



# NWMS GIRLS TRACK AND FIELD 2022



## TEAM COMMITMENT POLICY (AGREEMENT REQUIRED TO JOIN THE TEAM)

- By joining NWMS Girls 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 Girls 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 Girls Track and Field.

## COACHING STAFF

### Head Coaches

David Geiselhart - Boys Head Coach  
*david\_geiselhart@nobl.k12.in.us*  
 Taryn Willson - Girls Head Coach  
*taryn\_willson@nobl.k12.in.us*

### Assistant Coaches

JJ Cooper                      Hillary Cooper  
 AJ Snyder                      Tara Bredensteiner

## 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
- ❑ A physical form must be completed by a physician after April 1, 2021 & submitted to the NWMS office.
- ❑ Complete all other athletic paperwork by visiting [www.rankonesport.com](http://www.rankonesport.com) (instructions are on the athletic documents and forms website).

## TRANSPORTATION

Families must provide their own transportation to and from each meet this season. There will not be any athletic bussing available. If you need help forming a carpool, please let your head coach know.

## TEAM PRACTICES

- Our first practice is Monday, 3/14 - athletes should report directly to the locker room at 3:40. Coaches will confirm your Rank One status online. 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 on pg. 2 Practice must be outdoors - we will never practice indoors this season

## 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 in a Google Drive folder that will be shared with all team members. Athletes are required to communicate which events they are participating in to their families. 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. Also note that there are designated "B" meets and "Varsity Only" meets.
- During home AND away meets, athletes will go home immediately after school. Families will provide transportation to and from each meet.
- Meet rosters will include the arrival time for each athlete. They will stay at the meet until their last event(s) is complete. Attendance will be taken when athletes arrive and depart 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, inappropriate behavior or language, or disrespecting a coach or another athlete:

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

## 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 Qualifying Process" document for more info.

## UNIFORMS

Everyone will receive a school uniform jersey. If lost or damaged, the replacement fee is \$55. Always machine wash cold and hang up to dry. Athletes must provide their own solid black shorts.

## 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 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 will be sent to parents as soon as a decision is made.

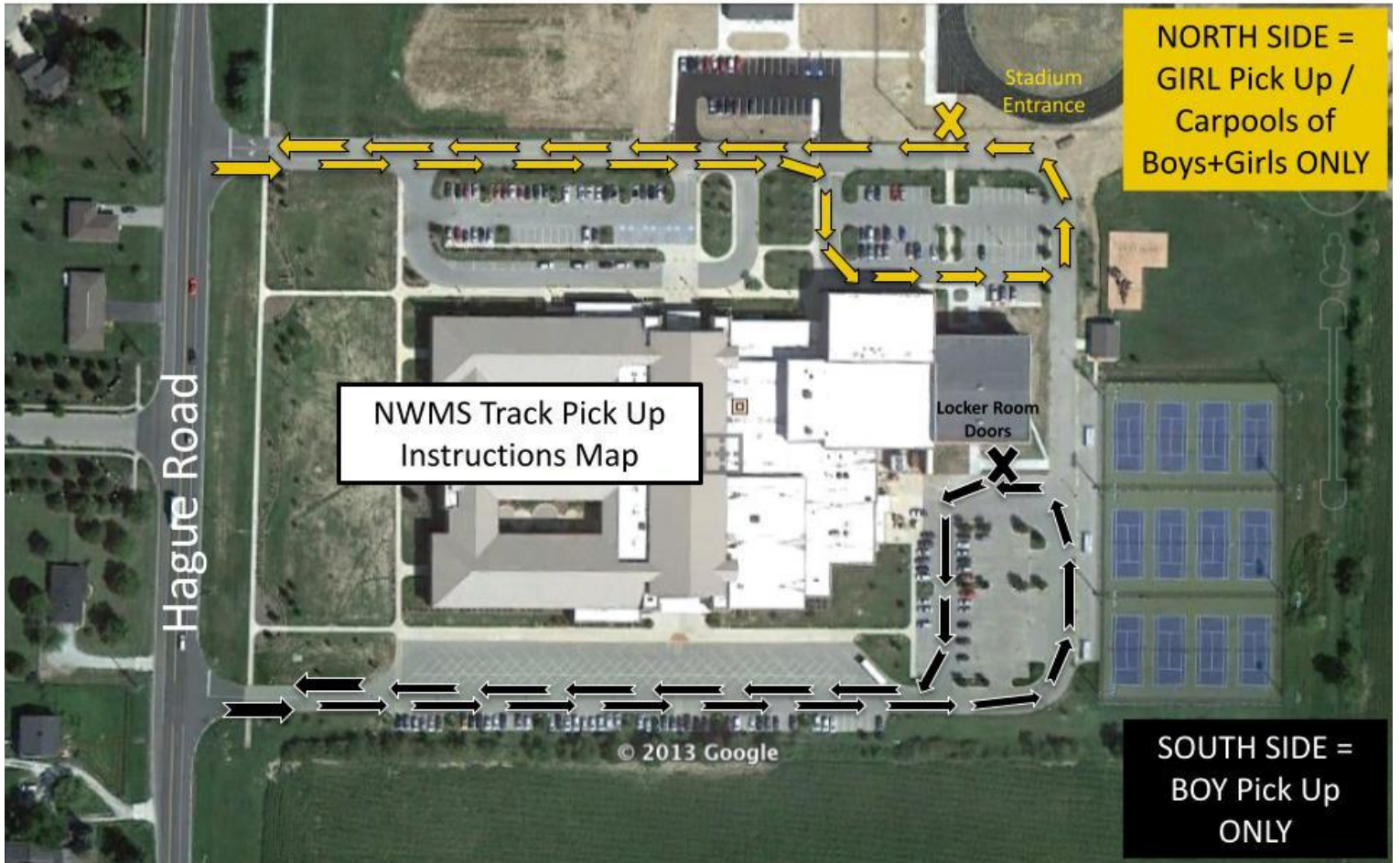
## SPIKES/TEAM SPIRIT WEAR

- 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, sweats & black uniform shorts 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!

Girls track parents are to use the NORTH entrance off of Hague road to enter and exit for pick up. Girls can be picked up outside of the Stadium entrance. Girls team members will keep their belongings outside in the stadium during practice.



Boys track parents are to use the SOUTH entrance off of Hague road to enter and exit for pick up. Boys can be picked up outside of the locker room by the tennis courts. **Note:** If your son is carpooling with a girls track team family, they should be picked up on the north side of the building with the girls team - they will need to bring their backpack/belongings to the stadium during practice.