

**2015 Team Rules**  
**Burlington High School**  
**Outdoor Track & Field**

**Dan Hagan**  
[dhagan@bsdvt.org](mailto:dhagan@bsdvt.org)  
 802-734-0495

**There are no cuts on the BHS Track and Field team. Anyone who is able to commit to the full schedule, work hard to improve, and follow the team rules, is an important contributor to this team.**

<b>coaches agree to :</b>	<b>athletes agree to :</b>
<ul style="list-style-type: none"> <li>• make the development of a strong, inclusive team-- where individual athletes are given every tool to succeed-- the top priority</li> <li>• provide a schedule in advance that is mindful of the athlete's busy schedule (see reverse)</li> <li>• conduct practices that make efficient use of limited time, starting and ending on time</li> <li>• work to his/her best in honoring the athlete's wishes for meet entries and meet hosting job assignments</li> </ul>	<ul style="list-style-type: none"> <li>• <b>consider academic school work a priority</b></li> <li>• <b>attend EVERY practice and meet</b>, scheduling all other (non-academic) commitments outside of posted practice and meet time</li> <li>• notify Dan in advance of any <u>extremely rare, truly unavoidable</u> absences ahead of time</li> <li>• understand that per VPA rules, athletes are not eligible to compete until they have successfully completed 10 practices</li> <li>• understand that event entries are based on athlete seed times/distances AND athlete standing (effort, attendance, etc.)</li> </ul>

Quite humbly, we are the premier track and field institution in Vermont. No other team is able to host statewide and regional competition as this team does. The coaches and your teammates will offer you every type of support they can, but we need a commitment from you to help at the events we host. **As a condition of being on this team, you are required to contribute to that effort by working the entire day at the Burlington Invitational, at all home meets, the Middle School Invite and at the VT State Championship. The only exception to part of this commitment is if you are on a YES, school sponsored trip during States.**

Practices and meets will be held in all weather, from snow to sun. All athletes are expected to bring proper attire to practice in order to participate. Athletes must wear athletic running shoes (trainers) or track spikes. Natural or "Five Finger" running shoes are not recommended and will not be permitted without a note from the athlete's parents accepting the inherent risks.

**It is the responsibility of the ATHLETE, not the PARENT, to first contact the respective coach in person, via e-mail, or via phone to discuss a scheduling conflict or other team issue. As we work to support you as mature high school athletes, team issues are treated as conversations between ATHLETES and COACHES, NOT parents and coaches.**

**Travel:** Athletes will travel both to and from each away meet on the team bus when one is provided (buses provided for all except the SB Rebel Relays for girls on 5/9). The only exception to this school rule is if an athlete returns from a meet with his/her own parent or guardian, or if he/she has a note from his/her parent or guardian granting permission to ride with a specific person on that specific date.

**Relays:** Relay members are selected both on their athletic ability and their ability to make a commitment to that relay team.

**Qualifiers:** As a condition of being on this team, **qualifiers are expected to compete in all meets for which they have qualified, so long as they are physically able to do so. This includes the Burlington Invite, Essex Invite and State Championships.**

**Uniforms:** All pieces of uniforms will be assigned to individual athletes and kept in good condition by those athletes. They will be washed, dried and returned BEFORE the team banquet or the athlete will be ineligible for end of season awards. Athletes will strictly comply with all VPA rules regarding uniform in competition, as well as: competing always in school-issued singlet, school-issued shorts, optional black spandex with no logos of any kind or distinctive stitching.

**Injury:** It is the responsibility of each athlete to communicate any injury or soreness to his or her primary coach immediately and accurately. Athletes unable to practice due to injury will still be expected to attend practice daily, visiting the trainer and completing any needed rehabilitation, but **their rehab will be separate from the team.** Injured athletes will not travel with the team if it involves an early class dismissal.

**Eligibility:** Athletes will be held to all Burlington High School requirements for athletic eligibility. Behavioral issues both in and outside of school, as well as the level of respect shown coaches and peers, directly affect eligibility.

*I have read the team guideline and reviewed the meet schedule, and I agree to abide by these guidelines as an implicit condition of my participation with the team.*

\_\_\_\_\_  
 Athlete

\_\_\_\_\_  
 Printed name

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Parent

\_\_\_\_\_  
 Printed name

\_\_\_\_\_  
 Date

# 2015 Track & Field Calendar

## March 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 FIRST PRACTICE 3:30 - 4:45	24 3:30 - 4:45	25 3:30 - 4:45	26 3:30 - 5:00 <b>*Field Event Day*</b>	27 3:30 - 4:45	28 distance only TBA 8:00AM

## April 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 30 3:30 - 4:45	March 31 3:30 - 4:45	1 3:30 - 4:45	2 3:30 - 5:00 <b>*Field Event Day*</b>	3 3:30 - 4:45	4 distance only at TBA 8:00AM
6 3:30 - 4:45 <b>capt. online nominations</b>	7 3:30 - 5:30 <b>Blue &amp; White Meet</b> <b>*Field Event Day*</b>	8 3:30 - 4:45 <b>captains announced</b> <i>practice off turf/track (BLAX)</i>	9 3:30 - 4:45 <i>practice off turf/track after 4:00 (GLAX)</i>	10 3:30 - 4:45 <i>practice off turf/track (BLAX)</i>	11 distance only TBA 8:00AM
13 3:30 - 4:45	14 3:30 - 5:00 <b>*Field Event Day*</b>	15 <b>@ HOME vs. Spauld., Mont., Northfield</b> 3:15	16 3:30 - 4:45	17 3:30 - 4:45	18 NO PRACTICE
20 SPRING BREAK optional practice TBA	21 SPRING BREAK optional practice TBA	22 <b>Vacation Invite @ Essex (optional)</b> <b>Bus Departs 8:30AM</b>	23 SPRING BREAK optional practice TBA	24 SPRING BREAK optional practice TBA	25 NO PRACTICE

## May 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 27 3:30 - 4:45	April 28 3:30 - 4:45 <i>practice off turf/track (BLAX)</i>	April 29 <b>@HOME vs. Harwood, Middlebury, Enos.</b>	April 30 3:30 - 4:45 <i>practice off turf/track after 4:00 (GLAX)</i>	1 3:30 - 5:00 <b>*Field Event Day*</b>	2 <b>Burlington Invite</b> (ALL MUST ATTEND)
4 3:30 - 5:00 <b>*Field Event Day*</b>	5 <b>@ Milton vs. CVU, Mt. Abe., Oxbow</b> White Day ED 1:45 Dep 2:00	6 3:30 - 4:45 <i>practice off turf/track after 4:00 (GLAX)</i>	7 3:30 - 4:45	8 3:30 - 4:45	9 <b>Rebel Relays @ SB</b> (Girls Only) No Bus
11 ( <i>originally 5/14</i> ) <b>@ Colchester vs. U-32, Enos., Missisquoi</b> White Day ED 2:15 Dep 2:30	12 3:30 - 4:45	13 3:30-5:00 <b>*Field Event Day*</b>	14 <b>Night Practice</b> 7:30 - 9:00PM	15 3:30 - 4:45	16 distance only TBA 8:00AM
18 testing (noon start) 3:30-5:00 <b>*Field Event Day*</b>	19 EXAMS 1:30-3:30	20 <b>@HOME vs. U-32, Missisquoi, LR, Oxbow, Randolph</b>	21 EXAMS 1:30-3:30	22 EXAMS <b>Frosh Invite @ Essex</b> Bus Departs 1:30	23 NO PRACTICE
25 <b>MEMORIAL DAY</b> NO PRACTICE	26 YES 2:30 - 4:00	27 Middle School <b>Invite - all asked to help out if possible</b>	28 YES 2:30 - 4:00 ONLY QUALIFIERS	29 YES 2:30 - 4:00 ONLY QUALIFIERS	30 <b>Essex Invite/NE Qualifier</b> Bus Departs - 7:45

## June 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 YES 2:30 - 4:00 ONLY QUALIFIERS	2 YES 2:30 - 4:00 ONLY QUALIFIERS	3 YES 2:30 - 4:00 ONLY QUALIFIERS	4 YES 2:30 - 4:00 ONLY QUALIFIERS	5 YES 2:30 - 4:00 ONLY QUALIFIERS	6 <b>States @ BHS</b> (ALL MUST ATTEND)
8 YES TBA - ONLY NEW ENG. QUALIFIERS	9 Banquet <b>Oakledge Upper Shelter 6:00PM</b>	10 YES TBA - ONLY NEW ENG. QUALIFIERS	11 TBA - ONLY NEW ENG. QUALIFIERS	12 Graduation; depart for NE's in the afternoon	13 <b>New Englands @ TBA</b>

- **YOU MUST WORK AT AND/OR COMPETE IN THE FOLLOWING MEETS TO BE ON THIS TEAM: BHS Invite, State Championship (unless you are on a YES school trip). IF YOU QUALIFY, YOU ARE EXPECTED TO COMPETE IN the Essex Invite.**
- You are expected to be at all practices and meets. Missing either for any reason will affect your ability to be a member of this team, at the discretion of the coaches, in accordance with these rules.