Boys and Girls Track Coaches’ Expectations

As a member of the Track & Field program at Wausau West High School, you will be asked to perform to the best of your ability in both academics and athletics.

I. Practice Rules:
   a. No unexcused absences from practice. If you are absent from school, call your coach. Unexcused absences may be punished with a loss of competition time. Unexcused or missed practices can be made-up at coaches’ discretion, but with the understanding that it does not completely resolve the issue that practice was missed in the first place.
   b. Athletes should be prepared for practice at the designated times. Be dressed and ready to practice 5 minutes prior to the beginning of practice.
   c. Athletes are expected to assist in putting away any equipment.
   d. All athletes will conduct themselves in a respectful manner with peers and adults. Anything deemed inappropriate behavior may result in practice, meet, or season suspension.

II. Locker Room Rules:
   a. Behavior that may result in personal injury or property damage will not be tolerated, and will be punished according to the coaches’ discretion.
   b. No electronic devices allowed in locker rooms ever.

III. Meet Conduct:
   a. Athletes will conduct themselves in a respectful manner at all times.
   b. Athletes will contribute to the best of their abilities in their roles as athletes.
   c. All athletes will be attentive to the meet and their coaches.
   d. After meets, athletes will accept winning with humility and losing with graciousness.

IV. Transportation Conduct:
   a. Athletes should arrive 15 minutes prior to designated departure times for away meets.
   b. Athletes will conduct themselves in an appropriate manner on the bus.
   c. Transportation vehicles will be treated responsibly. Bus company rules apply.
   d. All athletes will ride to away meets on the bus. Athletes may ride home with parents only when parents sign students out with the coach at the meet. Athletes may NOT ride home with anyone other than their parents.
   e. On special occasions, athletes may need to drive themselves to and from the meet. A signed waiver will be mandatory in this instance.

V. Equipment Care:
   a. Athletes will be charged for lost or damaged equipment in their care.

VI. Dress Code:
   a. Athletes are expected to dress according to coaches/captains instruction on game days.

VII. Criminal Conduct/Athletic Code: Any violation of the Wausau West High School Athletic Code or Wisconsin Criminal Code will be treated on an individual basis by coaches and administration. All punishments deemed appropriate by the athletic code will be upheld.

VIII. School and Classroom Behavior: Any student athlete whose behavior violates any school rule can be suspended from practice, with appropriate loss of competition time in meets as well. This includes classroom performance and behavior. Any student athlete receiving an “F” or “I” will be subject to rules set forth in the Athletic Code.

IX. Classroom Attendance: All student athletes will attend all scheduled classes unless there is an excused absence. An unexcused absence may result in the loss of competition time in the next meet – multiple unexcused absences will result in continued loss of meet participation.
X. Violations Policy: Violations of any policy in the Athletic Code or other school rules will be treated on an individual but consistent basis. Violations of team rules could lead to non-participation in meets.

Team Rules:
1. Attend class, then practice.
2. Treat everyone with respect.
3. Give your best effort at all times.

XI. LETTER AWARD POLICY

An athlete must earn 90 points in the following areas: attendance, participation and performance. An athlete will be awarded points in the following manner.

Attendance
1 pt. for each practice attended
-5 pts. for any unexcused practice or missed meet. (Limit 2 - beyond 2 an athlete will be ineligible to earn a letter.)

Participation
1 pt. for each JV meet.
3 pts. for each varsity meet.

Performance
1 pt. for each varsity point earned
1 pt. for each improved performance.
Improvement is equaling or bettering your previous best time or distance in an event.
30 pts. for equaling or breaking an Honor Roll Standard.
(See standards)

A combined total of points equaling 90 will earn a varsity letter.

There are two exceptions:

1. If an athlete is injured during the outdoor season and is unable to participate fully because of the injury. The coaches will decide objectively whether they felt the injured athlete would have reached the criteria had the injury not occurred. Any awards will be given accordingly.

2. Any senior who did not achieve the 90 pt. criteria but was a contributor to the team will be awarded a letter. (A positive contributor is one who is hard-working, reliable, gives maximum effort and is a good role model for our athletes.)

HONOR ROLL STANDARDS
If any athlete earns or ties one of these standards he will receive 30 pts. toward his letter award

<table>
<thead>
<tr>
<th>Event</th>
<th>BOYS</th>
<th>GIRLS</th>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 M. Dash</td>
<td>11.9</td>
<td>13.3</td>
<td>43.8</td>
<td>54.5</td>
</tr>
<tr>
<td>200 M. Dash</td>
<td>24.0</td>
<td>28.0</td>
<td>120'</td>
<td>88'</td>
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<tr>
<td>400 M. Dash</td>
<td>54.0</td>
<td>1:04.0</td>
<td>44' 0&quot;</td>
<td>30' 0&quot;</td>
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<tr>
<td>800 M. Run</td>
<td>2:09</td>
<td>2:34.0</td>
<td>19' 3&quot;</td>
<td>15' 3&quot;</td>
</tr>
<tr>
<td>1600 M. Run</td>
<td>4:55</td>
<td>5:55</td>
<td>38' 6&quot;</td>
<td>30' 0&quot;</td>
</tr>
<tr>
<td>3200 M. Run</td>
<td>10:45</td>
<td>13:30</td>
<td>5' 8&quot;</td>
<td>4' 8&quot;</td>
</tr>
<tr>
<td>110/100 M. High Hurdles</td>
<td>17.0</td>
<td>17.8</td>
<td>11' 6&quot;</td>
<td>8' 0&quot;</td>
</tr>
</tbody>
</table>

XII. Senior Award Plaque: If any student athlete earns 1 varsity “W” in three different sport seasons (fall, winter, spring), maintains at least a 2.00 (C average) after completion of seven semesters, has honored the “Athletic” Code and has no violations, that athlete will receive a special plaque from the athletic department in the spring of their senior year to be presented at the Senior Awards Night program.

XIII. Commitment to Team: During the track and field season, it is the expectation of the coaching staff that you concentrate first and foremost on the in-season sport of track. Our coaching staff has tried to be very conscious about not infringing on other sports’ time and not asking athletes to concentrate on track during other sporting seasons. If working on another sport becomes a hindrance to your ability to perform during the track season, please expect the coaches to discuss this situation with you. If absences from practices not excused by your coach result from participation in other sporting activities, they may be treated as unexcused absences (see rule #1).