



2008 LAKE FOREST TRACK & FIELD

PRACTICE / MEET PARTICIPATION

Track & Field is a demanding sport that presents both physical and mental challenges. Overcoming these challenges is at the heart of what we do and the LFHS coaching staff is fully committed to helping you to find success in whatever event you participate in. Success in track is ultimately very simple: work hard and get better. While we compete as a team, individuals always have opportunities to better their performances, and unlike team sports, everyone has the chance to participate at most meets.

In order for the coaches to help you realize your goals, we need you at practice every day! The staff works hard to plan out practices for the whole season and every day is an important part of that sequence. Our participation policy is intended to encourage attendance and demonstrate how important we feel practice is to the overall plan for the season.

Attendance / Participation Policy:

- If the athlete misses two (2) practices and/or meets during a given week, or three (3) practices in the span of three (3) weeks, this athlete will not participate in the next meet. Athletes not participating in a meet would still be expected to attend the meet to help their teammates.
- Once the athlete has accumulated twelve (10) total absences during the entire season, the athlete will be removed from the roster.
- The athlete and her family will be notified when she has accumulated nine (7) absences to make sure that the consequences of continued absences are clear.

Please note that this policy does not have an “excused” absence category. We feel that regardless of the reason, there is no way to “make-up” work that has been completed by the rest of the team. Missing two days in the span of one week, or three practices within a three week period, for any reason would leave that athlete unprepared to compete at the next scheduled meet.

Absences should not be considered “free” days that athletes can use at any time. The coaches reserve the right to reduce meet participation if we feel that athletes are abusing our attendance policy. When scheduling conflicts arise, we need to be notified as soon as possible. Most meets require seed times as much as a week in advance and last minute absences can be difficult to deal with.

Obviously, school sponsored events that are required (such as school field trips) would not be counted against the athlete. Also, as our season overlaps other winter sports, track attendance would not be required until an athlete’s winter sport has concluded.

The staff recognizes that injuries are a part of Track & Field. While we do what we can to avoid them, some people will still get hurt and will not be able to participate in practice. Lake Forest is fortunate to have a great training room staff and can almost always resolve the issue. Injured athletes are expected to come to attend practice and follow the trainers’ recovery plan. More serious injuries would be dealt with on a case by case basis with the coaching staff.

Please remember that the intent of this policy is to emphasize the importance of daily practice to our sport. Track requires a big commitment and it may not be for everyone. The coaches are looking forward to a great season and want you to be a part of it!