

- Golden Rule-- Treat others as I would like to be treated.
- It would be disrespectful of me to talk about my teammates in a negative way, so I will speak with them directly if I am bothered by something, and I will always walk away from a teammate's gossip.
- When a Coach or Captain is talking, I will listen attentively and hold my teammates accountable to do the same.
- I will always be courteous to officials, coaches, and other teams and hold my teammates accountable to do the same.

**Everyone has specific Event Standards to which they must follow in order to excel in that event.**

What that might look like (not limited to the following). Your Coach will share more specific Standards as the season progresses:

- See Event Standards
- As a Relay member, I will give 100% effort and dedication to my team, regardless who is on it and what happens before or after my leg of the relay.
- As a Sprinter, I know I must do a thorough and efficient warm-up to avoid injury.
- As a Thrower, I am expected to be as mentally focused as I am athletically focused.
- As a Distance Runner, I am expected to do the base cardio preparation to be competitive later in the season.
- As a Jumper, I know I must do repetitive drills to perfection to be the best I can be.
- As a Hurdler, I know that I must brush off a bad hurdle and re-direct my focus to the next set of hurdles in order to be successful--both in practice & competition.

**Consequences to not following Team Standards:**

What that might look like (not limited to the following):

- If I choose to miss practice, I know that I will not be eligible for a Varsity Meet.
- If I choose to ditch any classes in school, I know that I will not be eligible to compete at all that week.
- If I choose to do poorly in school (2 Ds or any Fs), I realize that I will not be eligible to compete.
- If I am disrespectful to anyone, I may be asked to step away from the team/situation until I can regain composure.
- If I do not give 100% of MY effort, I will not realize my full potential and may limit my chances to compete at a level to which i am capable.
- If I whine and complain about a workout, I am affecting others with my negative attitude, which may ultimately limit all of our chances to compete at a level to which we are capable.

Standard(s) I would like to add:

Everyone... \_\_\_\_\_

*I agree to follow the Track Team Standards so that I can be the best Teammate and the best Athlete possible:*

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

## Team Leadership

"I will follow any Leader who...

... Treats me with respect,

... Inspires me with their vision,

... Teaches me,

... Is tolerant of my mistakes,

... Is visible and available,

... Talks and listens to me,

... Allows me to grow,

... Has the courage of their convictions,

... Tells me the truth and practices what they preach.

I believe I would lead with all of the above qualities, and I would like to be a Team Leader:

Name: \_\_\_\_\_

Circle Event:   Throws   Jumps   Hurdles   Distance   Sprints