



Girls NWMS TRACK AND FIELD 2019



TEAM COMMITMENT POLICY (AGREEMENT REQUIRED TO JOIN THE TEAM)

- By joining NWMS Track and Field, you are committing to a SCHOOL TEAM sport and agreeing to attend all practices and meets. If you have to miss a practice or part of a track meet to attend another team's practice or competition, you will RECEIVE a strike from our team. On the fourth strike you will be dismissed from the team. Missing an entire meet will result in immediate removal from the team. In the event of a schedule conflict with other sports at any point throughout the season, NWMS Track and Field will have to take priority. Thank you.
- When you complete the online registration form (see next box below) you must agree to our team commitment policy to join NWMS Track and Field.

COACHING STAFF

Head Coaches

Taryn Willson - Girls Head Coach
taryn_willson@nobl.k12.in.us
 David Geiselhart - Boys Head Coach
david_geiselhart@nobl.k12.in.us

Assistant Coaches

Ray Alvey Hillary Lechlitner
 Rich Champion JJ Cooper

REGISTRATION (REQUIRED TO JOIN THE TEAM)

- Athletes MUST complete the "registration" form for coaches by going to our webpage on the school website:
<http://tinyurl.com/WestTF>
- This lets coaches know you plan on joining the team, and helps us prepare for your arrival on the first day!

ABSENCES: Anytime your athlete is absent from school, please email the head coach. Coaches do not receive attendance reports from the office, and having this information in advance helps us ensure your athlete is safe after school. Thank you!

ELIGIBILITY/ATHLETIC PAPERWORK (REQUIRED TO JOIN THE TEAM)

- Visit <http://nwms.noblesvilleschools.org> →Athletics→Athletic Documents & Forms
- Athletic physical form must be completed on paper by a physician after April 1st, 2018 and submitted to NWMS office (cannot use physical from last track season)
- Complete all other athletic paperwork by visiting www.rankonesport.com (this is NEW THIS YEAR - instructions are on the athletic documents and forms website)
- Pay the \$25 athletic transportation fee in main office (cash or check) - due 3/23

REMINDE & TWITTER: Remind is a notification service. Head coaches prefer all parents & athletes join this season. Look for an upcoming email with instructions.

TEAM PRACTICES

- First practice is Monday, March 11th - report directly to the locker room at 2:35. Coaches will confirm your Rank One status online. Remember to always pack *plenty* of warm clothing & bring a labeled water bottle
- Practices are MANDATORY! Refer to our team calendar - times vary throughout the season. Athletes are expected to communicate their pickup time each day. Parents need to study the pick-up instructions map - carpooling encouraged!

TEAM RULES: Athletes must follow the rules of conduct set forth in the NWMS Student Handbook. An NWMS student-athlete should be a respectful citizen at all times. Inappropriate behavior will not be tolerated. Disobeying team rules will result in dismissal from the team.

TRACK MEETS

- Coaches will post meet rosters at least 24 hours prior to each meet. Athletes are required to communicate which events they are participating in to their parents. Coaches will fill as many spots as possible in every meet, but it is not possible for all team members to compete in every meet.
- During HOME meets, athletes will go home and return to the NWMS football field at 4:30pm - locker room access will not be allowed for home meets. During AWAY meets, athletes will stay after school in the cafeteria until the bus arrives at 4:00pm. Pack a snack, and prepare for study tables!
- All athletes are required to stay until a meet's conclusion (including home meets). Attendance will be taken to ensure safety and accountability.

STRIKES

To handle disciplinary issues, coaches use a "three strikes, you're out" system. Disciplinary issues include, but are not limited to, unexcused absences from track practices or meets, inappropriate behavior or language, or disrespecting a coach or another athlete:

- Strike 1:* Verbal warning from head coach - athlete is required to inform their parent.
- Strike 2:* Second verbal warning from head coach, a parent will be notified by the head coach.
- Strike 3:* Athlete will be dismissed from team.

EVENT QUALIFYING PROCESS

- Coaches hold time trials/evaluations during the first two weeks of practice. Athletes must make a qualifying time/height/distance in order to train as a sprinter, mid-distance runner, jumper, hurdler, or thrower.
- Please refer to the separate "Event Qualifying Process" document for more info.

UNIFORMS: Each team member will receive a school uniform. They should be returned in the same condition. If lost or damaged, the replacement fee is \$45. Always machine wash cold and hang up to dry (never put uniforms in the dryer).

INJURIES

If an athlete becomes injured during practice or a meet, they should first seek help from our athletic trainer. The athletic trainer will notify parents of any recommendations to see a doctor or specialist. Athletes may be told to NOT report to practice in order to rest and heal. Athletes may not be able to participate in track meets if on the injured list.

TEAM WEBSITE: Our team website features important information for parents as well as all team documents. If a practice or meet is canceled, an email and Remind message will be sent to parents.

SPIKES/TEAM SPIRIT WEAR: Athletes should wear spikes when competing at meets. Spikes can be purchased at sporting goods stores or online at www.firsttothefinish.com. Team t-shirts and sweats will be available for ordering during the first week of the season.

FREQUENTLY ASKED QUESTIONS: Visit the team webpage for lots of helpful information and tips about the upcoming season - including an FAQ document!