

Manalapan High School Track & Field

Girls & Boys Indoor/Boys Outdoor

www.manalapanbravestrack.com

TEAM HANDBOOK



Manalapan High School Track & Field

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COACHING STAFF

Jim Tweed

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Head Boys Outdoor Track & Field Coach
Head Girls & Boys Indoor Track & Field Coach

Dave Hunt

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Head Girls Outdoor Track & Field Coach
Asst. Girls & Boys Indoor Track & Field Coach

Harry Neill

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Asst. Boys Track & Field Coach

Nick Bruno

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Asst. Boys Track & Field Coach

Jeff Philhower

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Asst. Girls Track & Field Coach

Jesse Grabowski

Asst. Girls Track & Field Coach

Bob Andrews

Volunteer Asst. Coach Track & Field Coach

Reggie Grant

Volunteer Asst. Coach Track & Field Coach

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Code of Conduct/Team Regulations

Members of the Manalapan High School Track & Field Team are required to follow this simple code of conduct. Violations to this will be dealt w/ accordingly.

1. There will be absolutely NO HAZING on this team.
2. All athletes are required to attend every practice and meet.
3. There is no place for foul or abusive language on this team.
4. All equipment shall be handled appropriately.
5. If you are injured, report it immediately to a member of the coaching staff. Do not leave practice or a meet without doing so.
6. All rules set forth by the Freehold Regional High School District and Manalapan High School are to be adhered to.
7. Athletes will NOT¹ be allowed to leave a meet with their parent/guardian without filling out the appropriate paperwork at least 48 hours prior to the event. See Coach Tweed for the release forms if you know you'll be leaving with a parent.
8. If you have to attend extra help sessions, you are to come to practice late with a pass from your teacher. Otherwise it is an unexcused absence.
9. Captains are to serve as intermediaries between the coaching staff and the team. They will NOT play any role in disciplinary matters.
10. The team room is to be kept clean at all times. Lock up your belongings, and place all equipment in its proper place.

¹ Emergency situations do occur from time to time. In these instances the athlete and his/her parent or guardian must see Coach Tweed before being dismissed.

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Code of Conduct/Team Regulations Violation Consequences

Hazing

(Physical)

All accusations of hazing shall be investigated. If these accusations are proven to be true, then the individual(s) involved will be temporarily removed from the team. A meeting will be scheduled between the parties involved, coaching staff, and the S.E.C.A. to decide whether the athlete will be permanently removed.

(Verbal)

All parties will be warned the first instance of this form of hazing. A report will also be filed with the S.E.C.A. Should this continue, a suspension or permanent removal from the team may occur.

Other Violations

- 1st Offense: Warning
- 2nd Offense: Warning & establishment of a contract
- 3rd Offense: One Meet Suspension (Meet TBD by coaching staff)
- 4th Offense: Removal from team

Attendance Violations (Unexcused Absence)

- 1st Offense: Warning & Extras
- 2nd Offense: Warning & Extras
- 3rd Offense: One Meet Suspension (Meet TBD by coaching staff)
- 4th Offense: Removal from team

Note:

In regards to fighting and suspected substance abuse, athletes will be dealt with just as they would if they were in the classroom. The S.E.C.A as well as the administration will be notified and the FRHSD Board of Education policies will be followed.

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Varsity Letter Winning Criteria

Winning a varsity letter is an honor that not all athletes will attain. It indicates that an individual has represented his school with a certain level of pride and success. There are many different variables that will be looked at to determine if a member of the Manalapan High Track & Field Team is deserving of a varsity letter. These include, but are **not** limited to:

- 15 points scored in varsity competition.
- Sub-Varsity **Championship** points are worth $\frac{1}{2}$ value
- **Zero school or team conduct violations.**
- Adherence to all team policies.

Note:

Changes in criteria on an individual basis are subject to Head Coach's discretion. An example of this could be, but is not limited to:

- An athlete who is injured during practice or competition who would have earned the required points.
- An athlete who has made personal sacrifice in order for the team to succeed.
 - Participating in an event to earn minimal points, rather than an event the athlete would most likely have won.

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Parental/Guardian Consent Form

We are sending you this parental consent form to both inform you and to request permission for your child's photo/image and personally identifiable information to be published on the district and/or school's web site.

As you are aware, there are potential dangers associated with the posting of personally identifiable information on a web site since global access to the Internet does not allow us to control who may access such information. These dangers have always existed; however, we as schools do want to celebrate your child and his/her work. The law requires that we ask for your permission to use information about your child.

Pursuant to law, we will not release any personally identifiable information without prior written consent from you as parent or guardian. Personally identifiable information includes student names, photo or image, residential addresses, e-mail address, phone numbers and locations and times of class trips.

If you, as the parent or guardian, wish to rescind this agreement, you may do so at any time in writing by sending a letter to the principal of your child's school and such rescission will take effect upon receipt by the school.

Check one of the following choices:

I/We GRANT permission for a photo/image that includes this student without any other personal identifiers to be published on the school and/or district's public Internet site.

I/We GRANT permission for this student's photo/image and name to be published on the school and/or district's public Internet site.

I/We GRANT permission for this student's photo/image and all other personal identifiers listed above to be published on the school and/or district's public Internet site.

I/We DO NOT GRANT permission for photo/image that includes this student to be published on the school and or district's public Internet site.

Student's Name: (please print) _____ Student's Grade: _____

Print name of Parent/Guardian: (print) _____

Signature of Parent/Guardian: (sign) _____

Relation to Student: _____

Date: _____

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Team Handbook Acknowledgement

We have read and understand the policies outlined in the Manalapan High Track & Field Team's Team Handbook.

X _____ (athlete)

X _____ (parent/guardian)