



2021 HAND BOOK
CORE VALUES, STANDARDS &
EXPECTATIONS

CORE VALUES

“THE MARIETTA WAY”

CHARACTER/INTEGRITY:

“Doing the right thing because it is the right thing to do”

As an athlete, you represent not only yourself and your family, but also your team, your school and your community. We require that you represent your school well by demonstrating respect for yourself and others at all times. In other words: do not be rude, discourteous and/or obnoxious. Be proud and confident, but not cocky and loud. You're expected to abide by rules of public displays of affection and to dress according to the dress code of Marietta High School, setting an example for other students. You are expected to be courteous and respectful when speaking with fellow students, teachers, administrators, and coaches. Back-talking and disrespectful language is not permitted toward any coach, teacher, administrator, parent, spectator or athlete. Just remember that ALWAYS in life, DO THE RIGHT THING 100% OF THE TIME and you will never have any regrets!! You are responsible for your actions and behavior at all times.

COMMITMENT/SELFLESSNESS:

“Making a full investment in the task and training & putting the team's needs ahead of one's own”

As an athlete, you have a tremendous privilege of being a member of our track and field team. You are expected to make a total commitment to the track program. Each athlete MUST remember that no individual is more important than the team. You must be willing to be there at every function, every practice, every meet, and to be there for others. Being a part of the team adds to the stability of YOUR TEAM. You must maintain a positive attitude. Be someone others can count on. Be a positive leader! Be a role model! Be consistent! When you make a commitment to the track program at Marietta High School, the team, its members and the school count on you to carry out all of the duties and responsibilities that are go along with it. It is for this reason, that if you quit the track and field team, you will not be allowed to come out for the team again. We do not make exceptions for work schedules and we absolutely **DO NOT PERMIT PRIVATE COACHES** to work with Marietta track athletes while we are in season. We ask that you trust the coaching staff in that we have your best intentions in mind. Excessive training is counterproductive and will result in injury. Removal from the team will be the end result if you are working with private coaches while in season.

COMPETITIVENESS

“Having a fierce and relentless will to “WIN” every rep, every race, every time”

You will always compete whether in practice or in a meet to win your race, event, practice drill or previous own personal best time/mark. Competition makes you better and it makes your teammates better when you are competing again each other. Competition raises the bar for all of us!!! Regardless of how big or small the meet, you will ALWAYS compete. Regardless of good or bad weather, you will ALWAYS compete. If you are far superior than your opponents then you will compete against yourself and try to improve your personal best time or mark. When you go up against better athletes in your event, that is an opportunity for you to push your limits and improve! Whether you win or lose your race/event, what's most important is that you give it your absolute BEST EFFORT and compete to the best of your abilities.

WORK ETHIC:

“Putting in the tough work necessary to be successful. No substitute for hard work”

You should always strive to be your best and the only way to do that is to give 100% effort at all times in the classroom, at practice and at meets. Greatness doesn't happen on accident, its earned by your effort in practice each day. A major aspect of working hard is being responsible enough to follow up on all assignments in and out of the classroom, check for announcements, and be present and active at all practices and other activities. It is not enough for you to “show up.” You must be prepared and appropriately engaged at all times. It is your responsibility to be physically and mentally prepared. You must arrive on time, with all you gear, dressed appropriately, with the right attitude, and prepared to be accountable. HARD WORK will only make you better!!!!!!

PROGRAM STANDARDS

- All school and academic policies will be enforced.
- All scheduled practices are MANDATORY.
- Athletes are required to participate in all fundraisers.
- Any member failing to abide by published school rules relating to conduct, use of drugs, alcoholic beverages, tobacco products, or other illegal activities will be subject to review by the coach. This includes being present, regardless whether the students used or possessed any of the items listed, in any location where the above occurs. Dismissal from the team may result from that review.
- Athletes assigned to (CBS) in the Student Life Center or out-of-school suspension (OSS) will be suspended from the track program for a minimum of one meet determined by Coach Houstoulakis based on the severity of the infraction. Athletes are not permitted to attend school functions including track practice and track meets when on the date the suspension is served.
- Athletes must wear their Nike issued Warm-ups for bus travel and must wear Marietta gear during track meets.
- No jewelry (Bracelets & Necklaces) may be worn while participating in track and field activities, including practices and meets for their safety.
- No one other than athletes will be allowed to wear your track and field uniform and warm-ups.
- Work cannot interfere with scheduled practices. Work does not excuse you from practice and is not an excuse to come late or leave early.
- PRIVATE COACHES ARE NOT ALLOWED WHILE WE ARE IN SEASON

Academics

MHS is a school with high expectations of its students. The Track and Field program at MHS will work to promote each athlete's success in the classroom as well as on the track. An athlete's grades should go up during the season. Athletics is NOT an excuse for failing grades. A true athlete is well disciplined and realizes that the sacrifices required to become a team member does NOT include academics. Free time, social time and wasted time must be sacrificed, if necessary, for your academic and athletic wellbeing. Our priority is proper academic advancement. Student-Athletes are expected to complete all school work and maintain a GPA that reflects their best efforts. If a student-athlete earns an "F" they must meet with Coach Critt each week to discuss the best course of action to improve the grade(s). Athletes are also highly encouraged to attend after school tutoring whenever needed however athletes are still expected to complete their workouts for that day once they come out to practice after tutoring. Suspension or dismissal from the team will be the consequence for athletes that refuse to follow these rules. Coach's discretion will be used on a case by case basis. It is a privilege to be a part of the MHS track program and not a right! Academics come first!!!

Practice

All scheduled practices are MANDATORY. Practice will start at 3:00pm and will last until 5:00pm Mon-Fri depending on individual situations. Athletes are expected to stay at practice until their workout is completed and a coach has dismissed them. Leaving practice early without speaking to a coach will result in an unexcused absence. Athletes need to be dressed and ready to practice promptly at 3:00pm. When seeing the trainers for any reason, athletes must go immediately after school so they are ready for practice by 3:00pm. They need to come prepared to practice outside in all weather conditions. They will not be excused for tardies or be given permission to miss practice because they do not have proper clothing or shoes. Parents/Guardians must avoid making appointments (doctor, dentist, etc.) during practice time or on days of competition. Excused absences from practice does not guarantee participation in the next meet, it just allows the athlete to remain on the team.

Unexcused Absences

Athletes who do not come to practice AND fail to inform Coach Houstoulakis and their position coach with both a valid explanation and a note from a parent or teacher, will be issued an unexcused absence. For each of the first two unexcused absences you will be suspended for one meet. After the third unexcused absence, the athletes will be dismissed from the team. Excused absence from school due to illness or family emergency, athletes will also be excused from practice but they still must notify Coach Houstoulakis through "Band" or email that they will not attend practice that day.

Winter Break (Feb.) & Spring Break

Athletes going out of town for winter break or spring break must notify Coach Houstoulakis in advance with a written note or email so we can plan accordingly. Practice will be held on Wed, Thurs & Fri from 10:00am-12:00pm during Winter break in February and Tues, Wed & Thurs from 10:00am-12:00pm during Spring Break in April. It is strongly suggested that these practices are attended. Missing an entire week of practice due to vacation will not guarantee the athlete will keep their spot in the team lineup however communicating with Coach Houstoulakis in advance will allow the athlete to remain on the team.

Uniforms, Equipment & Dress Code

There will be a \$100 non-refundable participation fee this season. Athletes are responsible for uniforms, warm-ups and equipment assigned to them. Lost items will have to be paid for by the end of the season. Athletes are expected to keep track of additional equipment (shots, discs, poles, tape measures, batons, etc.) during meets. Athletes will wear the warm-up suit that was assigned to them. Athletes are not allowed to wear jean pants or shorts to a meet. We want to look like a team!

Home Meets

All athletes are to be involved in the set up and break down of equipment before, during and after a home track meet. Athletes are expected to stay for the entire meet regardless if their events are completed unless they had prior approval from Coach Houstoulakis. We want all athletes to be either on the infield or in the team tent area watching and supporting their teammates, we are a team and we must support each other. Before home meets, athletes should be on the track to help set up at 3:15. After the meet is over athletes must put the starting blocks away, cover the long jump, high jump & pole vault pits and make sure all the trash is picked up off the infield.

Away Meets

We expect athletes to represent our school and our team with pride and dignity. This season, athletes are permitted to have parents drive them to away meets. If this is not possible, we will have a team bus available however the seating capacity is limited due to COVID safety protocols. Athletes are expected to sign out with Coach H before they leave with their parents or guardians and it must be pre-arranged with Coach Houstoulakis before the meet.

Note on Track and Field Policies:

Athletes will abide by the Track and Field Handbook, team rules, and coaching decisions. The policies in this handbook are not all-inclusive. The coaching staff reserves the right to add to, modify or delete the above policies as the program's needs change. Athletes and parents will be properly notified of any changes in the policies before they are enforced by the coaching staff. It is the expectation of the coaching staff that athletes and parents will read through the policies together and discuss them before their season begins. It is the aim of the coaching staff to ensure that any changes to these policies and procedures are communicated in a written manner, preferably email, to all parents and athletes at the earliest possible convenience. In all matters, MCS and MHS policy takes precedent.

Handbook Contract and Acknowledgment

Scan the QR code below to acknowledge that you agree to all of the policies outlined in the Marietta Track and Field Handbook. You understand that the violation of any policy contained within the handbook can result in your immediate dismissal from the team or other penalties as deemed necessary by the coaching staff. If you are dismissed, you must return all of the items provided by Marietta Track and Field and forgo the right to participate in any track and field activities. Furthermore, you understand that there will be NO REFUNDS for monies paid to Marietta High School and/or Marietta Track and Field Finish Line Club. My parents/guardians support this handbook and its policies.

