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| Cedar Rapids Kennedy Girls Track and Field | Athlete Expectations | |
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- 1. Practice participation on a regular basis**
 - a. See CRK-004 (Practice Expectations)
- 2. Meet participation on a regular basis**
 - a. See CRK-005 (Meet Expectations)
 - b. Review the season schedule in advance and let coaches know as soon as possible if there is a conflict
- 3. Attitude is everything. Bring it to the team daily!**
 - a. Be the first to lead by example and the last to violate team code.
 - b. Be the first to communicate between the coach and team and the last to withhold information.
 - c. Be the first to praise others and be the last to brag or draw attention to you.
 - d. Be the first to defend and the last to criticize.
 - e. Be the first to confront team conflict and the last to ignore it.
 - f. Be the first to encourage and the last to become discouraged.
 - g. Be the first to serve and the last to be served.
- 4. Uniforms**
 - a. Athletes will be issued Uniforms (Jersey and Spandex Shorts) prior to the 1st meet
 - b. Each Uniform is tagged with a tracking number that is assigned to the athlete
 - c. Uniforms are the property of Kennedy High School so please take care of them. You are responsible for them; any damaged uniforms will assess a \$100.00 replacement fee.
 - d. Uniforms will be turned in the Monday after the State Meet in the south entrance foyer from 3:15 –4:45 pm.
 - e. Uniforms not received back will be turned over to the Kennedy Bookkeeping Department for a collection fee of \$100.00 each. Be responsible and turn them in ON TIME!!
- 5. Clothing & Shoes**
 - a. Athletes are expected to have appropriate practice clothing that meets both winter and spring weather conditions. Have both available to be prepared for indoor or outdoor workouts.
 - b. Kennedy Team sweats and shorts should be worn. Team apparel is available for purchase in the early season, see coaches for more information.
 - c. Proper training shoes should be worn during practice. Ask your coach if you are unsure of what shoe type
 - d. Spike shoes should be worn at meets. Spikes should be 1/4" Length Diamond type. No needle spikes as these are illegal by IGHSAU by-laws.



6. Team Captains

- a. Athletes will vote on team captains the 1st week of practice. They will select 1 captain from each of the following groups: Sprints, Hurdles, Jumps, Throws and Distances
- b. It will be a blind ballot by paper placed in a box from which the coaches will determine captains according to names submitted and ballot counts.
- c. Team Captains must meet the following criteria
 - i. Be an upperclassman (Junior or Senior)
 - ii. In good standing with the school
 - iii. In good standing with the team
- d. Hold meet day meetings on the track infield prior to the start of Field Events.

7. Team T-Shirts and State T-Shirts

- a. Athletes will have a meeting the 1st week of practice to design and order Team T-Shirts
- b. The meeting should be inclusive of the entire team. Ask coaches, or the PSG, for help if needed
- c. State Meet T-Shirts should include Qualifying Events and Athlete Names

8. Team Pictures and Posters

- a. Pictures, both individual and team, will be scheduled for the 1st week in March.
- b. Team Poster participants will be based on the following criteria.
 - i. Returning Senior, both JV and Varsity
 - ii. State Meet participant from previous season