Coaching Philosophy

We are coaching student-athletes and fostering an environment where all athletes can learn and gain valuable life skills through athletics while enjoying the process. Learning how to be a leader, communicate and build relationships are fundamental skills gained through sport. All athletes are valued and matter on the team.

Daily Practice

Time: Monday - Friday 4:15 p.m. - 5:45 p.m.

Attire: Please dress in athletic attire, considering weather for the day. We will be practicing outdoors, unless there is lightning or frigid temperatures. Consider wearing running shoes and dressing in layers (sweatpants, shorts, t-shirt, sweatshirt).

Fuel: Bring a bottle of water to practice and have a light snack for afterward.

Team Expectations

Athletes

- Please be on time and present at practice & meets with appropriate clothing
- Have a positive mindset and trust the coaches' training
- Everyone is a contributor to the team and the team’s success
- Think about what you bring to positively contribute to the team
- Never put others down, build and bring others up with you
- Show respect to yourself and teammates by: dressing appropriately during school, not cursing during school, practice or meets, being kind to your teachers and peers, ect.
- If you have an injury or notice pain, please communicate with the coaches
- 24 Hour Rule- If you are upset from a situation in practice or at a meet, please wait one day to calm down and think about all aspects of the issue. If it is still a problem, set a meeting with your coach.
Coaches

- Will be present and on time for practice and meets
- Will provide an opportunity for all athletes to contribute to the team
- Show respect to all athletes, parents and officials.

Discipline Policy

- Athletes are STUDENTS FIRST. We expect athletes to communicate absences and needs with teachers and coaches. We are building their ability to advocate for themselves.
- Athletes who break school rules, including multiple tardies, will have appropriate discipline according to the coaches
- **Athletes must score a 2 or above in work habits in all classes.**
  - If they have one class with a score lower than 2 they are placed on a warning.
  - If they have 2 classes with a work habits score lower than 2, they will not play until it is 2 or higher.
- **Unexcused or sick absences:** Cannot practice or participate in meets that day.
- **Suspensions:** Cannot practice or compete for the duration of the suspension. If it occurs multiple times an appropriate consequence will be decided by coaches.

Track Meets

*Track meets will be held on Wednesdays, with the exception of conference meets.*

- Wear appropriate clothing that will keep you warm considering weather conditions
  - Sweatshirt, hats/gloves, windbreaker, running shoes and/or spikes
- Please bring your team uniform to wear for meets
- Communicate with any teachers about make-up classwork

Communication

We will be sending out weekly emails with important information pertaining to the week. If we need to send out a quick reminder we will use the grade level Talking Points messages. Please download the **Talking points App and use code: UNHW1V**

Coach Contact Information

<table>
<thead>
<tr>
<th>Head Coach</th>
<th>Assistant Coach</th>
<th>Assistant Coach</th>
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<tbody>
<tr>
<td>Michael Bates</td>
<td>Elena Lancioni</td>
<td>Anna Schinstock</td>
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