

# **Karns Middle School Track and Field:** **Regulations & Expectations**

Karns Middle School student athletes are expected to maintain a high standard of academic achievement and behavior. Athletics is only a part of the entire school program and experience. Every student must be cognizant that participation in athletics is only allowed if the student is in good academic and behavioral standing. Student athletes represent Karns Middle School and are therefore obligated to follow the district and school rules and regulations.

## A. Academics

- All student/athletes must have a “C” average (2.0 GPA) for ALL classes for the first semester in order to be eligible to participate in Track and Field for the 2024 season per Knox County Regulations.
- All student/athletes must maintain a “C” average for the duration of the 2024 Track and Field season for each marking period.
- Any student who does not have a “C” average (2.0 GPA) for ALL classes at one of the marking periods during the season will be ineligible for competition per Knox County regulations and will be dismissed from the team
- Any student with an “F” in any class during the season will be suspended from the next meet and will remain suspended from competition until the grade is brought up. Student/athlete must bring a signed note from the teacher of the class proving that the grade has been raised.

## B. Student/Athlete Expectations at Practices and Meets

- Student/athletes are expected to dress appropriately and come prepared for practice and meets. This means athletic attire, running shoes, water bottle, snacks, raingear (if needed), warm clothing (meets and practices will be outside), and uniforms for meet days.
- Student/athletes are expected to abide by all Knox County and Karns Middle School rules while at practice and meets. Practice and meets are school events and are therefore subject to school disciplinary action.
- Student/athletes are expected to follow all requests of coaches, school staff, meet directors, and volunteer coaches. Disrespect to coaching staff, adult volunteers, and meet directors will not be tolerated.
- Student/athletes are expected to have a positive attitude and to participate 100% in practices and meets. Remember this is not mandatory and you chose to come out for the team. Please do not complain, moan, whine, or gripe about practice or what events you are participating in at meets. The coaches will make decisions that are best for the individual and team.
- Taunting or otherwise provoking conflict with teammates, other students, opponents, or spectators during, before or after practices and meets will be subject to disciplinary action.
- Fighting or inappropriate contact with teammates during practice will be reported to school administration and will result in disciplinary action from school administration and coaching staff.
- Student/Athletes ARE NOT allowed in the school building during or after practice without permission from a coach or without adult supervision. Please use the bathroom and get the water you will need before practice because coaches cannot interrupt practice to let you back in the building.
- Student/Athletes ARE NOT allowed to leave school grounds without the supervision of a coach or adult volunteer.
- Student/athletes are expected to clean up after themselves after practices and meets. This means picking up and disposing of trash, water bottles, clothes, hoodies, shoes, bags, etc.
- School administration and coaches reserve the right to use participation on the team as a form of discipline

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## Possible Consequences:

- Verbal reprimand/warning from coaches or administration
- Phone call, email, or conference with parents or guardians of student/athlete
- Suspension from competition
- Dismissal from team
  - *Student/Athletes earning in-school suspension are not permitted to attend practices or meets at any facility, home or away, for one week from the beginning date of their suspension*
  - *Student/Athletes earning out of school suspension can be dismissed from the team*
  - *Any reoccurrence of an in-school suspension can lead to team dismissal*
  - NOTICE: ADMINISTRATION AND OTHER SCHOOL STAFF RESERVES THE RIGHT TO APPROPRIATELY DISCIPLINE ANY STUDENT IN THE BUILDING, INCLUDING STUDENT/ATHLETES. NO SPECIAL TREATMENT FOR ATHLETES.

## C. Attendance at Practices and Meets

- Student/athletes are expected to attend all practices and meets.
- Practice schedules will be given in advance.
- After meets begin we will not practice the day after a meet to allow rest and recovery.
- Coaches will communicate to parents and students if practice is canceled or moved to another location as soon as the decision is made via email. Please do not contact the school office as they do not make the decision. We as coaches will monitor the weather and follow KCS weather guidelines as to where to conduct or when to cancel practice.
- If a student/athlete has to miss practice or a meet for any reason they need to have a parent or guardian notify a coach (signed note, email, phone call, etc.) PRIOR to practice or meet.
- If coaches are not notified of absence then that absence will be considered unexcused.
- Three unexcused absences will lead to suspension from meets and repeated occurrences could lead to dismissal from the team.
  - Unexcused absence: The student/athlete is in attendance at school and does not go to practice, leaves practice early, or refuses to practice without parent notice.
  - Excused absence: The student/athlete is out of school ill, has a doctor's appointment, experiences a family emergency, is attending tutoring/make-up work session, or is attending another school sponsored event.
- Parents/guardians are responsible for making arrangements to have their child/children picked up after practice. If a player is not picked up at a reasonable time repeatedly he/she may be dismissed from the team. A coach will let the player, parent/guardian, and administration know if a problem exists before going to this step.

## D. Uniforms

- Uniforms should ONLY be worn for meets
- It is your responsibility to purchase the KMS uniform from the team shop available online. Failure to purchase the required uniform will mean your child will not be able to compete in meets. There will be NO REORDERS so please make sure you order them promptly.
- This jersey is yours to keep and can be used for future seasons.

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## E. Physical Examinations/Concussion Forms/Emergency Cardiac Arrest

- All student/athletes must have a sports physical on the official Knox County form on file for the current Track and Field season BEFORE any tryouts, practices, and or meets. No exceptions will be made. They must be dated **AFTER** April 15, 2024 in order to be eligible per KCS regulations. A sports physical for another sport will qualify as long as it meets the appropriate date requirement.
- All student/athletes must have a Medical Release Form and Emergency Contact sheet on file before any tryouts, practices, and or meets per KCS regulations.
- All student/athletes and their parents/guardians must sign an initial the Concussion form before any tryouts, practices, and or meets per KCS regulations.
- All student/athletes and their parents/guardians must also sign the Emergency Cardiac arrest form before any tryouts, practices, and or meets per KCS regulations.

## F. Program Fees/Insurance

- Track and Field fees for the 2025 season will be \$100 per athlete.
  - Fees are due 3/1/2025 and your child will not be able to compete in meets or practice until this is paid.
  - All student/athletes are required by Knox County to buy insurance through the county for the Track and Field season. The cost is \$60 per athlete and is included in the program fees.
  - The remainder of the fee (\$40) will be used for meet entries, track equipment, paying for officials, etc..

## G. Injuries

- If a student/athlete is injured during practice or competition, it is his/her responsibility to notify the coach that day so that accident reports can be filled out in a timely manner for insurance purposes. Failure to report the injury to the school or coaches is not the fault of the school.

## H. Meet Information

- Meets are usually on Tuesday or Thursday nights unless otherwise noted.
- Coaches have the final decision on who competes in what events.
- Student/athletes are expected to sit as a team in bleachers and listen for their event(s). It is the student/athlete's responsibility to report to his/her event. Not only will you not get to compete if you miss your event but you will also hurt the team.
- Parents are not permitted on the track unless they are volunteering.
- Meets are held at county high schools and usually start at 5:00. Meets can last as little as 2 hours or up to 4-5 hours depending on how many teams are competing or how efficiently the meet is operated.
- Invitational Meets are held at private schools or at other county schools. We sometimes attend these. Dates and times will vary. These usually have restrictions on events so the entire team will not attend these meets.
- Meets we host are normally run very efficiently because of the help from the local high schools and parent volunteers (hint, hint)!
- Please do not contact the school or coaches during the school day to inquire about the cancellation of a meet due to weather. The school will have no idea and the coaches will be busy teaching classes. We PROMISE to let you know as soon as possible if a meet will be canceled via email.

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## **EVENTS – (in order of a regular season Knox County Track Meet)**

- 3200 meter run
- 100 meter dash
- 3200 meter relay (4x800)
- 800 meter relay (4x200)
- 400 meter run
- 1600 meter run
- 400 meter relay (4x100)
- 800 meter run
- 200 meter run
- 1600 meter relay (4x400)

Field Events: (these events will be ongoing simultaneously during the running event schedule)

- Shot Put
- Discus
- Long Jump

Schools are limited to four athletes or two teams per event with the exception of the 800 meter run, 1600 meter run, 3200 meter run, and field events which have unlimited entries (at most meets). Some larger meets and Invitational meets reserve the right to set different limits of athletes per event.

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## **Acknowledgement of Receipt**

We, the student/athlete and parent(s)/guardian(s), have read and understand the information provided in this document. We, the student/athlete and parent(s)/guardian(s), understand that this document is meant to provide a framework for the Track and Field athletic policy at Karns Middle School and is not all encompassing. Situations may arise outside the parameters of this document that will be handled on an individual basis. By participating in the Track and Field program at Karns Middle School, we, the student/athlete and parent(s)/guardian(s), agree to adhere to the rules and regulations of the school, the team, and the athletic department. Failure to read and understand this document does not excuse violations of the district, the school, the team, or the athletic department policies.

PRINT STUDENT NAME: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

\_\_\_\_\_  
Nathan Rupeka, Coach

\_\_\_\_\_  
Stephen Caruso-Taylor, Coach

\_\_\_\_\_  
Brent Glenn, Principal

\_\_\_\_\_  
Brant Gerhardt, Athletic Director