

PORTSMOUTH PATRIOTS TRACK & FIELD

ATHLETE RULES AND EXPECTATIONS



Overview-

The Patriots Track & Field program has enjoyed much success over the past several years including 1st place finishes during the Eastern Division regular season and multiple school records. We hope to continue this success by working hard and improving each day. Each member of the team plays an important role with not one member being more valuable than the other. Everybody will have the chance to improve individually and contribute to the overall success of the team.

Coach Contact Info-

Shaun Horgan Boys Head Coach 401-487-9654 horgans@portsmouthschoolsri.org

Steven Trezvant Athletic Director 401-683-2124 trezvants@portsmouthschoolsri.org

Online Reasouces-

Our website is phstrackandxc.com. We update it with schedules, practice info, roster, photos, a records, etc. Also, you can follow us on Twitter @PortsmouthTrack.

Team Expectations-

Being an Athlete at Portsmouth High School is a privilege. Student-Athletes are expected to abide by the team expectations below and in the PHS Student Athlete Handbook. Being a member of the Patriots Track program you are expected to represent your school, parents, coaches, team and yourself with class and dignity. We require that all members of the team are respectful in school, at practice and meets. When you wear the Patriots uniform you are representing more than just yourself.

1. Practice Expectations

- Practice will be held after school Monday thru Friday. 2:30 pm to 4:30 pm. There will be some weekend practices when the schedule allows for it.
- Attendance at all practices is mandatory.
- Athletes are required to complete the workouts assigned by coaches daily.
- Athletes are required to be on time to practice.
- Practice will be held during school vacation. The schedule will be made available as soon as possible.

2. Absences

- Excused absences (family emergencies, academic requirements) must be reported to Coach Horgan.
- Unexcused absences cause a change in the athletes training schedule which hurts the team and can cause individuals' performances to drop as well as injuries to arise.
- Unexcused absences will be dealt with on a case by case basis. These can result in conference with coaches, suspension for meets, or removal from team. As a rule, two unexcused absences is grounds for dismissal from the team.
- It is the athlete's responsibility, not the parent's, to contact the coach.
- Please try to schedule appointments and vacations to not interfere with practice and meet schedules.
- Refer to our contact information. Order of communication would be to let us know in person 1st, email 2nd, and a phone call 3rd. Please note that having another student alert a coach or sending a text message is **not** an option.

3. Meet Schedule

- The meet lineup will be posted the night before the meet.
- Saturday meets and Invitationals have qualifying standards that must be met in order to compete at those meets.

4. Meet Expectations

- Each athlete is expected to travel by bus with the team to and from the meet. Extenuating circumstances may be honored, but only with a parent and athletic director's permission.
- Good sportsmanship is expected by each member of the team.
- Athletes are required to remain at the meet site at all times.
- Athletes are responsible for their own valuables and equipment when at Meets. If you don't want something to get stolen either don't bring it in or keep it locked up in your bag.

5. Communication

- It is important that athletes communicate with the coaches.
- We need to have each athlete's phone numbers and emails. It is also helpful to have your parents.

- Coaches will communicate to the athletes and parents via email, website, team facebook page and school announcements.
- Coaches will also send out a bi-monthly email to all with important dates and information.

6. Athlete Responsibilities

- 5 P's- Proper Preparation Prevents Poor Performances
- Uniforms- Athletes are responsible for their uniform. It is expected to be clean and returned in same condition. All team members must wear their uniform at meet.
- Athletes should have running shoes that are in good shape. Olympic Physical Therapy and Rhode Runner are two fantastic businesses that can help you pick the proper training shoes. Also you should have multiple layers of clothing available at each practice. Long spandex is helpful for when the weather gets colder.
- Locker room- All athletes should use a locker to lock up all belongings. The coaches and school are not responsible for stolen items that are not properly secured. Locks will be provided to each team member. Athletes should maintain a clean locker room area. Be respectful.
- Injuries- Any injuries should be reported to a coach ASAP. Management of injuries is the responsibility of the athlete.
- Recruiting process- Any athlete wishing to participate in track and field in college should speak with Coach Horgan or Mr. Trezvant to begin process. Athletes that are being recruiting by schools should use the coaches and athletic director as assets.
- Fundraising- Each team member is expected to participate in all fundraising efforts.

7. Athlete/Parent Chain of Command

- In order to keep the program running smoothly, please bring any questions or concerns to the Head Coaches 1st. We will do the best we can to answer any questions or concerns. If the problem is not solved to your satisfaction, the athletic director will be contacted. Please feel free to contact the coaches at any time with any questions.

Athlete and Parent Contract-

We ask that you and your parents read these expectations carefully. Along with our team expectations, all student athletes must follow all rules and expectations in the PHS Student Athlete Handbook, which is available online off the Athletics page of the PHS website. If you have any questions do not hesitate to contact Coach Horgan. By participating on the Track and Field team you are agreeing to abide by these rules and expectations.