

Oak Ridge Girls Track & Field

2026 Guidelines

Program Mission Statement

To provide a Track & Field program that promotes fairness, academically superior students, hard-working, dedicated athletes, and role models for all Oak Ridge High School.

Program Philosophy

We expect success through hard work, discipline, consistency, and organization. All athletes will work together to form a unified Track & Field Program here at Oak Ridge. Athletes will demand the best out of each other and, in turn, foster the desire to win. The focus is not SOLELY to win at meets, but to learn and practice integrity, respect, and encouragement. We will not allow negativity to spread amongst our team; It is a poison we, as Lady War Eagles, will not tolerate.

Team Rules

1. Each track athlete will represent herself in a way that promotes team success at Oak Ridge High School both in the classroom and on the field. All athletes will display class when competing and representing ORHS. Athletes must display appropriate behavior and conduct and follow all athletic, school, and district policies and rules. It is a *privilege* to be an athlete, not a right.
2. In accordance with our philosophy and team rules, inappropriate or negative comments posted on social media sites, recordings, group texts, will not be tolerated. Comments will be assessed by the coaches and may result in disciplinary action based on the content of the post and the severity or intent of the comment.
3. **Absences** – All athletes must **message** for Coach Dube SportsYou **or email** her a message (kdube@conroeisd.net), **prior to missing practice due to illness**. If an athlete misses practice for an excused absence (e.g., home sick, doctor's appointment), the athlete **must make up the missed practice before she is able to compete in the meet that week**. Missing a **MEET** may result in not participating in the next week's meet. **UNEXCUSED ABSENCES** will result in discipline referrals.
4. All practices begin in the athletic period and continue after school for field events and relays.
5. All athletes will attend practice in school issued practice clothes. If an athlete is not dressed appropriately, her coach will assign a consequence.
6. All athletes will keep the dressing room, assigned equipment, and used equipment clean and neat, or consequences will be assigned.
7. All athletes are required to ride the bus to the Track Meets. **Parents or Guardians** wishing to take an athlete home must sign out with Coach Dube at the finish line with the exception of the District Meet. Everyone will stay the entire time.

Consequences

First Offense – Conference with coach about the infraction and extra conditioning.

Second Offense – Conference with parent (via email, phone, or in person) and extra conditioning.

Third Offense – May constitute removal from the program.

Meet Participation

There is NO guarantee that ALL athletes will be entered into EVERY meet. Meet participation varies from week to week. There are numerous factors that determine who will compete in each meet, including which schools are competing in the meet and the size of the meet. In addition, there are a total of 6 female coaches that evaluate daily, the work ethic, practice quality, and meet performances of each girl. Discipline, attendance, work ethic, effort, and performance will all be considered when determining meet participants. There are **no guarantees**, however, for participation in the District Meet. District participation is reserved for the Top 3 competitors in both the JV and Varsity Divisions.

Parent/Coach Communication

It is the goal and expectation of all Girls Track coaches to establish and foster Parent/Coach Communication conducted with professionalism and a mutual respect from both the parent and the coaches. If you have questions or concerns regarding your daughter, you may schedule a conference with her event coach. **Issues that are appropriate to discuss with coaches:** expectations of the team, expectations of the athlete, team rules, consequences, locations of track meets, absence policy, treatment of your daughter, ways to help your daughter improve, concerns about your daughter's behavior. **Issues that are NOT appropriate to discuss with coaches:** other athletes, coaching decisions, team strategy.

Please follow the Chain of Command if questions or concerns arise:

- Specific Event Coach
 - John Chancellor (High Jump)
 - Jeff Weibens (Horizontal Jumps)
 - Addie Marek (Throws)
 - Lisa Ruffcorn (Hurdles)
 - Courtney Richardson (Pole Vault)
- Head Coach – Kristina Dube- all running & relays
- Female Athletic Coordinator – Deidre Vasquez
- Campus Coordinator – Tyler Blackshire

Electronic Communication:

In addition to this packet, you can log onto our school website for any updates, news, or important information. Our website is: <https://orhstfxc.wixsite.com/orhsrunning>. We are also linked to www.rankonesport.com. Coaches will verbally communicate any updates or changes to departure times/meet schedule to the athletes, as well as issue a SportsYou message. Both parents and students **may sign up for SportsYou updates by downloading the app and using the code: 8DJ8-HR4Q** I will use another SportsYou group to communicate to the girls on a daily basis.

Spirit Fees

Due to UIL and the amateur athletic rules, athletes cannot receive any gift of valuable consideration from coaches or other students. In order to comply with UIL rules, the Oak Ridge Girls Track Program will charge a "spirit fee." Each spirit fee will pay for one banquet ticket for the athlete, the meet day shirt, and any goodies we put on the girls' lockers. This money will be due on the Friday of the first full week of practice to initiate orders and yard signs- Jan. 31st.

Make Check Payable To: ORHS Booster Club

In the memo, designate: **GIRLS TRACK**

Track Spirit Fee: \$ 100 – Varsity may have additional fees for overnight trips

Fundraising

A very important part of our program is fundraising. It is necessary to help maintain outdoor facilities. Each athlete will be asked to help fundraise by participating in the text message/email fundraiser at the beginning of the school year. Our in-season fundraising will be spirit nights & concessions for home meets. Rewards will be given for those who participate.

Absent Make Ups

Absences from practice must be made up and will be administered by Coach Dube.

This is not a punishment; legitimate absences are understandable.

All athletes are expected to fulfill the weekly scheduled workout requirements. If the absence make up is not completed before the next track meet, the athlete will not participate in the competition.

Absence Make Up

4 Bleacher Laps

500 Abs

Trainer/ Injury

All athletes must have a physical ON FILE before working out. All other guidelines are included in this packet. See attached training room guidelines. **Parent notes will not be accepted.** Each athlete is expected to participate daily. Depending on the condition of the injury, the athlete must go to the training room BEFORE school and/or during lunch times for treatment. If the trainer believes the injury is serious enough to be referred to a doctor, then the athlete must be cleared by a physician before they will be allowed to participate. It is extremely important that we follow protocol when trying to get our athletes back into competition. If an athlete does not go in for treatments, she will not be excused from any workouts.

Grade Checks/ Eligibility

Grade checks are designed to facilitate communication between the student and her teachers, as well as maintain grade awareness for the student, parents, and coaches. Every 3 weeks, it is the **athlete's responsibility** to ask each teacher to complete and sign the grade check form. The athlete must then return the completed form to her event coach (unless designated otherwise). If a student is not passing at the 6 weeks eligibility mark, per UIL rules, the student will not be allowed to compete until eligibility is regained, a minimum of 3 weeks later; **"No pass. No play."** Each time an athlete is on the failure list, there will be consequences.

At Oak Ridge, teachers conduct 30-45 minute tutorial sessions before or after school, as well as 25 minute sessions during the Eagle's Nest period. Track coaches encourage students needing tutorials to attend **any day before school, during Eagle's Nest, or after school on Fridays.** It is the student's responsibility to make arrangements with each teacher to get the help she needs without compromising track practice time.

If an athlete receives, at the end of any grading period (after the first six weeks of the school year), a grade below 70 in any class:

- She will not compete during the ineligibility period and will have mandatory tutorials 2:35 – 3:05, 3 days a week, for the 3 week period. She must present her coach with the signed tutorial sheet DAILY.
- When she returns to practice, she will be required to make up what she's missed.

If an athlete becomes **ineligible** for a second time, a parent call will happen. It is the expectation of this program that athletes are both responsible and dependable. Each time an athlete is on the failure list, there will be consequences in an effort to emphasize the importance of grades and the distinction of being a student athlete. The third time in a school year that a track athlete becomes ineligible will result in dismissal from the program.

Lettering As A Varsity Girl Track Athlete

To letter in track, the athlete must finish the year in good standing, score at least 1 point at the District 13-6A Meet, and compete in half of the season's varsity meets and/or with Head Coach's Approval. The first time an athlete letters in any sport, she receives a letter jacket that has a chenille letter already sewed on it. The letter jacket is paid for through the sport's award budget – any extra patches must be paid for by the athlete (e.g., District Champion, Regional Qualifier, etc.) It is a UIL rule that only one letter jacket may be awarded per person. After an athlete receives a letter jacket, all further letterman awards will be a chenille letter with additional bars.

Volunteer Work

Volunteer work is important to the growth and development of our athletes. There will be volunteer opportunities throughout the season. ORHS will host 1 JV meet, 1 Junior High meet, and 1 varsity meet this season. In order to run efficient and successful meets, girls are required to participate when they are not competing. If an athlete misses a volunteer event, they will be held responsible for an ABSENCE MAKE UP. Volunteers must notify Coach Dube BEFORE the meet if they will be absent (this will count as UNEXCUSED).

Parents

Parental support is crucial to the success of this program. Any and all help throughout the season is greatly appreciated. We will host a number of meets this season and it takes 20-30 people to run a single meet. Some positions require little to NO EXPERIENCE. We will provide on the job training ☺ If you are willing to help, please contact Coach Dube at 832-592-5473 or kdube@conroeisd.net.

Oak Ridge Girls Track & Field **Guidelines 2025**

I HAVE READ THE OAK RIDGE GIRLS TRACK & FIELD PROGRAM GUIDELINES. I UNDERSTAND THAT, AS A TEAM MEMBER, I WILL BE EXPECTED TO UPHOLD THESE CONCEPTS AND ABIDE BY EACH OF THEM.

Athlete's Name: _____

Athlete's Signature: _____

Date: _____

I HAVE READ THE OAK RIDGE GIRLS TRACK & FIELD PROGRAM GUIDELINES. I UNDERSTAND THAT AS A PARENT OF A TEAM MEMBER, I SHOULD SUPPORT THESE TEAM RULES AND CONCEPTS. IN THIS WAY, I ASSIST MY DAUGHTER IN BECOMING THE BEST TEAM MEMBER SHE CAN BE. AS A PARENT REPRESENTING OAK RIDGE LADY WAR EAGLE TRACK & FIELD, I WILL DISPLAY THE SAME POSITIVE BEHAVIORS EXPECTED OF OAK RIDGE GIRLS TRACK & FIELD MEMBERS.

Parent's Name: _____

Parent's Signature: _____

Email: _____

Cell Number: _____

Date: _____