**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. 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.

**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](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!

**ELIGIBILITY/ATHLETIC PAPERWORK (REQUIRED TO JOIN THE TEAM)**

- Visit [http://nwms.noblesvilleschools.org/ Athletics/ Athletic Documents & Forms](http://nwms.noblesvilleschools.org/ Athletics/ Athletic Documents & Forms)
- Athletic physical form must be completed on paper by a physician after April 1st, 2019 and submitted to NWMS office (cannot use physical from last track season)
- Complete all other athletic paperwork by visiting [www.rankonesport.com](http://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 3/27

**TEAM PRACTICES**

- First practice is Monday, March 16th - report directly to the locker room at 3:40. 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 - practices will end at 5:15pm this season. Parents need to study the pick-up instructions map - carpooling encouraged!

**TEAM RULES**

- 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 AND away meets, athletes will stay after school in the cafeteria until the bus arrives at 4:15pm. 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.

**EVENT QUALIFYING PROCESS**

- Everyone who wants to join our track team is part of the track team! However, coaches are limited to the number of athletes that may compete in select races. Our top team performers at practice and in meets will be placed accordingly.
- Please refer to the separate “Event Selection Process” document for more info.

**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.

**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](http://www.firsttothefinish.com). Team t-shirts and sweats will be available for ordering during the first week of the season.

<table>
<thead>
<tr>
<th>COACHING STAFF</th>
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<tbody>
<tr>
<td>Head Coaches</td>
<td></td>
</tr>
<tr>
<td>Taryn Willson - Girls Head Coach</td>
<td><a href="mailto:taryn_willson@nobl.k12.in.us">taryn_willson@nobl.k12.in.us</a></td>
</tr>
<tr>
<td>David Geiselhart - Boys Head Coach</td>
<td><a href="mailto:david_geiselhart@nobl.k12.in.us">david_geiselhart@nobl.k12.in.us</a></td>
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<tr>
<td>Assistant Coaches</td>
<td></td>
</tr>
<tr>
<td>Matt Herron</td>
<td>Hillary Lechlitner</td>
</tr>
<tr>
<td>Rich Champion</td>
<td>JJ Cooper</td>
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**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!

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

**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.

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