

Riverdale High School Track and Field
2010 Staff

Rickey D. Field-Head Coach

Track & Field



802 Warrior Drive- Murfreesboro, TN 37128
(615) 890-6450 Ext. 23544



Dear Warriors and Lady Warriors:

We are extremely excited about the 2010 Track and Field Season. This year we are very fortunate in having a good group of student-athletes whom we see are making a serious commitment towards excellence. We have a great nucleus that features some superb seniors. We need each of you to continue to work hard over the next couple of months. The payoff will be great if you make this commitment. We cannot have "SUCCESS" without "U". The Riverdale Track and Field program will be prepared and ready to represent the Warrior Tradition! This *Volume #6* Handbook will allow you to see the expectation that we have for you as student-athletes. Our goal is to win the TSSAA Track and Field Championship.

***"Don't be afraid of the space between your dreams and reality.
If you can dream it, you can make it so."
-Belva Davis (Visionarian)***

Coach Rickey Field & Staff

Riverdale Warriors

Practice Time & Requirements

Practice Time 2:55-4:30 PM

Any missed practice will result in running after practice unless the head coach excuses it!

Miss (1) Practice	Run 1 Mile
Miss (2) Practices	Run 2 Miles
Miss (3) Practices	Run 3 Miles
Miss (4) Practices	Suspension or dismissal from team

****Coach Field MUST clear ALL MISSED PRACTICES THAT PERTAIN TO SCHOOL OR FAMILY!**

****All injuries must be reported to Coach Field or the athletic Trainer.**

****All students who receive Low Grades, ISS, OSS, or detention will be disciplined.**

****ALL other RHS rules apply to this team.**

No excuses- Prepare in the season and out of the season.

1. Early is On Time
2. On Time is Late
3. Late is Unacceptable

No Deposits, No Withdrawals



Students and Parents Agreement Contract

1. Student-athlete will follow, or comply with, all school and team rules.
2. Student-athlete will be at all practices and meets unless excused by Coach Field only.
3. Student-athlete and parents will help with all fundraising activities.
4. Student-athlete and parents will turn in all money for the program on time.
5. Student-athlete and parents will volunteer to work at the home meets.
6. Student-athlete and parents will make sure that all uniforms issued for Riverdale Track and Field are returned.
7. Student-athlete and parents will make sure that all Riverdale Track Team members attend spring break practice.
8. Student-athlete will maintain a 2.5 or higher GPA.
9. Student-athlete will be respectful at all times.
10. Student-athlete will honor his or her body during training.

Student Signature _____ Date _____

Parent Signature _____ Date _____
(Or Legal Guardian)

Immaturity

- **Attitude is important**
 - **Stay Positive**
 - **Avoid Passing Notes**
 - **Exclude Text Messaging**
 - **Unnecessary and Unauthorized Talking in class**
 - **Paying Attention**
1. Do not talk back with teachers; be respectful!
 2. You need to keep note passing and text messaging to an extreme minimum.
 3. Don't talk in class. If you can't stay away from talking to friends, sit somewhere else
 4. When you have a speaker, look at the speaker while they are speaking.

Procrastination

1. Set goal (make small, reachable goals)
 2. Freedoms are nice (limit yourself, don't abuse it!)
- **Make goal; not big ones that are impossible to achieve. Example: Honor Roll, Perfect Attendance, just do your best in school**
 - **Take advantage of your new freedom. Not so much as to abuse it.**





Training Room Policy and Procedures

1. TREATMENTS AND TAPINGS ARE TO BE DONE ONLY 1 HOUR BEFORE PRACTICE!

Ex: Practice begins at 9:00 AM – The training room is open from 7:30 – 8:30 AM.

2. TREATMENTS CAN ALSO BE DONE 45 MINUTES AFTER PRACTICE!
3. REPORT ALL INJURIES TO YOUR POSITION COACH AND HEAD TRAINER!
4. YOU MUST SEE THE TRAINER OR COACH FIELD TO GET TAPE!
5. YOU MUST SHOWER OR HAVE ON A CLEAN SHIRT AND SHORTS BEFORE ENTRY IN THE TRAINING ROOM!

ALL PROCEDURES STATED ABOVE MUST BE FOLLOWED, OR YOU WILL NOT BE TREATED! ON SCHOOL DAYS- TRAINING ROOM HOURS ARE 2:00-4:30 PM.