

## Spring Track Rules

1. Practice will be held every day after school at 3 PM until approximately 5 PM. On Saturdays (if held), practice will be held at 8:15 AM. Athletes should meet at the Pope John Track at the noted times unless inclement weather prohibits it. **Be Punctual!**
2. Attendance of practice is **mandatory**. Unexplained absence from practice will be dealt with accordingly and could lead to dismissal from the team. The following are **not** valid reasons to miss practice: detention and after school activities. Athletes must report to a coach when they are to attend any of the aforementioned activities. Athletes attending weekly after school clubs must report to practice before the club meeting every other week. Injured athletes are still required to visit the athletic trainer and attend practice afterward.
3. All athletes are **required** and should be prepared to compete in meets. Failure to attend competitions (without a valid reason) will lead to dismissal from the team. Uniform singlet and event-specific footwear (spikes, throwing shoes, jump shoes, etc.) **must** be purchased before the first competition.
4. Outside coaching is strictly forbidden unless specifically permitted by the Head Coach.
5. Athletes should be **prepared** for inclement weather by dressing in the appropriate garments (Hats, Gloves, Tights, Sweats, Wind breakers, Long sleeve T-shirts are highly recommended). Proper footwear is mandatory. Inadequate dress will lead to dismissal from practice!
6. Cancellation of practice will only occur when the school administration decides to cancel all athletic practices / competitions for that day. Unless otherwise stated, **practice will be held.**
7. Regular school policies (both discipline and academic) apply at all times. Keep your grades up. Use your resources: extra help, help from teammates / coaches.
8. Get to know your teammates and help them whenever possible.
9. Be fully **responsible** for yourself! Eat properly (breakfast, lunch & dinner every day), drink plenty of water, get proper rest and tend to all injuries.
10. Most importantly, **Have Fun!**

In case of emergency or questions, Coach Corcoran's telephone number is (973) 313 - 1616 or you may email him at [BrianCorcoran@popejohn.org](mailto:BrianCorcoran@popejohn.org). All other necessary team and meet information can be found at the team website: <http://www.popejohntrack.com/> and on the team social media: twitter: [@PJ23Track](#) / Instagram: [@PJ23Track](#).

# TRACK & FIELD

**PRACTICE BEGINS MARCH 14th! START SETTING YOUR GOALS NOW!**