

### FHS Track & 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. **Commitment (Complete Google Form to indicate desire to be on the team, no later than last day of tryout at 8pm, early submissions are preferred)**
  - **Humble:** selfless sacrifice, flexibility
  - **Accountable:** to self and others
  - **Work ethic:** available, reliable, conscientious
  - **Kindness:** treat others with respect
  - Participate in practices & meets
  - Communicate with coaches regularly
2. **Attire**
  - Meets: Wear Full uniform (black shirt/compression shorts may be worn under)
  - Warm Ups: wear them at meets until your event begins
  - Practice: No short-shorts and keep shirts on, even in the heat
  - Wear proper footwear for your event (good trainers, spikes)
3. **Practice**
  - Arrive promptly and stay on task - tight schedule
  - Look for ways to be helpful
  - Stay engaged and modify workouts during periods of injury/discomfort
  - Seek medical attention for injuries where appropriate
4. **Meets**
  - By Coach invitation only, practice participation and top times/marks get priority
  - Must RSVP no less than 1 week in advance to attend
  - Middle School athletes can run up if there is space
5. **Captains/Co-Captains**
  - Nominations during Week 2 of Tryouts
  - Characteristics: present, humble & hardworking, others focused
  - Responsibilities:
    - Lead warm ups, drills, stretches at practice and at meets
    - As a squad leader - 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)**
  - Adherence to FHSAA Code of Conduct & Policies
  - Participation in practice
  - Participation in meets (75%)
  - Score points in meet

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: