**Tappan Zee Track & Field Team 2015 Athletic Expectations**

1. Practices Monday through Friday begin at 3:30 and end at 5:30.  Depending on weather, Coaches will meet athletes either on the track or in the large hallway near the gym.  If an athlete needs to attend a club or at office hours, he/she must bring a note signed by the teacher.  All athletes are expected to attend practice for its full duration.  Please try to schedule other appointments after 5 o’clock.  Athletes who are chronically late without passes or leave practice early could be dismissed from the team.
	1. Athletes may at times go running on the road for a distance run.  Those athletes are to run in pairs and carry a cell phone in case of an emergency. NO ATHLETE IS TO RUN ON THE ROAD UNLESS THEY ARE WEARING THEIR REFLECTIVE TOP GIVEN TO THEM BY THE COACHES OR THEY HAVE THEIR OWN NEON COLORED SHIRT.  Under no circumstances should an athlete accept a ride from a stranger!
2. Athletes need to be dressed appropriately for practice.  This includes running sneakers, shorts, t-shirt, sweat pants and a sweat shirt. Hats and gloves are also needed.
3. Athletes must attend practice prior to a meet.  In case of an emergency he/she should notify a coach.  Any athlete missing practice may not be allowed to compete in the meet.  Any athlete missing three practices without informing a coach may be dismissed from the team.  Missing a meet without notifying a coach may cause the athlete to be suspended from future meets or he/she could be dismissed from the team.
4. If an athlete cannot attend practice it is his/her responsibility to notify a coach.  The following are the coaches e-mails: **bobfavretz@aol.com      pdriscoll@socsd.org        mryan2@socsd.org   kdriscoll@socsd.org**
5. It is the schools expectations that each athlete go to and from to a meet on the school bus.  If a student needs to leave a meet, he/she can **only leave with their parent or guardian.**  In this case, athletes who need to leave a meet early must tell a coach when they are leaving with their parent.
6. In the event during a meet an athlete needs to withdraw from an event he/she must inform a coach.
7. Coaches expect all students to follow the guidelines and rules in the Tappan Zee athletic handbook.  If an athlete is hurt or injured it is their responsibility to inform a coach.
8. All athletes have registered online at <http://registermyathlete.com/schools/> .  If you are not registered then you are not eligible for practice.
9. Athletes have been made aware that some meets have set standards or coach's standards, and that some athletes will not be attending these meets.