



MONTICELLO ACADEMY TRACK & FIELD

Goal: Our job as coaches is to help you become the very best you can be. Your job is to learn.

3rd – 8th Grade

Fee: \$100.00 one-time registration fee (On-Campus & Off-Campus)

Uniform Rental: \$90.00 (Jersey & Shorts)

Schedule: Mid-February – May

Practice: Tuesdays and Thursdays (Rain or shine)

On-Campus: February – April: 3:45PM – 4:30PM

Off-Campus: April – May: 3:45PM – 5:00PM

Meets: TBA

(Contact: [Coach Steven Nakamura](#)

Games: All team members are expected to attend all scheduled track and field events.

Requirements:

- Sport Physical Form: Due by September 8th.
- Comfortable running shoes.
- Must have a T-shirt and shorts or sweats (PE uniforms are fine)

Academics:

Class work and grades are more important than after-school sports. It is important to keep up on your homework and study so that your academics do not interfere with your training. Any player whose grade falls below a C will be suspended from participation.

Respect:

Players are to be respectful and courteous to their teammates, coaching staff, and opposing team at all times. Use of profanity or any other type of disrespectful behavior during practice or at games will not be tolerated. Any occurrence of this behavior by players or parents may result in dismissal from practice and/or games.

Effort & Sportsmanship:

- In order for the team to work well together, it is important that everyone attends practice regularly. It is very disruptive to the team and the dynamics of the group activities and drills when members are missing. All team members are required to attend every practice and to arrive ON TIME. If you must miss a practice session due to an overwhelming circumstance, please inform the coaches in advance. Three unexcused absences may result in the player being dismissed from the team.
- It is NOT okay for members to play while sick or injured. Team members who play under these conditions may put themselves and other participants at risk (of injuries). Play smart. If you are not feeling well enough to participate in either practice or games, have enough self-respect to sit out.
- Players who are too injured to participate in practice are still expected to watch and to work on modified exercises if they are able.

Practice:

- In order for the team to work well together, it is important that everyone attends practice regularly. It is very disruptive to the team and the dynamics of the group activities and drills when members are missing. All team members are required to attend every practice and to arrive **ON TIME**. If you must miss a practice session due to an overwhelming circumstance, please inform the coaches in advance. Three unexcused absences may result in the player being dismissed from the team.
- It is NOT okay for members to play while sick or injured. Team members who play under these conditions may put themselves and other participants at risk (of injuries). Play smart. If you are not feeling well enough to participate in either practice or games, have enough self-respect to sit out. Players who are too injured to participate in practice are still expected to watch and to work on modified exercises if they are able.
- Gear: Must have a T-shirt and shorts or sweats (PE uniforms are fine), and running shoes.

Communicable Disease Policy:

- Any communicable diseases must be reported to the administrative office immediately.
- Exposure notice will be sent home to all parents.
- As a school policy, if your child is unable to participate in the daily function of the team, then they should not be at school.

Policy:

- Tuition will be billed to your monthly invoice.
- Tuition is **Non-Refundable, Non-Transferable** and **Non-Prorated**.
- A **30-day notice** is required for any withdrawal or changes. All notices **must be e-mailed** to attendance@monticelloacademy.org
- The school **DOES NOT** accept any verbal notice.
- **NO Make-up** class unless the instructor re-schedules the class.

Please click [HERE](#) to register