



MIHS TRACK AND FIELD HANDBOOK 2022 Updated 2/22/22

MIHS Track & Field Philosophy

● **Track and Field** is a **fun, challenging, and rewarding** sport for all participants. There are **opportunities for all** student-athletes to **achieve success** no matter their ability. It is our goal to provide student-athletes with opportunities for **positive, personal growth** as they transition from adolescence, and into young adulthood. **Practicing healthy habits; Setting challenging and achievable personal goals; Improving communication skills; Working as a team towards common goals, Developing positive relationships; Achieving success with hard work, determination, and grace.** The Mercer Island Track and Field program is a varsity sport of integrity with high expectations of all our participants. In the future, our student-athletes will look back at their MIHS Track & Field experience with fondness, appreciating the positive impact on their development.

Mission Statement

● Using the track and field experience to provide student-athletes with the tools necessary to be successful, productive, and healthy individuals.

Expectations

● Academics

Student-athletes are leaders in the classroom as well as on the track. In addition to following the Mercer Island School District policy regarding [grades, attendance and Athletic Code](#), student-athletes are model students; being thoughtful, engaged, present, respectful, and helpful both at home and away.

● Respect

Student-athletes show respect to their peers, coaches, staff, officials, and competitors always. Student-athletes are proactive in communication, assume self-responsibility, and follow all coach instructions.

● Effort

Student-athletes must be on time for all practices/meets and put forth their **full effort daily**. Student-athletes will set **personal goals** and work hard towards achieving those goals on and off the track.

● Team

Track and field is a TEAM sport! As a team member, it is expected that all student-athletes support each other during races as well as workouts. Student-athletes are expected to compete in every event asked of them by the coaching staff.

Attendance

****Joining MIHS Track & Field means committing to
Monday-Friday practices 3:15-5:30**
Saturday practices are optional and encouraged**

● Practice Attendance

- Athletes will be on time to practice
- Athletes will remain at practice until excused by their event coach
- Leaving a practice or a meet without prior approval of a coach will be considered an absence
- All tardies of more than 1 hour are considered absences

● Meet Attendance

- All attendance policies outlined for practices apply to meet attendance as well
- Athletes must ride the bus to and from meets
- In the event an athlete needs to leave early from a meet, the parent/guardian must find the coach with the clipboard to sign the "request for travel release form" before leaving a meet with their child.

● Absences

- **Absences and tardies must be excused by a parent (or teacher if academically related), done by email including athlete, coach and parent/teacher. Academic PERFORMANCES supersedes practices. The in-season sport, Track and field, supersedes all other commitments.**
- **Three unexcused absences will result in removal from the team.**

Consequences for Failure to Meet Expectations and Attendance Policy

Failure to follow team expectations, attendance policy, athletic code, and school rules can result in your suspension or dismissal from the team. The head coach has the right to immediately remove an athlete from the team if the severity of the incident warrants it.

- 1st offence – Verbal Warning
- 2nd offence – Meeting w/parent & athlete
- 3rd offence - Removal from the team

JV/PE Credit

To receive PE credit, student-athletes are required to be, at minimum, a JV athletes. JV athletes must comply with all criteria below.

- Compete in at least 5 meets
- Have no more than 3 absences
- Meet all team expectations outlined above

Varsity Lettering Pathway #1

- Place in the top 6 in 1 event at the KingCo Championship Meet
- Have no more than 3 absences between
- Meet all team expectations outlined above

*May be amended in the case of extreme medical illness or injury, a note from parent/doctor, and communication with the head coach. Coaching staff reserves the right to amend policies as needed for special circumstances.

Varsity Lettering Pathway #2

The coaching staff may award a letter to athletes who meets and exceeds team expectations; Attend all practices/optional practices, attend team social events, give exceptional effort at practice and meets, support and motivate teammates.

More information on our website mixctf.com

Set your personal goals now. Think SMART goals. [This document](#) will help you get started.

Check out [MIHS school records](#)

MIHS Track and Field 2022 Schedule Meets begin at 4:00PM

Monday, March 7 Parent Spring Sports Meeting @ 6PM

Wednesday, March 16 Inter-squad practice meet

Thursday, March 17 Team pictures @ 3:15

Thursday, March 24 @ Sammamish with Interlake

Wednesday, March 30 @ LW

Thursday, April 6 @ Bellevue

Spring Break (practice for those in town)

Tuesday, April 19 @ MI Senior Night

Saturday, April 23 Saturday @ Eason Invite Snohomish

Thursday, April 28 @ Hazen

Saturday, April 30 @ Bill Harris Invite Federal Way

Wednesday, May 4th @ LW with Juanita

Friday, May 6 Twilight Meet (distance athletes)

Friday, May 6 Last Chance meet @ LW

Tuesday, May 10 JV KingCo @ LW

Wednesday-Friday, May 11-13 KingCo @ Juanita

Wednesday Prelims/Friday Finals, May 18/20 Districts (usually West Seattle)

Thursday, Friday, Saturday, May 26-28 STATE in Tacoma