

Raiders
Track & Field
Team Handbook
2023

Raider Athlete Handbook

General Guidelines

1. Sportsmanship

- *Good sportsmanship will be displayed by coaches, athletes and managers at all times.
- *Respect others: coaches, teammates, managers, opponents, fans and officials.

2. Academics

- *A smart team in the classroom is a smart team on the track.
- *Failure to achieve school set academic standards will result in loss of participation.

3. Suggested curfews:

- *Su, M, Tu, W, Th _____ 10:00 P.M.
- *F, Sa w/meet the next day _____ 10:00 P.M.
- *F, Sa no meet the next day _____ 12:00 A.M.
- *Being well rested and getting plenty of sleep is crucial in giving 100% in your schoolwork and on the track.

4. Alcohol, Tobacco, and Drugs

- *The use of these substances will NOT be tolerated.
- *Association with minors using these substances will NOT be tolerated.
- *All school and NDHSAA rules will be enforced.
- *Letter will not be earned if a violation or illegal activity occurs.

*Other illegal activities (vandalism, stealing, etc.) will NOT be tolerated.

*Failure can result in a two-week suspension from participation, possible suspension from school/sport and/or removal from the team.

*Athletes will follow all rules and procedures described in the Maple Valley or Enderlin School student handbook.

Practice Rules

1. **All practices ARE mandatory!** Unexcused absences will result in loss of participation.

1st offense: one meet suspension

2nd offense: dismissal from team

If an athlete is unable to attend practice, he/she should contact the coaches (NOT a teammate) as soon as possible. If a player must miss practice due to injury, illness, or a family matter, he/she must bring a note signed by a parent stating the reason.

2. **Be on time!** Athletes should be dressed, warmed-up and ready to go by the time practice starts, and they should begin pre-practice routines as soon as they are ready. Walking in right before practice begins will result in a tardy.

*Three unexcused tardies equal one unexcused absence and will result in a one meet suspension.

*The decision on whether a tardy or missed practice is excused or unexcused will be determined by the coaching staff and the AD.

3. **Come prepared and ready to practice!** Give it your all in practice both physically and mentally. During practice, be ready to learn. Don't walk, run! Don't complain, encourage!

Travel Policy

1. Traveling with the team to meets is required unless prior arrangements have been made with the coaching staff.
2. Athletes must ride home from meets with the team unless a parent or guardian signs them out on the sheet or makes arrangements with a coach.
3. If at any time while traveling to or from a meet a player fails to use common sense and chooses to act in a way that is illegal or irresponsible to him/herself, the coaches, schools, or team, his/her status on the team could be jeopardized.

Miscellaneous

1. All physical forms must be turned in prior to participating in the first practice.
2. Concussion forms are good for two years, and can be found in the office. Every athlete MUST have one on file before they can practice.
3. Athletes must participate in a total of nine practices before they can compete in a meet.
4. Academics come first. Let a coach know if you are having trouble so we can get you help. Grade checks are every two weeks.
5. If you have an injury, notify a coach immediately. Do not try to play through the pain. A trainer will be available Tuesday mornings, so make sure to see him if you are hurting.
6. Athletes and parents: Anything posted to social media (Facebook, Twitter, etc.) should be positive, supportive and appropriate.

It is our policy to compete each athlete at the level in which they will get the most benefit. This is a competitive program! The athletes who the coaching staff things can get the job done will receive the designated spot. Athletes are NOT guaranteed equal time at the varsity level.

Respect

Respect your coaches! They work hard to make you a better person as well as a better athlete. They will treat you with respect, so do the same in return. Calling them by their first name is NOT respectful. Mr. Mrs. Miss or Coach are best.

Respect your teammates. Do not talk behind your teammates' backs. You may not be best friends with everyone on the team, but you must respect everyone. Everyone has a role on the team and all deserve to be treated fairly.

Respect the managers. They are helping our team in many ways and they deserve a please and thank you.

Respect your opponents. Do not talk trash or try to intimidate the other athletes. Let your game speak for itself.

If you feel you are being disrespected by anyone, please inform the coaches or proper administration of the situation. Disrespect will not be tolerated on our team and it will be dealt with accordingly.

Coaches

Kelley Utt	701-490-0583	Head Track coach/throwers
Jeff Miller	612-251-8897	Distance/mid-distance
Jodi Combs	602-430-5332	Hurdlers/jumpers
Brandon Benth	701-770-8900	AD/sprints/relays

Raider Commitment Pledge

As a member of the Maple Valley/Hope/Page Raider Track team, I will...

- *Respect others both on and off the track
- *Model proper sportsmanship at all times
- *Participate in all classes and do the best of my ability
- *Refrain from using tobacco, alcohol, and illegal drugs
- *Abide by the guidelines, rules, and expectations described in the handbook
- *Put the team first
- *Have a positive attitude in everything I do
- *Always be willing to learn
- *Give 100% in everything I do

Athlete's signature _____

Parent's signature _____

Date _____