

2026 FHS Track and Field Expectations

Our goal is to be a community that *challenges one another to strive together to live for Christ in all areas of life, by modeling authentic, relevant faith*. We pray that God will be honored in all we think, say and do. To that end we ask that each athlete commit to the following expectations.

1. Sportsmanship & H.A.W.K. Attitude

- a. **Humble:** selfless sacrifice, flexibility
- b. **Accountable:** to self and others
- c. **Work ethic:** available, reliable, conscientious
- d. **Kindness:** treat others (coaches and teammates) with respect

2. Attendance & Effort

- a. Attend at least 90% of practices unless excused (illness, emergency, pre-approved event) Notify coaches in advance of any absence via Google Form
- b. Arrive on time and ready to participate
- c. Give best effort in all practices and competitions
- d. Stay engaged and modify workouts during periods of injury/discomfort

3. Attire

- a. Meets: Wear Full uniform (black shirt/compression shorts may be worn under)
- b. Warm Ups: wear them at meets until your event begins
- c. Practice: Full coverage, no short-shorts and keep shirts on, even in the heat
- d. Wear proper footwear for your event (good trainers, spikes)

4. Meet Participation

- a. Understand that meet entries are not guaranteed and are based on:
- b. Attendance and effort
- c. Skill progression and performance
- d. Team needs and event limits
- e. Must declare approved absences at least one week in advance (Illness and Injury requiring absence, notify coaches as soon as possible)
- f. Accept event assignments with flexibility and humility

5. Captains/Squad Leaders

- a. Nominations during Week 2 of Tryouts
- b. Characteristics: present, humble & hardworking, others focused
- c. Responsibilities:
 - Lead warm ups, drills, stretches at practice and at meets
 - Model good form, teach newcomers, make effort to connect with athletes, facilitate devotion follow up questions & Bible memory verse
 - Provide input to coaches

6. Varsity Letter/Pin Requirements (High School)

- a. Reflect Team Culture
 - Demonstrate Christlike sportsmanship
 - Encourage teammates
 - Follow all codes of conduct
- b. Commit to Team Participation
 - Attend 90% of practices/meets
 - Communicate absences in advance (e.g., church, family, illness, injury)
 - Be actively engaged in practices and event trials
- c. Contribute through Performance or Impact
 - Earn 10 Varsity team points, or
 - Meet a qualifying standard (see chart), or
 - Receive a coach recommendation for meaningful team contribution (e.g., leadership, consistency, spiritual impact)

Varsity Letter Qualifying Standards

MEN'S STANDARD	EVENT	WOMEN'S STANDARD
12.50	100M	14.95
24.98	200M	30.94
56.59	400M	1:12
2.14	800M	2.50

4.59	1600M	6.29
11.19	3200M	13.59
22.23	100/110H	21.23
50.49	300H	1:06
18.09	LONG JUMP	13.52
34.00	TRIPLE JUMP	29.00
5.04	HIGH JUMP	4.06
75.00	DISCUS	56.00
28.00	SHOT PUT	18.50

Because of the Gospel, forgiveness and grace are offered to all of us who confess and repent of our sins. Athletes can expect to be treated with grace, even when consequences are necessary. Consequences can include but not be limited to: conversations with your coaches, and parent/guardian, or sit out of a practice or meet (unexcused absence).

Acknowledgement & Signatures (One Per Family)

I have read and understood the expectations above. I agree to commit to this team and uphold its standards.

Athlete(s) Signature: _____ **Date:** _____

I have reviewed these expectations with my athlete and agree to support their participation in the program.

Parent/Guardian Signature: _____ **Date:** _____