

## Washburn Rural Middle School Track

### Eligibility:

Washburn Rural provides a track program for eligible students. Eligibility requirements set forth by the KSHSAA are used in our program with the following elements considered:

- 1) Physical examination on file with the middle school office before the first day of practice.
- 2) Scholastic requirement – the student must be passing at least 5 subjects.

Once track practice has started, the athletes are NOT allowed to participate with another track club in practices or meets until after the season. Also, they may not run in any type of outside races, even for charity. **Participation in those types of events will make the athlete ineligible for the remainder of the track season.**

(Kansas State High School Activity Association rule 22.)

### Practice Requirements:

In addition to the KSHSAA requirements, we feel that it is important to stress reliability, dependability, and commitment in our student athletes. Regular attendance at practice is required for success in our program. Practices consist of proper stretching, conditioning and techniques that will make a safe and successful athlete. **It is the policy of Washburn Rural Middle School that students who make the school's interscholastic team may not miss a practice or a meet due to their participation in a practice or a game involving a team outside of school. Consequences will be given and may result in the student being held out of future meets or dismissal from the team.** However, on occasion, students *MAY* be allowed to leave practice early for another commitment, with prior communication and approval of the grade level head coach. PLEASE, look at the track calendar to see what conflicts your student may have. **We ask that you notify the grade level head coach in writing of any known conflicts with meets by April 1<sup>st</sup>.**

We do understand that students must miss occasionally but unexcused absences will not be tolerated. After 2 unexcused absences, the athlete will be removed from the team. Examples of excused absences are another school activity, illness, or a specific request from a parent made in advance. If an athlete is sick and home from school, the parent should notify the coach **before** practice on that day. This can be done by notifying the secretary when calling the student in sick, by email, or by a phone call to the coach. Please make all attempts to schedule any type of appointments on days we do not have practice scheduled. At this time, there will be no practice on March 3<sup>rd</sup>, 5<sup>th</sup>, 11<sup>th</sup>, April 2<sup>nd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 21<sup>st</sup>, and 30th.

### Specific Practice Information:

1. Practice is every day school is in session, 3:00-5:00 p.m. unless otherwise stated on the calendar. Again, there is no practice on March 3<sup>rd</sup>, 5<sup>th</sup>, 11<sup>th</sup>, April 2<sup>nd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 21<sup>st</sup>, and 30th
2. Students are to report immediately to the locker room after school. They need to bring everything with them that they will be taking home. Students will use the locker room before and after practice only. It will be locked and inaccessible during practice. No student will be allowed back in the rest of the building after practice.
3. Students should not be in the building during practice unless accompanied by a coach. Students are expected to take care of necessities before they leave the locker room to practice.
4. Students who have been assigned detention after school **should NOT** come to practice. This will be considered an unexcused absence. Students who are injured should NOT come to practice. They must talk to their head coach before practice (except in an emergency) for it to be considered an excused absence.
5. If for any reason the student cannot make it to practice by 3:00pm they should NOT come to practice.
6. Students are expected to participate fully in practice. This is not social time and poor effort/continued socializing may result in dismissal from the team.
7. Proper attire for practice includes shorts, t-shirts, sweats, and running shoes. Sports bras worn alone, camisoles, sagging of shorts/pants, or rolling of shorts/pants are not permitted.
8. Any athlete who requires the use of inhalers or other medical devices must carry those with them at all times and make the coaches aware of them. Inhalers are not to be left in the locker room since it will be locked during practice. Sharing of inhalers IS NOT permitted.

### Conduct:

It is important that all participants remember that they are representatives of our school. Participation is a privilege not a right. This privilege is extended to those whose conduct in and out of school, at practices, and at meets is consistent with the standards of good sportsmanship and citizenship. Track is less structured than other sports, therefore, participants must demonstrate that they can handle this setting. Any actions of misconduct will result in an initial warning and a second violation will result in dismissal from the team. Students are responsible for all equipment that is checked out to them including (sweats, uniforms, shot puts, discus, etc.)

### **Meet Participation:**

We will not make “cuts” in our program. However, there are some realities that must be recognized. If meet guidelines dictate that we can only enter 3 participants in each event, we will try to take the top 3 participants to the meet. Regular attendance at practice will also be a major consideration in determining who participates in the meets. Each athlete must attend 14 practice sessions before they will be allowed to participate in a meet. There are 16 practices before the first meet. Furthermore, any absence on the day before a meet will automatically result in the athlete not attending that meet. We will involve as many deserving athletes as possible, but we will also try to outscore our opponents in competition. Each athlete will participate in a minimum of 2 meets **if** the above expectations are met. We will also give guidance to athletes about what events provide the best opportunities for participation and success.

It is the school’s responsibility to take the student athletes to and from the meets. However, if a student wishes to ride home from a meet with **his/her** parent, both **the student and their parent** must report to the appropriate head coach at the meet to sign out. **No student will be allowed to ride home from an away meet with someone else’s parent even with parental permission. NO EXCEPTIONS.**

### **Pick Up Time:**

The coaches have to wait after practice until all athletes are picked up. Therefore, you should plan ahead to have a ride here **by 5:20 pm** each day practice is in session. If a parent is unable to get here by that time, there are many possibilities for carpools with the number of athletes that will be out for track. We do understand that emergencies happen; however, we appreciate all your efforts to get a ride here in timely fashion. A warning will be issued after the first violation. A note will be sent home after the 2<sup>nd</sup> violation, informing the parents and athlete that the next violation (3<sup>rd</sup>) will result in dismissal from the team.

As an added convenience for meet days, the SALLY line will be updated at approximately 6:00 pm from the track meet indicating the approximate time of arrival at the middle school.

| <b><u>Staff:</u></b> | <b><u>Email</u></b> | <b><u>Event</u></b>                            |
|----------------------|---------------------|--|
| Coach Roberts        | roberaud@usd437.net | Sprints, Dynamics (Head 8 <sup>th</sup> girls) |
| Coach Pierce         | piercjef@usd437.net | Distance, (Head 8 <sup>th</sup> boys)          |
| Coach Barnell        | barnerus@usd437.net | Shot (Head 7 <sup>th</sup> boys)               |
| Coach Wiens          | wiensluc@usd437.net | Sprints, Dynamics (Head 7 <sup>th</sup> girls) |
| Coach Robinett       | robinmar@usd437.net | Discus   |
| Coach Wagner         | wagneamy@usd437.net | High jump                                      |
| Coach Vaughn         | vaughmar@usd437.net | Hurdles  |
| Coach Milner         | milnemar@usd437.net | Long jump                                      |

### **Schedule:** (May be subject to change due to inclement weather)

|                   |                            |         |
|-------------------|----------------------------|---------|
| Thursday, April 8 | WRMS vs. Lawrence SW       | 3:30 pm |
| Tuesday, April 13 | WRMS “A”                   | 3:30 pm |
| Tuesday, April 13 | @ Seaman Middle School “B” | 3:30 pm |
| Friday, April 16  | @ Seaman High School “A”   | 3:30 pm |
| Tuesday, April 27 | @ Shawnee Heights “B”      | 3:30 pm |
| Tuesday, April 27 | @ Santa Fe Trail “A”       | 3:30 pm |
| Tuesday, May 4    | WRMS Invitational          | 3:00 pm |
| Thursday, May 6   | @ SH                       | 3:30 pm |

**For updated track information please refer to the following website: [http://wrms.net/teacher\\_web/Track/](http://wrms.net/teacher_web/Track/)**

**We will attempt to update this site daily for specific announcements, cancelled practice or any changes in the schedule.**