



Lynx Track and Field



Attendance, Lettering and Travel Policies

The only reasons an athlete may miss a practice or a meet would be due to an injury, illness, some school related activities or a family emergency. All athletes need to be on time to all practices and they should not leave until dismissed by the coach. If an athlete is going to miss a practice, arrive late to a practice, or leave early from a practice, we expect to be notified before that practice. Injured athletes should still be at practice unless it is an injury that requires them to be home. Most importantly - communicate with your coach.

All members of this program are expected to make a commitment to track and field. If you wish to have a job during the track season it should not affect your school, practices and/or meets. If you wish to play another sport or participate in another non-school related activity during the season that is fine as long as track and field comes first. You should not miss any practices or meets due to work or other non-school related activity.

Track & Field Letter Requirements

Varsity Letter: To earn a Varsity Letter, an athlete must meet four of the following requirements:

- A. Run at the State AA Meet
- B. Run at the ESD/ METRO Conference Meet
- C. Run on the Varsity Team in at least 75% of Varsity Meets
- D. Medal in at least 60% of the Varsity Meets
- E. Be in attendance for at least 93% of practices and no unexcused practices
- F. Coaches discretion – this would be in case of serious injury or illness

- A Varsity Letter will be awarded to athletes who medal at the ESD/METRO Conference and State AA Meet.
- A Varsity Letter will be awarded to any senior involved in the high school track and field program for at least three years during high school.

Junior Varsity Letter: To earn a Junior Varsity Letter, an athlete must meet three of the following requirements:

- A. Run on the Varsity or Junior Varsity Team in at least 75% of the Junior Varsity Meets
- B. Medal in over one-half of the Junior Varsity Meets
- C. Be in attendance for at least 93% of practices and no unexcused practices
- D. Coaches discretion – this would be in case of serious injury or illness

Participation Certificate: Will be awarded to athletes who complete the season.

When we are at track meets we expect the best behavior from our athletes, managers and coaches. We will not tolerate any poor behavior. Follow all team rules, school policies and South Dakota High School Activities Association rules while at competitions.

- **IF YOU ARE GOING TO BE LATE or ABSENT FOR THE BUS – CALL YOUR EVENT COACH**
- Athletes are required to ride the bus to and from all track meets.
- Parents need to check their child out with the coaches at the meet.
- If athletes get permission from a coach to not ride the bus, the athlete must ride with their parents unless given special permission from the athletic director to ride with another adult.
- In this situation, the athlete's parents are required to meet with the athletic director while turning in the travel release forms.
- Leaving a meet without permission will result in a one meet suspension.
- Competitors are not allowed to have or use cell phones on the infield or competition areas.