

North Creek High School Track and Field Attendance Expectations 2022

I _____ intend to make a commitment to the 2022 North Creek High School Track and Field Team.

This commitment means I will be present and punctual to every practice and competition. In order to turn out for practice; I need to come prepared with a sweat top and bottom, proper shoes and a full bottle of water. If for any reason I cannot attend, I will provide a written email notification to my coaches 24 hours ahead of time. I understand that if I do not notify my head coach, it is considered an unexcused absence.

Each athlete will receive one free unexcused absence, your second unexcused absence will result in being pulled from the meet immediately following the absence. Three unexcused absences demonstrates a lack of commitment and results in dismissal from the team for the remainder of the season.

Excused absences include written notice 24hr in advance via email. Please address emails to Coach Stride (rstride@nsd.org) and Coach Luckenbach (nluckenbach@nsd.org). Family emergencies and academic commitments take priority over athletics, please be sure to communicate scheduling conflicts in advance. Do your best to schedule doctor and dentist appointments outside of practice and competition times. Athletes will need to self manage schedules and include homework time, this is not an excusable absence.

If during the season an athlete accumulates 5 absences, their level of commitment will be addressed with their coaches and may result in dismissal from the team for the remainder of the season.

Two or more excused absences in the same practice week (Thursday-Tuesday) will result in sitting out from competition at that week's meet. With the exception of academic travel.

Two tardies or early dismissals will be considered as an absence. Excused tardies require a time stamped note from a teacher.

DISTRICT POLICY REQUIRES ALL ATHLETES TO TRAVEL ON BUSES TO MEETS WHEN BUSES ARE PROVIDED. This applies only to meets over 10 miles from North Creek. A missed bus departure results in removal from that day's competition. When using district provided travel, students cannot ride home with another athlete's family unless it is cleared by Melton Jefferson 24 hrs ahead of time. Students driving home with family members must BOTH check out with Coach Luckenbach at the end of the meets.

Student Name

Student Signature

Date

*I support my student to adhere to this attendance policy and approve the use of my students full name and age on athletic.net for athletic performance tracking and meet entries.

Parent Name

Parent Signature

Date

*This form must be signed and turned in **at** uniform checkout.*