



# OHS Track 2024 - 2025 Rules and Guidelines



## Rules and Guidelines

- Respect each other and coaches.
- Always give 100%. Complete the workout as assigned by the coaches. No individual workouts.
- Be on time or early to practice and meets. Practice starts at 3:10 – warmup laps should be completed before then.
- No foul language or attitude.
- Multiple unexcused absences result in dismissal from team. ALWAYS tell Coaches NeSmith or Wallace if there will be an absence.
- Athletes will compete in all events as assigned by coaches.
- Appropriate attire at all times. Coaches can require athletes to change if they deem necessary.
- No cell phones at practice. No pictures or videoing in locker rooms.
- If it is under 50 degrees, athletes must wear warm-ups / sweats / tights / long sleeves or you cannot practice and the miss will count as unexcused.
- Athletes must practice and demonstrate ability in an event before being allowed to compete in that event, per AHSAA requirements.
- The team is complete. No late sign ups, no additions during the year.
- Bring your own water to practice.
- You are responsible for keeping up with events and communicating with coaches – don't count on your friends to do it for you. Stay informed:
  - Read your emails
  - Remind: [remind.com/join](https://remind.com/join)  
Code: @ohstrack25  
  
OR text 81010 and enter code above
  - Instagram: [ohs\\_redskin\\_tf](https://www.instagram.com/ohs_redskin_tf) (Search Oneonta Redskin)