



# SUNSET TRACK & FIELD 2023

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229

## TEAM RULES AND EXPECTATIONS

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### ACADEMIC:

Athletes are expected to maintain satisfactory academic standing including:

1. Being enrolled in *at least* 5 academic classes (2.5 credits) at all times during the spring semester. This includes seniors.
2. Having passed 5 classes in the fall semester of the 2022-2023 academic school year.
3. Being “on track to graduate”. *Concerns about this academic expectation can be raised on an individual basis with the athletic office.*

### SOCIAL:

1. Athletes are expected to be good citizens, obeying all school rules and state and federal laws.
2. Athletes are expected to treat peers with dignity and respect and show the highest levels of respect to teachers, administrators, school staff, and the learning process.

### TEAM ROLE AND SPORTSMANSHIP:

1. Athletes are expected to comply with all reasonable requests of the coaches.
2. Athletes are expected to treat all teammates, opponents, coaches, and officials with respect and dignity.
3. Athletes are expected to be supportive of their teammates at all times.

### ATTENDANCE AND PREPAREDNESS:

1. Athletes are expected to adhere to our **practice policy**.
2. Athletes are expected to adhere to our **attendance policy**.
3. Athletes are expected to be in full team uniform at all meets.
4. Athletes are expected to travel to and from all league meets on a bus with the team.
  - Special arrangements must be made in writing at least **24 hours** in advance.

***Any violation of these rules and expectations will result in consequences ranging from:***

	<b>Minimum Consequence</b>	<b>Maximum Consequence</b>
<b>1<sup>st</sup> Offense:</b>	Verbal Warning	Removal from Team
<b>2<sup>nd</sup> Offense:</b>	Suspension from Team	Removal from Team
<b>3<sup>rd</sup> Offense:</b>	Removal from Team	

Parents must understand these expectations to allow athletes to adhere to our strict attendance policy.