

# Track Permissions

- It's ok to run every workout as designed to the best of our ability.
- It's ok to be at every practice with bright smiling faces. If you don't want to smile, fake it.
- It's ok to be competitive and to give our best effort in meets, practices, school, and life.
- It's ok to strive to become better and to be determined to improve.
- It's ok to put homework away so that we can cheer for our fellow team members.
- It's ok to walk all the way over to where the jumpers and throwers are to cheer them onto new heights and distances.
- It's ok for everyone to ride home on the bus to enjoy our company.
- After a bad race, throw, or jump, it's ok to feel sorry for ourselves for no more than 10 minutes. After 10 minutes, it's time to prepare to give our all for our next event, for ourselves, and for our team.
- If we don't want to give our all everyday, it's ok for you to run on your own at home and not to take away from what the rest of us are trying to accomplish.
- Expectations (more can be added as the season goes)
- We expect to be ready to start practice at 3:20. Always be prepared to go outside. If we stay in, it will be a pleasant surprise.
- We expect you to be at every practice, meet, and bus ride home (except for emergencies). We expect you to finish every workout.
- We expect you to give your full attention to track during the season, practices, and meets.
- We expect you to do the entire warm-up, workout, and lifting. No sneaking out.
- We expect you to finish the track season before you go on to another sport/activity.
- We expect to give you our all as coaches.

If you can't meet these expectations or permissions, we expect you to turn in your track uniform and find something else to do after school besides track.

We are here to not only become better track athletes but better people. If you can't be a positive influence in these areas of growth, we, as coaches and as teammates, would prefer you not be around. If you can't finish the track season focused on the track season, we'd rather you concentrate on whatever it is that is distracting you from track. We want to be the best team we can be and that won't happen if you're not around at all times or if your attitude is less than pleasant. Please consider this before you make your commitment to our team.