



2019 - 2020



## Monticello Academy Track and Field Team

**Goal:** Our job as coaches is to help you become the very best you can be. Your job is to learn.

**Fee:** \$50.00 one-time registration fee. Fees will be automatically billed through Smart Tuition and it is Non-Refundable, Non-Prorated & Non-Transferable.

### Requirements:

- Sport Physical Form: **Due by September 13<sup>th</sup>.**
- Monticello Academy Track & Field uniform. *Coach will provide a Link for uniform purchase after registration.*
- Comfortable running shoes.

### Academics:

Class work and grades are more important than after-school sports. It is important to keep up on your homework and study so that your academics do not interfere with your training. Any player whose grade falls below a C will be suspended from participation.

### Respect:

Players are to be respectful and courteous to their teammates, coaching staff, and opposing team at all times. Use of profanity or any other type of disrespectful behavior during practice or at games will not be tolerated. Any occurrence of this behavior by players or parents may result in dismissal from practice and/or games.

### Effort & Sportsmanship:

- Players are expected to have a desire to improve their skills and to strive to achieve extraordinary results and individual success. This is a competitive program and the students will be trained to compete with other schools. In order to achieve extraordinary results, the team will have to put forth extraordinary effort.
- We are representing Monticello Academy when we visit other schools. Our actions and behavior will determine how other schools and teams view us. Therefore, it is important that we always maintain a level of self-respect as well as being respectful to opposing team members and their coaches.

### Practice:

- In order for the team to work well together, it is important that everyone attends practice regularly. It is very disruptive to the team and the dynamics of the group activities and drills when members are missing. All team members are required to attend every practice and to arrive **ON TIME**. If you must miss a practice session due to an overwhelming circumstance, please inform the coaches in advance. Three unexcused absences may result in the player being dismissed from the team.
- It is NOT okay for members to play while sick or injured. Team members who play under these conditions may put themselves and other participants at risk (of injuries). Play smart. If you are not feeling well enough to participate in either practice or games, have enough self-respect to sit out. Players who are too injured to participate in practice are still expected to watch and to work on modified exercises if they are able.
- Must have a T-shirt and shorts or sweats (PE uniforms are fine).
- Please contact Mr. Fluker @ [lfluker@monticelloacademy.org](mailto:lfluker@monticelloacademy.org) for any questions.

**Games:** All team members are expected to attend all scheduled track and field events.

### Schedule:

March - May	1 <sup>st</sup> – 3 <sup>rd</sup> Grade	Tuesday & Thursday	3:45PM - 4:20PM
	4 <sup>th</sup> – 8 <sup>th</sup> Grade	Tuesday & Thursday	4:20PM - 5:10PM