**Dubuque Hempstead Girls Track and Field**

2023

**Team Expectations**

**WE ARE A TEAM:** Track and Field is an individual sport, but we compete for each other at practice, in the weight room, and at track meets. Whether it’s running, jumping, or throwing we do it for the TEAM. WE NEED EVERYONE TO BE GREAT!!!!

**TRAIN HARD-RACE HARD**. We expect you to always give your best effort, expect the best from yourself, and have the willingness to learn and get better. Enjoy the experience and opportunity. Our program is designed to prepare athletes for competition with a mixture of stretching, running, lifting, and resting. We won’t evaluate you on “success”, but on the effort you put forth towards improvement. You will only get the results you want by putting in the hard work.

**BE COACHABLE-** The job of the coaches is to make you better and understand what it takes to be a successful track athlete. We will do this with drills and practice. This means coming to practice ready to listen to your coaches, ask questions, and believe that your coaches are doing what is best for you.

**TAKE CARE OF YOUR BODY-** Make sure you are eating right, getting enough sleep, and communicating with your coach about soreness. Drugs and alcohol will not only harm your body and hinder your ability, but they are also illegal, and you will not be able to compete.

**HAVE FUN-** Track is a tough sport. To be successful you must enjoy coming to practice and competing. Have a positive attitude, smile, and have fun. This is one of the major aspects that will contribute to us having a successful year.

**Practice Times**

**Weekdays:** Monday-Friday **2:50pm We will meet in Cafeteria**

**What you Need for Practice:** Appropriate clothes for weather, Spikes, Shoes.

**Saturdays:** We will practice each Saturday until May from **8am-10am**. **We will meet in North Gym** Practices will include more specific training and lifting. Please communicate with your work and plan ahead.

**Attendance-** It is important that you are at practice every day. You cannot get better and help the team if you are not here. All absences must be approved by Coach Steep for it to be excused. Attendance will be taken at practice each day by event coach.

**Missed Practice-** You can’t get better each day if you are not here. If you know you are going to miss practice or a meet, you must notify Coach Steep 24hrs before the missed practice (includes Saturday practice). You need to be the one to tell us you are not going to be there, not your friends.

 Appropriate reasons to miss practice: School activities (band, choir, field trips, college visits) family emergency, illness (not in school), family trips doctor or dentist appointments

 Consequences **for unexcused missed practice**: All consequences will be determined by coaches. Consequences could range from apology, missed meets, or dismissal from team.

**If multiple unexcused absences keep happening there will be a dismissal from the team.**

**Grades:** Grades will be checked regularly and will be communicated with athletes.

**Communication:** Please call or email Coach Steep or one of your event coaches if you have questions. Also stay in touch with announcements through

 Track and Field Website: [hempsteadgirlstf.org](https://sites.google.com/site/dbqhhstrackandfield/)

 Twitter Account: @HHSLadyStangsTF

 Instagram: hempsteadgirlstrack

 Remind 101: Number: 81010 Class Code: @coachsteep

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