

# TUSCALOOSA ACADEMY

*"Those Who Say It Cannot Be Done – Interrupt Those Of Us Trying To Do It!"*

*"We Are Runners and We Are State Champions!"*

**AISA STATE CHAMPIONS**

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2007, 2008

## TRACK & FIELD RULES

**ELIGIBILITY:** Student/athletes must meet all academic eligibility and good citizenship requirements as provided for in the Tuscaloosa Academy and A.I.S.A. regulations.

Tuscaloosa Academy Track & Field athletes are State Champions and represent one of the premier Track programs, both public and private, in the state of Alabama. You are representatives of this program, your parents, this school, and this community and each athlete is responsible for continuing our tradition of exemplary conduct on and off the field of competition. Support your teammates, make a positive contribution to this sport and act responsibly in every situation. Problems must be handled in a mature and rational manner. Communication with your Coach is essential. **IF YOU ARE UNABLE TO LIVE UP TO THESE STANDARDS YOU WILL BE DROPPED FROM THE TEAM.**

**PHYSICAL:** Due the first week of practice! Athletes will not be allowed to practice with the team until you have turned it in.

**PRACTICE:** You have become part of a group of student/athletes that are dedicated to producing the best possible Track & Field at Tuscaloosa Academy. Regardless of your ability level, consistent practices that are carefully planned are necessary for improvement to take place. **YOUR DEDICATION IS EXPECTED AND YOUR ATTENDANCE IS MANDATORY!** Your Coaches and teammates need you and your abilities. You are expected to be at all practices and Meets as designated by the Coaching staff.

**PRACTICE SCHEDULE:** Track teams will practice **DAILY** – Monday through Friday – and on weekends if the Head Coach deems it necessary. An organized practice shall mean more than five (5) student/athletes under the direct supervision of a Coach. **Unexcused absences from practice are not tolerated. If you miss practice without a viable excuse or have not been excused from practice by the Coach you will be suspended from competition at the next Meet.**

**PRACTICE SESSIONS:** Two Sessions daily – Monday through Friday  
1<sup>st</sup> Practice Session – 2:15 pm until the workout is concluded.  
2<sup>nd</sup> Practice Session – 3:15 pm until the workout is concluded.

**TRAINING FACILITY:** All practices begin at the Track training facility on the Football field.

We realize that situations arise during the course of the season that might be out of your control – However, **COMMUNICATION IS A NECESSITY. TALK TO YOUR COACH!!** Check with Coaches for practice during inclement weather. Do not assume there is no practice because of inclement weather. Notify your Coach of any possible situation that will prohibit your attendance from practice.

**PUNCTUALITY:** Each athlete is expected to arrive at practice and competition on time and be ready to compete in your event. **SECOND LATE INFRACTION:** After practice sprints at designation of Coach.

**REPEATED INFRACTIONS:** If lateness becomes chronic you will be dropped from the team.

**PRACTICE APPAREL – MEET UNIFORMS:** Each Athlete is required to wear running shoes, shorts, & tops to practice. Other schools sports apparel are NOT acceptable. Failure to wear appropriate apparel will result in after practice sprints.

You are issued a Team uniform, and it is to be worn at all competitions. NO variations are permitted. Take pride in your team, yourself, and your school. Uniforms are to be worn at Meets only!

Equipment issued to an athlete is his/her responsibility for safekeeping, return, or replacement. Such equipment is the sole responsibility of the athlete and any lost or damaged item will be paid for by the athlete. All Uniforms are to be returned clean and good order to the Head Coach one week after the last Meet.