

# Ridgefield Girls Indoor Track Rules and Procedures

## Team Philosophy

The coaches of the Ridgefield High School Girls Indoor Track Team are committed to developing champions both on and off the field. A **champion** is one who lives by high standards, knows how to set realistic goals, and dedicates themselves toward achieving them. Our goal is to teach our student-athletes:

- The rewards of teamwork.
- The planning and determination required to set and meet challenging goals.
- The confidence to overcome difficult and adverse challenges in life.
- The enjoyment and positive effects physical fitness have on the body and mind.

Although success in indoor track is one of our main goals, there are many other respectable goals for each athlete on the team to strive for. Respect, patience, integrity as well as countless other intangible benefits can and should be acquired through participation in this sport.

## Forms

All necessary paperwork (Physical Examination Form, Parent-Student Agreement Form, Participation Fee Form, Emergency Treatment Consent Form) must be turned in promptly. The acknowledgement page of this form must be signed and turned in before the athlete will receive a uniform.

## Practices and Participation

As with most athletic endeavors, track and field requires a year-long commitment. It is not required that the athlete trains year-round; however, it is highly recommended that the athlete takes no more than six weeks off from training throughout the year.

Failure to attend practice can result in suspension from participation in competition, ineligibility for post-season awards, and the dismissal from the team. If you qualify for a post-season championship meet you are expected to participate in that meet. ***This sport is expected to be one of your highest priorities.***

Attendance will be taken at the beginning of practice. You must inform one of the coaches of any reason for you not attending. If you will be delayed, such as for extra help, please see or get word to one of us before practice. Three absences or two unexcused absences and an athlete will miss a meet.

Practices are every Monday through Saturday, unless there is a meet. Generally, practice begins at 2:30 PM after each school day, and 10:00 AM on Saturday and weekday no-school days. Check the online schedule for specifics. Be dressed and ready to run by then, so that we can begin promptly.

You must “check out” with us at the end of practice so that we know all runners have completed their workouts.

We practice even if there is inclement weather. Be dressed for it, such as wearing rain gear, or hats, gloves and spandex if the weather is cold. Cancelled practices are rare. Check with the coaches or captains if you are unsure. Do not rely on other teammates or “rumor”.

## **Meets**

All athletes are expected to stay to the conclusion of the FCIAC developmental meets, through the team cool-down. There are typically just four FCIAC developmental meets, all on Saturdays and lasting approximately 5 hours. If athletes are done competing prior to the end of the meet they are expected to support their teammates. Everyone is expected to help cleanup after a meet.

An athlete who leaves a meet early without an approved excuse will sit out the following meet. Only emergencies will be excused.

## **Communications with the Coaching Staff**

Please refer to the Parent Information section of the RHS Athletics Handbook for guidelines as to what is and is not appropriate for discussion with the coaching staff, as well as the chain of communication for resolving conflicts should they arise.

## **Varsity Awards and Captains**

Being a member of the varsity team is an honor and privilege that takes hard work, consistency, and determination. Varsity letters will be given to all athletes who:

- Uphold the good name of Ridgefield High School and do nothing to dishonor your school, team or teammates.
- Follow the guidelines in the Ridgefield High School athletic handbook
- Complete the season, and run in the championship meets they have qualified for.
- Show responsibility in tracking progress including mileage, times, and goals.
- Demonstrate passion and enthusiasm for the sport.
- Qualify for the FCIAC and / or State Championship meets.
- Coaches have the right to award a varsity letter at their discretion if the athlete meets the first five expectations.

Captain status is reserved for those seniors demonstrating the highest level of leadership and integrity.

- Captains must abide by the “Captain’s Pledge” as described in the RHS Athletics Handbook.
- Captains must understand that their role as a leader is a year-round commitment. Failure to meet these expectations may result in the removal of captaincy.

## **Miscellaneous Rules and Expectations**

- While running off-campus, all athletes are expected to run single file, against traffic, and with a reflective vest or belt.

- Athletes are expected to communicate all injuries to the coaches. Every injured athlete receives plans from either the coach or the trainer in order to aid recovery. In most cases, injured athletes are still expected to attend practice.
- All athletes are expected to behave with respect and sportsmanship towards teammates, opponents, coaches, parents, and officials.
- All athletes must travel to and from competitions on the bus unless an alternate transportation form has been submitted to one of the coaches.
- The school policies concerning hazing, smoking, and alcohol and drugs will be strictly enforced.

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## Acknowledgement

*I have read and understand the rules and procedures for girl's indoor track:*

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*Athlete Name (please print)*

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*Athlete Signature*

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*Parent Name (please print)*

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*Parent Signature*