# UNIVERSITY OF MINNESOTA WOMEN'S TRACK AND CROSS COUNTRY POLICIES

COMMITMENT	<b>Commitment is a big word in this program.</b> Not only commitment to do everything in one's power to be a better athlete, but also commitment to be the best student and citizen possible.
	It is the policy in the program that unless you as a person are willing to make a total commitment to all involved, and then you cannot expect the academic counselors, administrators or coaches to make a commitment.
	This commitment is the cornerstone of our program. If you as a student athlete are accountable then we will do everything in our power to help you. However, if you do not wish to do your part then you can expect that appropriate measures will be taken (i.e., loss of aid for academic ineligibility, study table requirements for low grades, loss of meet participation for not showing up for practice sessions, study table, academic appointments, classes.)
initials	In short, if every athlete does her part everything will run smoothly. If this does not occur then the athlete may be asked to remove herself from the roster.

ELIGIBILITY, CLASS ATTENDANCE,	As mentioned earlier, academics are a focal point for our program. We believe very strongly in our academic reputation and our goal is to have you earn a degree from the University of Minnesota.
STUDY TABLE, MEETING WITH ACADEMIC COUNSELOR	In order to insure this philosophy, we will be requiring some people in our program to attend study table and meet regularly with their academic counselor. If we feel you are progressing well academically we will not require you to attend study table or meet with your counselor. However, we will monitor this closely and if you are having trouble we will require you to comply.
initials	It is very important that you attend every class and that you keep up with all class work. If you miss a class, you will miss a meet. If you are involved in just athletics and academics you should have very little problem. However, if your social life becomes too active, if you join a sorority or club, or if you have a job then your life may become too complicated and your grades may suffer. It comes back to that word, commitment. If you are willing to sacrifice, anything is possible.

RESPECT	<b>Respect is a major word in the program.</b> We, as a staff, work very hard to earn your respect. In return we expect you to work very hard at respecting your coaches and your teammates.
	Here at Minnesota we look at Track and Field and Cross Country as team sports.
	Everyone here is expected to work hard and do everything in one's power to bring positive energy to the team. This energy is not limited to just your event group. Whether you are a thrower, sprinter and jumper or a distance person, we all are on the same team.
initials	Everyone has bad days and sometimes bad weeks, but if this turns into a bad month and their attitude becomes negative for the team, then one will be asked to leave the team.

HOME COMPETING	If an athlete is not in proper shape, or has not worked to get into proper shape, then that athlete will not compete at home meets.
initials	

## INITIAL ALL AREAS TO INDICATE YOU HAVE READ THE POLICIES AND UNDERSTAND THEM

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INTERNET	Face book, My-Space, message boards, and ANY internet item. If you have pictures or
	any written words that are placed on the above items and do not represent the University
	or the Program in a proper way, you will face disciplinary actions.
initials	

YOU BRING TO US	<b>A commitment to fitness.</b> That is, the trainers will take everyone's percent body fat when we return. You will be expected to remain at an appropriate level (as decided by you and the trainer) for the entire year. That is, not too high and certainly not too low.
	We expect that everyone will remain nutritionally fit. That is, <b>eat properly!</b> 60% complex carbohydrates, 20% protein and 20% fats. If you don't fuel your body properly, you will not compete at your best.
initials	Each and every one of us has problems. It is imperative that you communicate any and all concerns to us, whether they are personal problems or disagreements you have with us. However, we will expect adult communication. We will also expect that if you have a personal problem or a problem with the philosophy that you will also come to a meeting with solutions to those problems or suggestions on how things can be done better.

MISSED PRACTICE	You are required to be at every practice unless excused by your coach.
initials	

FOUR YEARS	The NCAA rule states that athletic aid is renewed annually. However, it is very unusual for
OF AID	an athlete in this program not to have her aid renewed. It should be noted that athletes get
initials	four years of aid in our program. It is possible for our track program to give athletes 5th year aid, but this must be discussed with the coaching staff. Every athlete will be treated individually in this regard. Should there be extenuating circumstances each case will be dealt with on an individual basis. You are not guaranteed an automatic 5 <sup>th</sup> year of aid if you have redshirted.

ROSTER MANAGEMENT	At the beginning of each year with all of the track and field athletes, we will have a tryout for all student-athletes not on scholarship. These athletes, whether you are new to the team or have been on the team as a walk-on, will go through a try-out period that will last approximately 4-8 weeks. At the end of these 4-8 weeks we will do some testing to identify the abilities of each athlete or improvement by returning athletes. During the 4-8 weeks we will do you are new to the abilities of each athlete or improvement by returning athletes.
	will also pay close attention to your attitude, work ethic, character, and how timely you are. The reason behind doing this is to identify if you can compete at this level, have the right mental attitude to do this, and to also see where your commitment is.

TRAINING	It is your responsibility to communicate your health needs to the training room staff. All health issues must be discussed with the University of Minnesota Sports Medicine staff whether our staff or your
ROOM	own physician from home is performing any medical treatment. Non-compliance will result in athletic
initials	aid withdrawal or suspension from the team.

MAINTAINING ATHLETIC AID	If you become academically ineligible your frosh year, you will keep your athletic aid until the end of the year. If you are ineligible any semester after your frosh year, it is probable that you will lose your aid permanently. It is <u>possible</u> , but not <u>probable</u> , that a person can regain her athletic aid after being ineligible as an upper-class person. Every case will be handled on an individual basis.
initials	

# INITIAL ALL AREAS TO INDICATE YOU HAVE READ THE RULES AND UNDERSTAND THEM

DEALING WITH REALITY	When one is in a situation that is bigger than oneself it becomes imperative that in order to be a part of such a program a commitment to excellence has to be made. In order to be committed to anything one must be willing to deal with very simple realities. In order to compete well at this level one must be willing to do the things that will help one achieve one's goals.
	If one needs to be stronger, one must lift.
	• If one is to run faster, throw farther or jump better, one must be at the proper competitive weight and eat properly.
	• If one is to be a great student, one must spend at least 4-6 hours a day on the books.
	If one is to be a good person, one must live the values one sets up for oneself
	• If one is to improve, one must listen and make every attempt to follow the guidance of the coach.
	In short, there is no magic wand that will be waved in order to achieve success. It takes hard work, dedication and a real grip on reality. It is our job, as a coaching staff, to inspire you to rise to a level that is far above where you may be at the present time.
INITIALS	We will make every attempt to do this in our program.

PARENTS	Now that you are in college, and 18 years old, parents are here to support and not here to interfereperiod.
initials	

COMMUNITY SERVICE	Volunteering is a big part of our program. Each athlete is required to volunteer at least 5 hours during the school year.
initials	
HOSTING	It is indeed a privilege to host recruits. It should, however, be noted that there are certain rules that

HOSTING RECRUITS	It is indeed a privilege to host recruits. It should, however, be noted that there are certain rules that must be followed:
	No parties or clubs where alcohol is served.
	Curfew is midnight.
	\$30/day limit on entertainment.
	Recruit Meals should all be within reason
initials	Act first class at all times - remember you represent this program and Minnesota.

SHOES	• At the beginning of each year each athlete will be given one pair of shoes to start the school year. After this it is at the discretion of your event coach to give you your shoes for the year. Even though we have a good budget, we cannot afford to give out an endless amount of shoes to every athlete. However, we will attempt to help out as many athletes as possible. The number of shoes you will receive does not reflect your potential, but instead where you happen to be at this time.
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ZONE OF DISCIPLINE	Following is a simple but effective way to look at all of this. It is called the Zone of Discipline.
INITIALS	

If you are a walk-on or a scholarship athlete and you have redshirted at some point during your time on the team you are not guaranteed automatically a 5<sup>th</sup> year on the team. This will be discussed and mutually agreed upon by the student athlete and the coaching staff.

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OUTSIDE COMPETITION	Due to the fact that track and cross country are demanding sports and you need to be healthy in order to perform your best, it is the team policy that no team member can compete in pick up games, intramurals, summer softball leagues, gladiator competitions, rollerblading, etc., without permission from the coaching staff. We have had a number of major injuries to athletes that have been "playing" outside of their major sport. So please see us before you decide to do
initials	something that might end or sharply curtail your career. This type of "outside injury" will most likely result in a loss of your scholarship

PREGNANCY	If you get pregnant and are on athletic scholarship you will be subject to the athletic department policy.
initials	

LENGTH OF COMMITMENT	Your commitment to this program every year runs from late August (Cross Country) or early September (Track & Field) to the day after the NCAA Outdoor meet. There will be no exceptions to this rule unless agreed upon by the head coach and the athlete.
initials	

Academic integrity: If you are caught cheating or plagiarizing you will be punished accordingly. Each situation will be handled on a case by case situation. This will not be tolerated by the coaching staff.

WALK-ONS	Scholarship money is never discussed until after the first year. To be able to earn
POLICY	money you need to show that you can have an impact on the team. An example of
	this is scoring at the Big Ten Meet (Track & Field) or being in the Top 5 at the Big 10 Meet.
	You will receive shoes and gear per your event coach's decision.
initials	It is strongly encouraged that walk-ons do not work during the year. It is very difficult to
	work, go to school and still have a reasonable chance to earn a top spot on the team.

How To Travel: In order to make a travel trip whether it be local or out of state it is at the coaching staff's discretion. There are many factors that play into our decisions that are both based on short term and long term goals for the development of you and this team.

RULES FOR	1. Always be first class. Remember when you are out in the public, people are watching you
TRAVEL	and you represent this University, this team and yourself.
	2. You may wear NICE blue jeans on the bus to travel.
	3. When we fly you must dress in a skirt, a dress or a nice pair of slacks. NO BLUE JEANS
	4. If at any time your "dress code" does not meet mine, you will be asked to go and change.
	5. After our pre-meet team meeting is over the night before a meet, you are expected to stay in
	the hotel until the next morning. If you leave and we find out about it you will be left home the
	next meet.
	6. When we are on the road and we have a "study time", the rooms MUST be quiet so that
	people can study. If you want to talk on the phone, watch TV or any other non-studying activity
	you must leave the room for those who want to study.
	7. Your parents should not come to your room the night before we compete.
	8. After the meet is over I expect EVERYONE on the team to join the captains and walk over
	and thank the meet director and any other officials that your can find. Lots of people do LOTS of
	work to make it easy for us to compete at their place. Be sure to thank them for the long day(s)
	they have put in.
	9. If you are a field event athlete be sure to take the time to thank the officials of that event
	when you finish.
	10. The objective of any trip is to make our life fun. If you choose to make our lives NOT fun,
	then you will be sent home.
	11. Follow the lead of your captains. They are good people and were elected as your leaders.
	12. AND FINALLY, COMPETE HARD AND <b>HAVE FUN.</b> THIS IS A GREAT
initials	UNIVERSITY AND YOU SHOULD BE PROUD TO BE CHOSEN TO REPRESENT THIS
" mualo	UNIVERSITY.

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Drugs & Alcohol	If you are caught with any drugs or have a failed drug test you will face disciplinary action as per the Departmental policy. If you are under the age of 21 and have an alcohol offense or if you get cited for Alcohol Offense and are over 21 you will face disciplinary Action. Any behavior that includes drug or alcohol use that is a bad reflection on the university or our program will result in some form of disciplinary action. All disciplinary action will be handled on a case by case basis.
initials	

SUMMER SCHOOL	Those athletes who FAIL a summer class and are receiving athletic summer aid will be required to pay back all or a portion of the money that they received from the Athletic Department. This will be at the Head Coaches discretion on how much you will be forced to pay back.
initials	

LETTER WINNERS	To be a letter winner in Track and Field, you must achieve a mark that will put you on the all time top ten list, indoor or outdoor or score in the Big Ten Championships indoor or outdoor.
initials	

HUGGING	As we enter the twenty first century, men who coach women's teams have to be very conscious of any physical contact with team members even if it is something as innocent as hugging.
	There have been numerous court cases and some men have even lost their jobs over such innocent behavior
	As a part of our policy, I am requesting that you notify me by checking the appropriate sentence of your position of this matter.
	I am okay with expression of gratitude and congratulations in the form of hug.
	I am <u>not</u> okay with expression of gratitude and congratulation in the form of hugs.
	I am okay with expression of gratitude and congratulation in the form of handshakes and/or high fives.
	IF AT ANY TIME DURING THE YEAR THIS CHANGES,
initial	PLEASE CONTACT COACH WILSON & COACH BINGLE AT ONCE IN WRITING.
	The bottom line is very simple. You can choose to do whatever you wish; however, if you don't
IT IS YOUR CHOICE	want to completely buy into the system, then you should decide early and not participate on this team.
	REMEMBER, WE ARE MORE THAN WILLING TO HELP YOU IF YOU ARE WILLING TO HELP YOURSELF.
	BE FIRST CLASS AND DON'T DO ANYTHING TO EMBARRASS THE COACHES, THE UNIVERSITY OR YOU.

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