**Danbury Girls Track & Field Team Covenant, team expectations in season**

*A covenant is a written agreement of the expectations, practices, goals, and behaviors that a team decides for the group. Unlike a contract that's conditional, restricting and based on lack of trust, a covenant is an intentional commitment of team members to each other. It is an oath to each other and is based on trust.*

***When does practice officially begin?*** December 5th 2019 Practice will be 2:20-5:00 M-F and 8:30-11:00am on Saturdays. There will be different meets and event groups that the coaches will assign athletes to in order to preserve balance on our team (not everyone is going to be in one event group), not everyone goes to invitationals, we will decide where you can help the team most as well as what level of competition is appropriate for you each week.

**Purpose**

The goal of Danbury Track & Field is to help each athlete improve. It is also about giving people opportunities for growth that will prepare them for post-high school life. Creating good athletes is important but creating stronger people is more important.

**Self-Governance**

You are responsible for your team. That is, you work at a variety of levels to build, maintain, and contribute to the development of the team. You are accountable for your choices. That is, you take ownership for your actions, opinions, and beliefs as well as the language you use towards others (no swearing, racial slurs, etc. allowed on our team). You are accountable for preventing your actions from infringing or violating others' ability to realize their team and individual goals. You are responsible for speaking and listening to others and to reach shared understandings.

**The Goals of DGT&F**

* To see every athlete improve
* To be successful as a team at conference state and national level
* To help the athlete develop values that lead to satisfying lives
* To make new friends and to manage relationships
* To foster a healthy lifestyle
* To create a supportive team culture

**Accountability**

**The rules for DGT&F are few… but they are important.**

* Be on time for training and leaving for meets. Practice on weekdays is from 2:20-5:00pm. Meet in the old gym. Saturdays we will either meet or practice.
* Live a balanced life. If you do an after-school club change before you go to the club. On days your club meets you MUST be to practice (changed and ready to participate) by 3:00. Lateness on club days =an absence.
* Absence policy 1=a warning 2=final warning 3= miss a meet 4=dismissal from the team
* Follow the training plan the coaches put in place.
* Understand why we train like we do. Become a student of the sport.
* Be an example of honor and integrity to your teammates, your school, community and your family.
* Do not put anyone down or engage in negative behavior
* (for distance/MD) Run on the left side of the road at all times and run defensively. No one runs alone and you must wear your reflective belt.
* Parents need to be on time to pick their children up from practice and meets. If your parent is late by more than ten minutes twice we will have a discussion, three times you will miss a meet and we will need to schedule a meeting to discuss this issue and on the fourth occasion you will be dismissed from the team. Parents, please plan ahead and realize that picking your children up from their extra-curricular is a part of being on any team.
* If you are going to be late to practice during the season when practice is mandatory, are sick from school, etc. you need to email me or [fratin@danbury.k12.ct.us](mailto:fratin@danbury.k12.ct.us)
* If you do not contact me the first time we will discuss it, the next time you will miss a meet. If the trend continues you will not be a part of the team.

**What do I need for Track & Field?**

You will need to have a good pair of running specific shoes (please go to a running store in the area like Woodbridge Running Company, Ridgefield running company). A watch with a stopwatch feature and a pair of competition spikes/competition shoes. We want all girls on the team to have a pair of black leggings for warm ups, wear team gear on meet days. +An up to date physical as well as sign up through family ID. -See the school website for additional information.

**The Whole Student-Athlete and Full Engagement**

Success in our sport is due to many variables working together to an end result. Nutrition, rest and recovery, good health practices and proper training all influence performance. Positive health habits and choices are what create the whole athlete. Becoming a student of your sport gives you the knowledge to succeed. Being fully engaged in the process is a must. Success comes from a burning **passion** to succeed…success does not come from an **obsession** (Vigil). Know the difference and **ALWAYS** lead a balanced life.

**Mental Toughness**

This sport is one that requires diligence and grit. Learning to be mentally tough (to have courage) is a learned phenomenon. Training is what teaches this. Challenge yourself to face challenge and pain…that is where courage is learned.

**Relationships and Support**

Nothing is more important to a team than relationships. Every team has the potential for greatness but each athlete must find their role, be fully engaged and offer what they can give to the team.

**Consistency and Discipline**

Consistency in training is what results in optimal performance over time. Develop habits that result in consistent training. Discipline is an internal choice to be consistent and focused. Champions are consistent and focused in their training.

**Honor and integrity**

Respecting yourself and your teammates and the work that you do is what honor is about. It is also about doing what is right. Most of all, honor is about standing with and by your teammates. To be our best a goal of the program. To do this with teammates and with honor and integrity is a greater goal.

**Our Promises to you as your coaches**

As your coaches, we promise we will plan for each athlete to achieve their full potential and find success in our sport. We will create a supportive environment that is goal oriented, teaches our sport and is fun.

Athlete signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_