



**Track & Field and Cross Country
Rules and Regulations
2019 – 2020**

ACADEMICS: All Student-athletes are expected to attend class. This is the main reason we are here. Failure to do so will result in suspension and possible termination from the team. An overall GPA of 2.5 or higher is expected. Participation will be dependent upon this scale.

Study Hall – Mandatory 6 hours per week for freshman, and all those below the minimum department GPA of 2.5. Missed study hall will incur additional hours, plus suspension from practice, and competition.

Study Hall Hours: Begins Monday August 26, 2019.

Sunday, Dinkins 7-10pm

Monday-Thursday, Coliseum 9am-8pm

Monday-Thursday, Dinkins 8pm-10pm

Friday, Coliseum 9am-1:00pm

NO EXCUSES.

Schedule changes must be OK'd by the Academic Department, within Athletics. Changing and declaration of academic major will follow the same guidelines. 12 hours plus 24 hours must be passed per semester / year to remain eligible for the next competition year. NCAA requires percentage towards degree & you must meet those standards every year.

TRAINING ROOM: To be used as rehabilitation / recovery / illness ONLY. This area is not a lounge. This service is provided for ice whirlpools, stretching, etc.

All illnesses must be reported to the training room **first**, so that they can refer you to Crawford if needed. Call Kara: 704 - 900 - 9202

Proper attire as well as **showering before** whirlpools must be obeyed.

PRACTICE: MANDATORY – Adhere to printed schedule and practice times. Excused practice must be made up with the coaching staff. Any missed practice that is unexcused will be punished:

1st Miss – Meet Suspension

2nd Miss – Suspension and Scholarship Review

3rd Miss – Release from Team

Being late will be treated as a miss.

PRACTICE HRS: Will Vary. Consult Event Coach. Do Not Schedule Classes During Practice Times. This is why we have priority registration!

LOCKER ROOMS: You will have a locker assigned to you at the beginning of the year. If you are deemed to be abusing this facility by the staff, you will lose all privileges.

EQUIPMENT: All equipment issued to you by Winthrop Track & Field is property of Winthrop Track & Field. If it is deemed that you are misrepresenting yourself while in Winthrop gear, it will be taken from you. Also, if you lose any of the gear that is provided to you, or damage it, you will be responsible for purchasing the item yourself. If you choose to quit the team, or are dismissed from the team, you are required to return all gear provided to you by Winthrop Track & Field, or pay for its replacement.

Shoes – will be provided for all scholarship athletes and those deemed by the staff. Racing shoes / spikes / specialty shoes will also be provided for these athletes. Distribution will be handled as equipment becomes available.

Sweats will be provided on a one-time basis per career. T-shirts will be given out as they become available.

Uniforms – will be distributed at the beginning of the season. All care and cleaning should be done by each athlete. These uniforms should be returned in good condition or you will pay for the cost of the uniform.

TRAVEL: All meet travel will be taken care of by the University. Travel that is separate from the team is unacceptable.

A professional appearance must be maintained at all times. Winthrop University gear should be worn to competition sites.

ATTITUDE: Must be positive at all times. Rivalry, petty jealousy, gossip, nor negative attitudes will be tolerated at practice or competition. Problems are best left in the dorm and not brought to the track.

Work as a team achieving a common goal – WINNING!

CELL PHONES: DO NOT bring these to practice, meets, classes, or study hall.

PS: No extracurricular athletic activities will be tolerated, including intramurals. You are track & field athletes & cannot afford to be injured while participating in a non-track activity. Failure to adhere to this policy will result in scholarship review & possible termination.

INFRACTIONS: Will be documented and maintained for all student-athletes.

By signing below, I affirm that I have read and understand the rules and regulations under which Winthrop University Track & Field operates. If I fail to meet the obligations addressed, I will forfeit participation within the team.

PRINTED NAME

SIGNED NAME

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**Track & Field and Cross Country
Zero Tolerance Policy
2019 - 2020**

Alcohol:

Upon official receipt of information (i.e. University, athletic, or municipal) about the misuse of alcohol will result in immediate suspension from team. Subsequent reports will result in immediate dismissal and forfeiture of athletic aid.

Alcohol use under the age of 21 is illegal and will be considered an act of misconduct

Drugs: (street, performance enhancing)

Upon official receipt of information (i.e. University, athletic, or municipal) about the use of drugs, the athlete will be dismissed from the team and forfeit their athletic aid immediately.

Winthrop Track will institute year round random drug testing – upon violation you will be immediately subject to suspension, rehabilitation, & participation review.

The NCAA will institute year round random testing as well as testing at the championships.

Misconduct:

Upon official report of misconduct, the athlete will be suspended until their situation is evaluated. Evaluation will be by the Head Coach, Compliance Director, and Athletic Director. Decision on the future participation is contingent upon this evaluation.

I have read these policies, and fully understand the above mentioned penalties. By signing this page, I have been briefed and will be in full compliance of these policies.

PRINTED NAME

SIGNED NAME

DATE