

NWMS Track & Field Frequently Asked Questions 2020

Q: Where should my athlete report on the first day?

A: Athletes should leave their SLT and stop at their school locker to collect their belongings for the day. They will then take everything straight to the wellness locker room. Track coaches will verify online (using Rank One) that all of the proper paperwork has been completed. Please see the main page of the athletic website to learn more about this. Athletes should be in the locker room by 3:45pm and await further instructions from coaches who will be waiting for them.

Q: Are there tryouts to make the team?

A: No, anyone who wants to join the team and meets the academic and behavior requirements may participate. Please see the separate "event selection process" document on our team web page which further explains the process to determine which event(s) your athlete will focus on for the season.

Q: Does my athlete need a physical?

A: If your athlete has participated or tried out for another fall or winter sport at NWMS this year, then you do not need a physical. If this is the first sport all year that your athlete will be participating in, then a physical must not be older than April 1, 2019. Please see the main page of the athletic website to download all of the athletic paperwork needed to join a school sport.

Q: What should my athlete wear to practice?

A: Your athlete will need to wear tennis shoes, athletic shorts and a t-shirt as a MINIMUM! In the spring, the weather can be very cold, windy, and wet. Your athlete should also bring to practice every day (even in May) long athletic pants and a sweatshirt for cooler weather. Ear Bands, gloves and a wind jacket could also be very helpful. Even if it's chilly, we go outside to practice! 30 degrees is usually our threshold to not go outdoors.

Q: At what time and where do I pick my athlete up from practice?

A: All practices will end at 5:15pm this season.

A: Girls' team pick-up will be on the north side of the building outside of the Gate 3 athletic entrance. Boys' team pick-up will be on the south side of the building by the tennis courts. Any girl who carools with a boy will go to the south side to be picked up with the boys team. All parents of the girls' team will enter AND exit the property using the north entrance on Hague road. All parents of the boys' team will enter AND exit the property using the south entrance on Hague road. Please refer to the separate "Parent Pick Up Instructions Map" on the team website for visual instructions.

Q: Do athletes stay after school on early-release days?

A: On 3:10 early-release days (most Wednesdays), the team still reports directly to the locker room. Practice will begin early on these days and give us extra time to work on specific events. On early-release days that occur during meets, athletes will complete their normal pre-meet routine and still report to the locker rooms immediately.

Q: Will there be practice during spring break?

A: No, we will not be conducting any type of organized practice at school over the 2-week spring break. However, we will give athletes a workout plan we expect them to complete while they are away during the break. This is vital in order to remain competitive at meets upon returning from break.

Q: Will there be practice the day before spring break?

A: No, we will not practice on Friday, March 27th.

Q: What should my athlete wear to meets?

A: Athletes will wear a team uniform provided by the school. The singlet (jersey) and shorts must be returned at the end of the season. Spikes are also encouraged for every event (except throwing) as they greatly

improve performance on the track's all-weather surface. Track facilities require that spikes be no longer than ¼ inches in length. On meet days, it is very important that athletes pack the same clothing as practice (extra shorts, t-shirt, long sleeves, hat, gloves, earbands, jacket, etc.) Keeping the body warm between events is key to competing at a higher level.

Q: Can I take my athlete home from away meets?

A: Parents must get authorization from the athletic office 24 hours in advance if their child will not be riding the bus home from an away meet. Permission will be granted only for unique circumstances. The athletic office will then give head coaches approved release forms the day of the meet. All team members are required to stay until the end of every meet, as this builds team comradery, and is part of our Team Commitment policy. We will also be awarding ribbons and trophies at the conclusion of the evening.

Q: Can I take other kids home from away meets?

A: As stated above, this requires authorization from the athletic office 24 hours in advance. The coaching staff will not allow parents to take any children home from away track meets without the correct form received from the athletic office in advance.

Q: Will my athlete get to compete in all of the home and away meets?

A: No. Coaches make every effort to slate as many athletes for a meet as possible. However, due to meet restrictions, it's not possible for all athletes to compete. "B meets" are reserved for athletes who have not yet competed/scored in a varsity meet. Some meets are designated as "varsity only" and do not have any extra/reserve heats in the races.

Q: How many events can my athlete participate in per meet?

A: Athletes are limited to a maximum of 4 events per meet. Please note that most athletes will not participate in 4 events at every meet.

Q: What events are in a meet?

A: Girls run before boys usually but some meets combine boys and girls in certain events (or all). Running events for most meets are (in order):

4x800m Relay
100m Hurdles
100M Dash
1600m Run
4x100m Relay
400m Run
800m Run
200m Run
2400m Run
4x400m Relay

Field events for meets are:

Shot Put (Girls First)
Discus (Boys First)
High Jump (Girls First)
Long Jump (Boys First)

Q: How can parents help or be involved?

A: There will be opportunities to help at all of our home meets. During our parent meeting on Tuesday, March 24, there will be sign-ups for all of these meets. We will need help with timing and at some of the field events. More information will be shared at a later time from the coaches as well.