

Southeast Track & Field

2930 South 37th Street, Lincoln, NE 68506 436-1359

To the students of the 2020 Southeast Track & Field Team and their parents:

This completed form must be returned to Coach Dave Nebel prior to the issue of any Southeast Track & Field team equipment. The purpose of this form is to make all athletes and parents aware of the rules and requirements and expectations of team membership prior to the beginning of the season.

The expectations packet can be found online at the T&F Google Classroom page or at <http://wp.lps.org/dnebel/track-field/>

By signing below you will be affirming the following statements:

We have read the rules and requirements for participation on the 2020 Southeast High School Track & Field Team. We are aware of the various athletic and academic responsibilities of being a student-athlete and understand that daily practice attendance is **required** for all team members. We also realize that failure to follow these rules may result in possible disciplinary action, including dismissal from the team.

We have read and understand all the requirements for practice and meet attendance and academic eligibility throughout the season. We understand the expectation that Southeast Track & Field will be our primary athletic obligation during the spring season, and that participation in practices or competitions outside of Southeast Track & Field during the spring season is *highly* discouraged.

We have read and understand the expectations for care of team equipment. We also understand that failure to return this equipment on the check-in dates, *by the same individual to whom it was issued*, will result in fines and/or a late penalty (\$20.00) for those student-athletes to whom the equipment was issued.

IF YOU HAVE ANY QUESTIONS, PLEASE ASK THEM BEFORE SIGNING!

Once you have read through this material, please sign below, and return THIS PAGE ONLY to Coach Dave Nebel BY: March 17, 2020.

Parent(s)

Date

Student

Date

If you have questions, please feel free to email Coach Nebel (dnebel@lps.org) or call the Southeast Athletic Office at 436-1359.

Thank you,

Coach Dave Nebel

Follow us on Twitter: @KnightsTandF

Southeast Track & Field Rules and Expectations

• Attendance Expectations

- Practice** You are expected to be *on time to all practices*. Athletes who are late will be expected to have a pass from their teacher or a note from a parent or doctor. Practice begins during the week at 3:30. We practice on Saturdays as well; practice times on Saturday vary weekly.
- In case of injury, you are to come to practice and let the coach and /or trainer determine the extent of your practices and/or therapy. Illness, doctor's appointments will be excused but *only* if the coaching staff is informed or your absence ahead of time.
- School** Student athletes are expected to follow the Southeast attendance policy. Excessive tardies and/or absences from classes could result in some disciplinary action taken regarding your participation with the Track & Field team, including your removal from the team.
- Meets** Students are expected to be in class the day of a meet, or the day prior to an all day meet. You are expected to furnish your own transportation to in-town meets.
- LPS or commercial transportation is provided to all out of town meets. An itinerary will be provided at least a day in advance of the competition. The itinerary will include the departure time. You are expected to be on the bus at the departure time. If you are not on the bus, your name will be removed from the school absence list and you will be expected to attend all regularly scheduled classes for that day. You will **NOT** be allowed to compete in the meet.
- If a conflict should arise between two activities, see Coach Nebel before the departure date.
- Once you are at the site of a meet, you are *not* to leave that site without Coaches' permission. In out-of-town meets, you *cannot* leave early or with anyone other than your parents without receiving **PRIOR** permission from Coach Nebel. Prior permission will be given only upon the receipt of a **signed request from the parents** stating the identity of the parent that is assuming the responsibility for your safe return to Lincoln and relieving the Coach, Athletic Director, Principal, and LPS Board of Education from that responsibility.

• Care of Equipment and Uniform

Athletes will be issued a uniform and sweat clothes as part of the team equipment. It is the responsibility of each student-athlete to properly care for this equipment during the Track & Field season. Students should know that any damage to the uniform or sweat clothes will result in a fine.

Prior to the conclusion of the season, student-athletes will be informed of dates when equipment is to be returned. Failure to return uniform and equipment on those days will result in a fine.

General expectations regarding the care of equipment:

- + If you are issued a uniform or sweat clothes that do not fit you, please contact the coaches for a replacement.
- + The equipment that was issued to you is **YOUR** responsibility. **YOU** must return the **SAME** equipment that was checked out to you.
- + As a general rule, do not loan your equipment to anyone else. If they lose it, **YOU** are the one who pays for it! If coaches see non-track athletes wearing track sweats they will be confiscated.
- + Equipment must be returned cleaned and ready for storage **by the same individual to whom it was issued!**
- + For any equipment which is returned late, students will be assessed an initial fine of \$20.00.
- + For any equipment which is returned torn, soiled, or dirty, students will be assessed a fine.

• Practice & Competition Expectations

Practice During practice times, you are to devote your entire energies to improving your skills, techniques and performances. If this purpose is served, there will be no cause for conduct problems. Foul language is unacceptable even during practice.

It is expected that Southeast Track & Field is your primary athletic obligation during the spring season. It is **NOT** acceptable to be absent from practice or competition to take part in other athletic activities *unless prior approval is granted by Coach Nebel*.

Athletes should keep in mind that young bodies will tolerate only a certain amount of stress. Our coaching staff discourages participation in organized athletic activities outside of Southeast Track & Field during the course of the season. Experience has shown that such participation usually results in a diminished capacity to be successful in Track & Field, and many times leads to injury.

Meets Once you are at the site of a meet, you are *not* to leave that site until the conclusion of the meet, without coaches' permission.

Athletes are expected to remain in uniform during the *entire duration* of the meet, and are expected to wear appropriate Track & Field apparel during the *entire duration* of the meet. Appropriate Track & Field apparel shall include school issued sweats and uniforms, and warm up suits designed and manufactured for use by Track & Field athletes. Inappropriate apparel shall include clothing that is not intended for warm up or competition use by Track & Field athletes.

The Southeast coaching staff will help you to know the rules of Track & Field relating to conduct on or near the competition. Regardless of what others do, you are to follow the rules.

As a rule of thumb, (1) always be courteous to your competition, (2) refrain from using foul language, and (3) refrain from any undue display of joy or disappointment on the track or competition area and you'll have no problems. Gestures and/or words can, in certain circumstances, can be cause for disqualification from the event or even the meet.

• Causes for Disciplinary Actions

Each case will be dealt with by the coaching staff as a whole and on an individual basis. Actions that could cause some disciplinary action are:

- + Poor academic performance
- + Smoking
- + Use of illegal drugs
- + Fighting
- + Three (3) or more unexcused absences or tardies from practice
- + Drinking of alcoholic beverage at any time.
- + Inappropriate in-school behavior
- + Inappropriate meet behavior
- + Absence from meets
- + Chewing tobacco
- + Ineligibility due to academic performance
- + Leaving the site of the meet early, without permission
- + Being out of uniform at a meet

Any participant finding it necessary to use prescription and/or over the counter drugs is to see Coach Nebel. Drugs taken at the incorrect time could be cause for disqualification. This is part of the "Rule Book" that the Nebraska School Activities Association expects us to follow.

- **Letter Requirements**

General Requirements to be met by the student/athlete:

- + **Mandatory** daily practice - Excused for medical or injury status or school related activities.
- + Passing grades in school.
- + Behavior during practice/meets/school must be above reproach.
- + Drug/alcohol/tobacco are not allowed
- + A **positive**/competitive attitude displayed.
- + Proper care of equipment must be demonstrated.

Lettering Requirements by time:

- + Qualify for State as an individual or a member of a relay team that qualifies

By a point system- 10 points needed:

- + 1 point for your first event in which you are entered and in which you actually compete
- + 1/2 point for each event in which you compete thereafter
- + Maximum of 3 points per season from JV participation and competition

Meet Points:

- + 1 point for placing in an event (1st through 6th places)
- + 1/2 point additional per meet
- + Maximum of 3 points per season from JV participation and competition

- **ALL ATHLETES MUST ALSO MEET THE ATTENDANCE REQUIREMENT**

Be in attendance for at least 50 practice sessions or meets during the year. There are approximately 56 practice sessions/meets during the season. Unless athletes are excused **PRIOR** to the practice session by the coaching staff, they are expected to be in attendance. Injured athletes are expected to be in attendance in order to receive treatment and/or an alternative workout.

- **Senior Letters**

Senior letters will be awarded to seniors based on the decision of the coaching staff.

Seniors must meet the following criteria:

- + Be a member of the Track & Field squad for two **consecutive** years, as a junior and a senior.
- + **Meet the attendance requirements for both junior and senior years.**
- + Make a **positive** contribution toward the welfare of the team in terms of your **ATTITUDE** and **BEING A GOOD SPORT.**
- + **You are NOT AUTOMATICALLY GUARANTEED A LETTER AS A SENIOR MEMBER OF THE SQUAD.**

• Important Considerations and Expectations for all Southeast Track & Field Athletes:

1. **Remember that attendance at all practices is expected.** When you miss a practice or a meet, you are letting the team down! Generally speaking, if you miss a practice you will not run in the next meet. In addition, if you acquire 4 unexcused absences, you risk being removed from the squad.

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2. Always try to do your best and to improve yourself as an athlete.
3. No profanity.
4. Always be on time.
5. Maintain a positive outlook and encourage your teammates.
6. If you have a problem, see the coach about it or talk to your team captain.
7. Team captains and seniors are expected to be leaders. Set a good example!
8. Be gracious winners and good losers, but **NEVER** be satisfied with losing.
9. Remember that you are a student-athlete. Don't neglect your studies, they come first.
10. Develop self-discipline.

• Training Expectations:

1. Our training program will focus on the following seven principles:
 - a) Endurance
 - b) Strength
 - c) Speed
 - d) Flexibility
 - e) Proper Technique
 - f) Mental preparation
 - g) Rest
2. Part of proper training is getting enough sleep. Sleep is usually the most neglected part of training. At least Eight to nine hours of sleep each night is recommended.
3. Each athlete keeping a diary of their workouts can be helpful to themselves, coaches and trainers to determine performance enhancements and reasons for injury.
4. Practice moderation and good judgment in all aspects of your life. Being a champion means making certain "sacrifices." Use of alcohol, tobacco in any form, or drugs other than those prescribed by a doctor will result in disciplinary action and possible suspension or dismissal from the team.
5. Remember that you represent your school, your city, your state, your coaches, yourself and your sport. Your dress and personal grooming are expected to reflect this fact.
6. You will be expected to be in attendance at EACH training session during the season. If you are injured, you still need to report.

Athletes need to remember also that once the season begins, they will be expected to make the Southeast track & field team their highest athletic priority. As a coaching staff, we would like to encourage athletes to devote their time and energy towards becoming a successful track & field athlete.

Athletes should keep in mind that young bodies will tolerate only a certain amount of stress. Our coaching staff strongly discourages participation in organized athletic activities or external training programs outside of Southeast Track & Field during the course of the season. Experience has shown that such participation usually results in a diminished capacity to be successful in track & field, and many times leads to injury.

- **Training Tips:**

1. Don't allow **TRAINING** to become a goal in itself. Train to **COMPETE**.
2. Learn to focus your energies -- always think about competing in a state that is highly focused yet relaxed.
3. Be consistent in training.
4. Be patient for results to come.
6. Your body becomes accustomed to what you ask it to do.
7. When training with teammates, help each other. You are strong as one - the team is stronger!
8. Always **THINK** -- don't let mental errors beat you. A smarter but slower runner can often times beat a faster but dumber runner.
9. Get between 8.5-9 hours of sleep every night.

- **Food and Diet:**

1. Eat balanced meals at regular hours.
2. Drink plenty of fluids -- especially water and natural fruit juices.
3. Use moderation and good judgment in regards to "junk food."
4. A diet high in carbohydrates is recommended.
5. Runners often times require more vitamin C in their diets than "normal" people. Drink plenty of orange juice. Women runners often supplement their diet with iron to prevent a deficiency.
6. Pre-meet meal:
 - Eat four to six hours before competition.
 - Meals should consist of foods easily digested and high in carbohydrates.
 - Avoid greasy and/or fried foods.

- **Health and Injury Considerations::**

1. The highly trained athlete is like a finely tuned engine.
2. Report all injuries to your coach.
3. Take care of your gear -- implements, shoes, socks, shorts and shirt. Try to keep your shoes and socks dry.
4. Report to training room **EARLY** for treatment.
5. Don't use the whirlpool unless you receive permission from your coach or trainer.
6. Blisters:
 - Blisters should receive immediate attention.
 - Preventive measures include proper fitting shoes and socks.

- **Use of Indoor Practice Areas:**

The Southeast Track & Field team is one of several Southeast athletic teams which will, as weather indicates, have a need to use the indoor practice facilities at Southeast High School.

1. You may not, as an individual or as a member of a squad, be allowed to use an indoor practice area unless you are under the supervision of a member of the Southeast Track & Field coaching staff.
2. Remember that other athletic teams also want to use these practice areas. Please be courteous and respectful of these other teams.
3. Athletes who use the indoor running track will be expected to allow other athletes to pass safely. Remember, the running track is for running. If you and/or your teammates need to warm up or cool down by walking, please do so in the upper or lower hallways of the Prasch Center in order to relieve congestion.

- **A Note on Track Etiquette:**

On a typical practice day, the track area is used by athletes training for several different running events, as well as by middle school students. Please remember to keep lanes 1 and 2, the inside lanes, open for people who are actually running a workout. If you need to warm up or cool down by jogging, please use the outside lanes.

If you do need to get someone's attention while running a workout, such as to warn them of approaching runners, you may do so by calling out "TRACK!"

- **To be a success in Track & Field, you must remember and understand the following points:**

1. Mental conditioning is one of the keys to success in Track & Field. A "feeling of being tired" is not necessarily physical fatigue. A tenacious will to remain focused is the mark of a champion.
2. Intelligent, conscientious, and hard physical work over a long period enables a Track & Field athlete to increase his/her strength and technique and the efficiency of his/her circulatory system.
3. *Trained* athletes can perform closer to capacity than untrained ones, as research indicates that they can perform under greater mental stress, with a higher level of oxygen debt and with more lactic acid present.
4. Mental focus is of utmost importance. Do NOT spread yourself too thin! Practicing and/or competing in a sporting event outside of track & field will only serve to detract from your ability to be as competitive as you possibly can for the Southeast Track & Field team. In this sense, you hurt not only yourself, but your team as well!

Lincoln Southeast Athletic Program Philosophy...

The Lincoln Southeast Athletic Program believes in the tremendous value that athletics have on the development of young people. We believe that athletics are a wonderful opportunity for young people to stretch their physical and mental capabilities. Our focus is to provide a safe and nurturing learning environment that allows our student athletes to improve not only in their performance and physical skills, but more importantly, improve as people, developing life skills. Our goal is to pursue excellence by motivating students to do their best. We encourage student athletes to become involved in multiple sports to gain the benefits that each can provide and contribute to the long standing "Tradition of Excellence" in athletics that has been established at Lincoln Southeast.

Lincoln Southeast Athletic Program Pillars of Success...

As an extension of the classroom for our students, the Lincoln Southeast Athletic Program focuses on the following Pillars of Success to enable our "Tradition of Excellence" to continue...

EFFORT LEADERSHIP TEAMWORK TEAM UNITY

DISCIPLINE COMPETITION SPORTSMANSHIP

Lincoln Southeast Athletics are...

COMPETITIVE EVENTS THAT SHOULD BE FUN.

TO HAVE FUN, WE MUST BE GOOD.

TO BE GOOD, WE MUST WORK HARD.

TO WORK HARD, WE MUST BE DISCIPLINED

Therefore, we expect the utmost from all of our student athletes. Lincoln Southeast coaches are here to dedicate their time and talents to attend camps, clinics and classes to learn the most current techniques and strategies. They are teachers of their sport first. As student athletes, your physical, mental and emotional abilities are important. We must work to always improve our skills as individuals and as a team. The more effort and enthusiasm we put into our program, the more we will all receive. Remember, NOTHING GOOD EVER CAME EASY.

Pillars of Success

WE believe in EFFORT and LEADERSHIP. Anything worthwhile can only be achieved with enthusiasm and effort. Our success depends largely upon the effort players are willing to exhibit everyday and upon the effort coaches are putting in preparing for every practice and every game. Leadership is the demonstration of effort at the highest level. Some leaders are verbal and some are silent. Some leaders are older and some are younger. Be a leader in the classroom, on the field and on the court by setting your goals high and diligently working toward them. Coaches, players and their families are all role models for our future KNIGHTS.

WE believe in TEAMWORK. Within a team there are no stars, only roles, with each role significant to the success of the team. Selfishness will not be tolerated and playing time is NON-NEGOTIABLE. Please do not measure a student athlete's self worth by their playing time. The ultimate goal of a team is reaching the point where the whole is greater than the parts and we elevate our play to an exemplary level.

WE believe in TEAM UNITY. The players must trust their coaches to do what is best for the team. The coaches must trust their players to fulfill their responsibilities. We can build trust by telling the truth. It is important that players trust each other as they work toward their common goals. Team Unity is the backbone of the Lincoln Southeast Athletic Program.

WE believe in DISCIPLINE. Discipline means making us do the tough things and sacrifice is sometimes a part of discipline. Staying focused to perform like we have been taught, concentrating on our goals and on the game plan, even through tough times, exhibits discipline as a team. The better disciplined we are, the better competitors we will be. Each of us needs to be disciplined

in the classroom, on the field, on the court as well as in our daily lives in order for the Lincoln Southeast Athletic Program to be successful.

WE believe in COMPETITION. Competition will take place within a team as players compete for positions and playing time. Competition will test us against the best teams in the state. Tough competition makes us better. Whatever recognition we receive, whether as individuals or as a team, are legitimate ONLY if it is earned through competition. Talk is cheap. Actions speak louder than words.

WE believe in SPORTSMANSHIP. If athletics are to achieve their goal of producing better citizens, then certain behaviors must be emphasized while others must be discouraged. Cooperation, respectfulness and emotional control are vital. Complaining, whining and excuses will not be tolerated. Since a player's behavior reflects not only on themselves and on their family, but also on the program, the school and the Lincoln Southeast Community as a whole, we must be certain that we leave a positive impression. Our fans and opponents, who come in contact with our program, must view us as a CLASS ACT. Behaviors before and after a competition are also very important.

These expectations are for everyone involved in the Lincoln Southeast Athletic Program. We are proud of our program and are excited to have you as part of our "Tradition of Excellence." Have a GREAT season.

-The Lincoln Southeast Coaches and Athletic Department Administration and Staff

GO KNIGHTS!

LSE ATHLETICS ACADEMIC POLICY

PHILOSOPHICAL BELIEFS: The purpose of this policy is:

To encourage student-athletes to make a strong commitment to academics and athletics;
To encourage student-athletes to conduct themselves in a manner which brings credit to themselves and Lincoln Southeast High School;
To promote the development of self-discipline and high academic/athletic expectations;
To encourage student-athletes to stay "on track" for graduation and prepare for life after high school.

ACADEMIC STANDARDS: The following guidelines must be met for a student to be eligible for competition at any level.

A. Lincoln Southeast's standard strongly encourages 9th & 10th grade student-athletes to enroll in a minimum of thirty-five (35) credit hours per semester for the purpose of starting on track to graduate.

B. Per NSAA, student-athletes must be enrolled in 20 credit hours during their season of competition and have passed a minimum of twenty (20) hours the preceding semester to compete on the varsity level. Depending on circumstances, if that requirement is not met, a contract may be written to allow competition on lower levels.

C. Grades will be checked at each mid-quarter, quarter and semester by the Athletic Department. Teachers, counselors, or coaches may require more frequent grade checks for an individual athlete.

D. A student with more than one grade of Failing (F), unsatisfactory (U), or incomplete (I) (or combination of the three) at mid-quarter and quarter grade checks will be put on academic probation during the probation time period. (Normally a week; See below for dates) During probation the student athlete may participate in competitions but will:

Make and complete a plan with teacher approval that includes staying after school from 3:15 to 4:00 p.m. and completing work through one of the following: Knightly Success, Knight House GP

lab, Knight Hour, or a prearranged study session with teachers, until grade report shows student is failing no more than one class. The Athletic Director or Assistant Athletic Director must approve the plan.

Cooperate with staff, complete work, and obtain a signature from staff supervising/assisting at each session at 4:00 p.m. and immediately attend practice or competition following study sessions.

Check grades and work until grade shows no more than one failing grade. When grade check shows no more than one failing grade then he or she is off of probation.

E. If grade check shows two or more failing grades after a week of probation then he or she is ineligible for competitions starting Monday at 4pm (students may continue to practice after attending daily study sessions). The student cannot dress, participate or travel in athletic contests until no more than one failing grade appears on the student's grades in Synergy after the ineligibility date.

*Exceptions may include students who have all summative/formative work completed. Approval from the Athletic Director or Assistant and a signed note from the teacher, attesting to the student's full effort and cooperation to improve grades are required.

*Coaches will be sent weekly grade updates throughout their season. Coaches will be sent a warning list of athletes who are at risk for probation 1-2 weeks prior to probation week.