**Contact Information for Coach Snyder:**

Phone: 939-9382 (cell) This is the best option to get ahold of me.

Phone: 938-5151 x2212 (work)

Email: [jsnyder@punxsy.k12.pa.us](mailto:jsnyder@punxsy.k12.pa.us)

Please make sure your parents have my contact information as well.

**Team website/social media info:**

Website: https://punxsyindoortrackandfield.weebly.com

Twitter: Punxygirlsxc

**Band App Link:**

[**http://band.us/n/a2afv26es3R1i**](http://band.us/n/a2afv26es3R1i)

**Attendance Guidelines**

**Team members are expected be at every practice and every meet unless they are excused**. You owe it to yourself, and more importantly your teammates, to be reliable. Being reliable means attending all practices and competitions. You should strive to have perfect attendance this season. However, here are some **acceptable** reasons for missing practice or meets.

1. Absences will be excused for regular doctor, dentist, orthodontist appointments, etc.
2. School activities, such as band, field trips, etc., are excused.
3. If you are sick and do not come to school, you are excused from practice. If you leave school early due to the nurse sending you home, you are also excused from practice. Please try to send a text notifying me if you are sick from school. Do not run on days you are not in school due to illness.

If you need to be excused early from practice for a valid reason, please let me know in advance. Attendance will be taken daily, and I and expect to be notified of any circumstances which may cause you to miss practice. Communication is the key. There is no excuse for not letting me know in advance if you need to miss practice. If you are going to miss practice for a valid reason, you are expected to complete the scheduled workout on your own if possible.

Potential Consequences For Unexcused Absences

\*First unexcused absence from practice Warning

\*Second unexcused absence from practice 1 Meet Suspension

\*Third unexcused absence from practice Dismissal from the team

\*First unexcused absence from a meet 1 Meet Suspension

\*Second unexcused absence from a meet Dismissal from team

No one should have any issue with these generous guidelines. Be honest and reliable at all times and treat your teammates as you want to be treated. Successful teams must have a level of trust and the majority of team members need to strive to not let others on the team down with negative actions and attitudes.

Being late to practice on a habitual basis and/or leaving early may result in a meet suspension, depending on the frequency and reasons associated with missing practice time. Participating in a competition is a privilege, not a right. If you have sporadic attendance, regardless of the reason(s), do not expect to participate in all the meets.

**Injury Policy**

Unfortunately, injuries do sometimes occur. While I hope there won’t be any significant injuries this season, here is some information and a general policy should any issues arise:

1. Injuries can be prevented in some cases by wearing proper footwear. You will need to practice in genuine running shoes. It is recommended you have two pairs of running shoes that you rotate throughout the season. One pair is ok, but if they are wet, muddy, etc. you can at least have an extra day to take care of them if you have another pair to wear to practice. Please do not run in anything else beside proper running shoes. See me if you need any more information about running shoes.

2. Notify me immediately if you have any pain during running. I will most likely refer you to our athletic trainer, Mr. Albright. It will then be your responsibility to inform us of what course of action is recommended by Mr. Albright. In most cases what Mr. Albright recommends will be followed to the letter.

3. If you are told not to run, we can try to do supplemental exercises in the fitness center or in the pool, if available. There is almost always something that can be done to help you aerobically even when you are unable to run. Just because you are injured and unable to run does not mean you are excused from attending practice. Again, communication is the key.

4. If you cannot practice fully, you will most likely not be able to compete in a meet. This will be handled on a case-by-case basis, but you need to demonstrate your fitness and ability to run pain-free in practice before you can compete.

5. Athletes who do not take care of themselves physically are more likely to break down with an injury. Every runner on this team should strive to get at least 8 hours of uninterrupted, quality sleep per day. Proper rest and nutrition will allow your body time to heal itself from the demands of daily training.

**Academic/Discipline Policy**

1. Please be disciplined about getting all your schoolwork completed and turned in on time. No one on this team should become ineligible due to grades. If someone is declared ineligible by the athletic office, you will be unable to practice with the team and will miss all competitions for the entire duration of your ineligibility. **Once you are declared eligible, it is expected that you will complete a minimum of three (3) practices before you are able to compete in a meet.** This is for your own benefit and out of fairness to your teammates who practiced every day while you were ineligible. Please do not allow this situation to happen. Keep up with your schoolwork throughout the season.
2. Discipline at school should be a non-issue for this team as well. You are expected to do what you are asked to do by your teachers and treat all students and staff with courtesy and respect. Arrive at school on time. Be a leader at school, not a follower. Always do the right thing, no matter what the circumstance. Whenever possible, sit up near the front of the class. Participate in classroom discussions. Stay off your phone during school hours. Teachers and staff should be able to count on members of this team to be examples for the rest of the student population in this school.
3. Lastly, athletes who are on the track team should be motivated to do well in physical education classes. Slacking off or showing a negative attitude in the gymnasium reflects poorly on yourself and your team. Have pride in yourself and what you represent as a member of the Punxsy track team.

**Practice Guidelines**

Everyone should be ready to begin practice at 3:30. This means using the restroom, filling your water bottle, seeing the trainer, etc. On most days, we will meet in front of the auditorium. Roll call will be taken promptly at 3:30, so please be in attendance at that time.

Bring everything you need to practice. No one should forget their running shoes, watch, etc. Be responsible and be prepared. Dress appropriately for the weather. If it is going to be cold, you must bring cold weather gear. Pack your bag with items you may need throughout the season.

Your attitude at practice is extremely important for the overall good of the team. If you are positive and energetic, it makes the team atmosphere that much more enjoyable. Regardless of what went on at school, you need to block that out and focus on having two enjoyable hours with your teammates doing a healthy activity like running. You should be looking forward to the challenges of each practice, as well as time spend with friends. Negativity has no place at practice, so make every effort to contribute in a beneficial way to the team every day. Encourage each other and don’t try to hold anyone back or bring them down to your level. Always strive to be better than you currently are, and help others to strive to achieve their goals.

We will do many strength training/strengthening activities that require both discipline and athleticism. Take pride in doing all the drills correctly.

**Riding home with parents/bus policies**

I realize there will need to be times when riding home with a parent is necessary, but hopefully both you and your parents understand the importance of spending time with your teammates at away meets. Team unity is an important part of being successful, plus it’s more fun with everyone together celebrating the team’s success after a competition.

If, however, you do need to ride home with a parent, please notify a coach in advance and make sure you have your note requesting permission to ride home with a parent signed by the athletic office. Please try to ride home on the bus as often as possible so you can relax and socialize with your peers.

Everyone should be dressed in their uniform and/or warm-ups on the bus. No street clothes, please! Always bring your full warm up tops and bottoms to meets. You won’t always need to wear them, but you should have them just in case. We will encounter all types of weather this season, so please be prepared. If the coaches ask you to wear your full warm-ups to a meet and before the race, then that is what needs to be done. Expressing your individuality is fine at times, but there are times when you need to be recognized as part of the team.

Please sit only with members of your own gender on the bus. You can talk quietly to those around you, but be seated and courteous to those around you.

Along those same lines, the bus driver should never have to correct a member of the track team for their behavior on the bus. Sit in your seat, talk quietly, sleep, listen to music, etc., but do not cause a disruption in any way. Sometimes we get too loud or put our feet up on the seat or turn around to face the person behind us, causing the bus driver to be distracted.

**Parent info**

Parents of Punxsy Indoor Track and Field team members:

I want to thank you for giving me the opportunity to coach your daughter/son in the wonderful sport of track and field. I will do my best to ensure all the girls/boys have a great experience this season.

Please feel free to contact me at any time about any questions or concerns you may have regarding your daughter/son. Communication is very important to me, but I sometimes don’t get to talk with parents as much as I would like once things get busy during the season.

I would appreciate your help in making sure the girls/boys get the proper rest and nutrition to help them recover and benefit from all their training over the next several weeks. If you stay on them a bit about getting to bed at a reasonable hour (10 pm on school nights sound good?) and eating a healthy, balanced diet, it would help reinforce what we will be preaching to them as well. Together we can have a positive impact on their lifestyle.

Your daughter/son will frequently receive handouts on things such as weekly schedules, race summaries, training and nutrition info, etc. It would be great if you got a chance to see this information as well. I will tell the girls/boys to make sure you get access to these handouts. Make sure you ask them what they may have been given to read, make sure they read it, and check it out for yourself.

If you ever want to attend a practice or even part of a practice, feel free to do so. Parents are welcome at any time. I would really like everyone to feel a part of this team. We can’t be successful without everyone contributing, so please consider yourself invited to help in any way, even if it’s just by helping get your daughter/son to practice and providing them with healthy meals and a structured bedtime.

I am looking forward to an exciting season, and I want to thank you in advance for your assistance. Together we can give the girls/boys an experience they will remember for many years to come.

Sincerely,

Coach Snyder