

Albany Varsity Track and Field Policies

1. Practices are mandatory.
2. Practices start promptly at 3:30 P.M.
3. If you must be absent from a practice, you must notify Coach Conrad in advance at (320) 249-9562.
4. 1 unexcused absence - you will not compete in the following meet. 2 unexcused absences - you will not compete again.
5. You must be at practice the day before a meet in order to compete.
6. In case of an extended illness or injury, you may be asked to practice at least 1 week before returning to competition.
7. If injured, you will still be expected to attend practices.
8. Coaches will determine your meet events.
9. You must ride the bus to and from meets.
10. You are responsible for all gear issued to you.
11. If you have a conflict/concern/question/comment - talk to a coach.
12. Track must come before outside activities.

Albany Varsity Track and Field Lettering Policies

In order to letter in track and field, an athlete must:

- 1) earn a total of 12 varsity letter points
- 2) complete the entire season
- 3) abide by all MSHSL rules

Other considerations:

- 1) A senior who has completed 3 varsity seasons may letter.
- 2) Those advancing to the section meet may letter.
- 3) The above conditions are subject to the discretion of the coaches.