

LEXINGTON GIRLS' INDOOR TRACK EXPECTATIONS

- FUN and JOY** - The most important expectation is that you will enjoy the experience, be joyous in the journey and learn a great deal about yourself in a team centered quest with really great teammates. Track is a sport where everyone can set personal goals which specifically frame your personal success but remember we are building a team and success must always begin there. This is first and foremost a competitive team so you are expected to prepare to do your best at all times in-order to support team goals. There are some non team scoring competitions during the season where you can focus on an individual goals or events. Therefore, in this setting you can focus on your preferences and individual wishes without the obligation of team.
- Being a member of this team requires a unique commitment of time and effort. **We have practices and meets during the holiday school break so plan accordingly.** We may have voluntary practices the day before and after Christmas, attendance will NOT be kept these two days. Expect required competitions scheduled on Saturday or Sunday. Check [daily, ML-10 meet and state schedules](#). We will have a few Saturday practices so check out the [daily, ML-10 meet and state schedules](#). On a school day, all practices start promptly at 3:00 pm, on Saturday and during the two vacation periods practice generally starts at 9:30 am. MEETS mean arrival time at LHS one to two hours before the scheduled meet to board a bus, travel to the meet site, organize and warm up before competition. **Check out things you need to know as a team member.**
- Commit to the team.** To maintain your status as a member of the Lexington Girls' Indoor Track team you must be a FULL TIME TEAM MEMBER. Simply stated, you participate in all official team practices and meets. I understand this gets difficult for some when other school activities, personal plans or family activities conflict so here are the specific rules that you must work within to maintain your membership on the team.
 - Attend all practices when you are in attendance at school. Absence from school for health or safety reason means that you cannot participate with the team on that day and IT WILL NOT COUNT against your attendance record. It is your responsibility to notice Coach Crosby or Coach Tremaine in the event you will be absent. Additional avenues for notification are via one of the captains or leave a message at 1-978-732-6320. **During this year of the H1N1virus it is VERY important that you exercise EXTREME caution. If you suspect the onset of anything remotely indicating flu like symptoms stay home and seek proper medical advice.**
 - We anticipate unexpected events that might keep you away from practice to attend to personal or family matters. These will be understood provided you give prior notice or leave a message at 1-978-732-6320 stating the general nature for the absence.
 - Missing any meet, where there is team scoring and you are schedule to compete will result in your suspension as a FULL TIME TEAM MEMBER for the next competition following this absence. If the competition is the last of the season your suspension as a FULL TIME TEAM MEMBER will result in your exclusion as a candidate for any post season awards.
 - The winter vacation periods are not vacation period for the members of the indoor track team. All team members are expected to practice during the winter (December) vacation period. Varsity team members that are advancing to the state class or state all state meet are also expected to participate during the February vacation period. One of the unique features of membership on a winter sports team is the commitment to the team effort during times when some would like to take a break. Unfortunately this is just a fact of life when you commit to indoor track. **We may have voluntary practices the day before and after Christmas but attendance will NOT be kept these two days.**
 - Any team member with two separate suspensions during the season will be dropped from the team and will not be eligible to receive a Lexington Letter Award. Any affected team member will be entitled to a hearing before the coaching staff and team captain's to present extenuating or mitigating information.
- Share your experience** with your friends and parents by encouraging them to attend the meets.
- Share your thoughts** with your event coach regarding your health, academic stress and other out of school commitments.
- Always be supportive** and voice encouragement to all competitors regardless of the team uniform they have on.
- Compete** with focused intensity when you are racing these new found friends. Holding your head high regardless of any competitive outcome is your right for being a determined, fair and intense competitor.
- Take care** of your school work and personal responsibilities sooner than later. Coaches need to focus on coaching, not fussing about forms not completed and responsibilities not met.
- Pay attention to details**, remember success is about details, commitment and a positive attitude.
- Letters** will be awarded to "bona fide" team members that score in a minimum of two varsity meets or achieve one or more of the qualifying standards listed in 12 below. Seniors minimally in there second year on the team shall be awarded a letter provided they meet expectations of a team member as described in 1-9 above.
- 2009-10 guidelines: 55 m dash** - (6.3 45yds) 8.2, **55m hurdles** - (7.9 45yds)10.5, **300m** - 48.4, **400m** - 69.8 **600m** - 1:54.0, **1000m** - 3:34.0, **1 mile** - 6:10.0, **2 mile** - 13:45.0, **HJ** - 4' 06", **Shot** - 26' 0"

JV/Sub Varsity

- Your season will end in early February before the vacation period rather than after this vacation. You are free to plan a February vacation but be aware of the possibility of elevation to varsity status along with all the responsibilities that entails
- Your competitive choices will be similar to varsity meets in the scheduled JV meets. You are expected to compete in the six ML-10 JV meets. See JV schedule for specified dates of the JV meets.
- Competitive events for JV athletes are dash, hurdles, 400m, 600m, 1000m, 1 mile, high jump, shot put and 4x400m relay. Note that JV meets do not include a 2 mile. All sub varsity team members that achieve a 2009-10 guideline from #12 above and are a full time team member will receive a varsity letter.

WEB SITES

<http://www.mlxctrack.com/> is the official web site for the Middlesex League and Lexington Track. League and Team information, directions to meet locations, results and more can be found at this site. Add it to your list of favorite links. Add this to your parents list of favorite links.

<http://www.mlxctrack.com/LexGirls.html> Our team specific page.

(revised10/27/09)

MEMBER AND PARENT CONFIRMATION REGARDING TEAM EXPECTATIONS

We have reviewed and discussed team expectations.

PRINT TEAM MEMBER'S NAME _____ DATE _____

Team member signature _____

Team Member signature can also be achieved by sending a confirming email to phillipcrosby@yahoo.com that includes you name and is sent from the email that you presented at sign-up or calling 1-978-732-6320 from your phone number on record and leaving a voice message confirmation regarding these expectations.

Parental/guardian signature _____

Parental signature can also be achieved by sending a confirming email to phillipcrosby@yahoo.com that includes you name and is sent from your parent or guardian's email or by your parent or guardian calling 1-978-732-6320 from one of their phone numbers on record to leaving a voice message confirmation regarding these expectations.