



2007 Plainfield North Track & Field Expectations

You are expected to meet on the track (indoor or outdoor) or inside by the cafeteria by 2:50 p.m. sharp! If you have to meet with a teacher, submit a note from that teacher upon your arrival at practice.

The only acceptable excuse for missing practice is an appointment or absence from school. If you have an appointment you must let Coach Gummerson, Coach Donan, Coach Burgwald, or Coach Markwell know ahead of time! It is your responsibility to do this, do not tell a teammate to tell us that you will be gone.

If you can't attend practice at any time you must call Coach Gummerson and leave a message on her voice mail or e-mail before practice. If not done before practice, absence will be unexcused.

School Phone # - 609-8506 ext. 2623

E-Mail – tgummers@learningcommunity202.org

If you can't keep the track team as a priority in your life, then you will be dismissed from the team. I am not asking for track and field to be your life, just a part of it.

Detentions are considered unexcused absences and are unacceptable. One unexcused absence will result in a conference with the coaches. The second and third missed practice will result in missed meets. The 4th unexcused absent will/may result in removal from team. (See excused/unexcused list)

If you are injured, report to your coach immediately. We will decide the next action to be taken. If the coach sends you to the trainer, go there immediately and follow the instructions regarding training room usage. When you are released by the trainer go to your coach.

There is no horseplay during practice. This is true whether we are practicing indoors or outdoors. Remember if we do not use good sense, we will lose privileges.

Practices will run until 4:30 p.m. everyday. We will have weekend (mandatory) practices, too.

Updated Physicals and all appropriate forms must be on file with the Athletic Department. If these are not on file you will not be allowed to participate in practice or meets.

Grade checks are made weekly by the athletic department. If you are having grade trouble, Coach Gummerson will be informed. You must be passing at least (4) four academic classes in order to compete in the next week's meets.

There will be no profanity at all on this team!

You must run in every meet! You will honor your commitment to this squad.

You are required to stay for the entire competition. Stay and cheer on your teammates, and they will do the same for you. Remember we are a TEAM!

You may not drive and you may not leave the team during a competition. You will ride and return with the team to all meets, unless the proper paperwork was filed with the Athletic Director, 24 hours in advance. This is a PNHS policy. While the meets are going on you must stay at the competition site and show appropriate behavior.

All Plainfield North High School Athletic Eligibility Requirements apply. Refer to your handbook.

Go Tigers!



*“...if you quit in practice, you’ll quit in the game;
if you’ll quit in the game, you’ll quit in life.”*

Vince Lombardi

I have read the policies for the PNHS girls track team. I understand that I am accountable for the PNHS policies.

Athlete _____ ***Guardian*** _____
(PRINT) ***(PRINT)***

Athlete _____ ***Guardian*** _____
(SIGNATURE) ***(SIGNATURE)***

Parent work number _____

Parent cell number _____

Parent e-mail _____

