

2023 CENTRAL TRACK AND FIELD RULES AND PROCEDURES

1. Practice:

- Practice will be held Monday through Friday from 3:00-5:00 PM for all athletes, unless otherwise specified in the schedule or by the coaching staff along the way. Be on time AND stay until the end: We will always meet in the west side of the gym to start practice
- Come prepared to practice **inside or outside each** day. This is Wisconsin and weather can change unexpectedly (**sprinters must have sweatpants with them each day for practice**).
- Spring Break: Practice will not be mandatory and it will be up to event coaches to determine practice times, and workouts... Even if you're out of town for break, the expectation is that in order to be the best you can be, you should plan to do a few workouts on your own.
- Wednesday, Early Release Days: We will still practice from 3:00 - 5:00 as usual. **Due to construction- Athletes are not to start practice early with position coaches.**
- [Remind link for 2023 season](#)

2. Missing Practice:

- If you are going to miss practice, please the head coach and your events coaches- **in writing (email acceptable)** as soon as possible BEFORE practice.
- If you must leave school during the day and will not be at practice, you should notify your event coach, as well as your head coach.
- Coaches in the building include:
 - Coach Reeves Ext. 320 reevesd@westosha.k12.wi.us
 - Coach Robertson Ext: 399 robertsonp@westosha.k12.wi.us
 - Coach Vraney Ext: 282 vraneyb@westosha.k12.wi.us
 - Coach Radzik Ext: 231 radzikk@westosha.k12.wi.us
 - Coach Monson Ext: 241 monsonj@westosha.k12.wi.us
- Excused and unexcused absences will be determined by the rules below and the discretion of the head coach.
- Examples of excused and unexcused absences are listed below, but are not limited to this list.

Excused Absences

Meeting with teacher (with note)
Family emergencies (funerals, etc.)
School related activities (band, drama,
Healthcare appointments
Drivers Ed
Family vacations (with note)

Unexcused Absences

Detention
Hair Appointments
Vacations
Club sports
Work
Prom related activities
Friends need a ride home
Inappropriate practice clothing

- Unexcused absences may cost you participation in a meet or other disciplinary actions.
- **Missing multiple practices and/or practice the day before a meet (whether excused or unexcused) may affect your participation in that meet.**
- **If unable to participate in a meet due to absences, disciplinary reasons... you will still be expected to attend the meet to cheer on your teammates** - failure to attend, will result in suspension from the next meet or removal from the team.
- Be sure to share the meet and practice schedule with your parents, boss and any other possible conflicts.
- Athletes must be in school all day (1st through 8th period) to practice or compete in a meet. Pre-approved absences for doctor, dentist, funerals or driving tests may be obtained through the attendance office.

3. Removal from the Team:

- If you decide that track is not for you, inform the head coach and return all issued equipment within 7 days or fines will be issued.
- Removal from practice for various reasons could result in dismissal from the team.
- The WIAA and Central High School prohibit the use of any alcohol, tobacco or drugs. If caught, you may be asked to leave the team for the season. You are in violation of this rule even if you attend a party at which alcohol or drugs are served and visibly consumed by others according to Central's Athletic Code.
- Grades: see school policy

4. Equipment:

- You are responsible for all equipment issued to you during the season. This includes clothing, shoes and event equipment such as shot puts and batons.
- Failure to return uniforms and equipment will result in the assessment of fines (replacement value) for all equipment that is not returned at the end of the season. Also, seniors may not be allowed to walk during graduation and underclassmen may be prohibited from participating in other sports until equipment is returned or fines have been paid.
- Do not trade uniforms: you are responsible for the equipment assigned to you.
- Team uniforms, warm-ups and team jackets are to be worn only during meets. They are not to be worn at practice.

4. Jewelry:

- According to WIAA rules, an athlete may wear some jewelry during competition. Please see the approved list in the handbook.

5. Representing Central Track:

- Remember you are representing your school, community and coaches as a member of the track team and you should be on your best behavior at all times. **People are watching and they do call the school.**

6. Meet Information:

- Everyone should ride the bus **TO AND FROM** meets with the team.
- If a situation arises requiring you not to return with the team, you must present a note from your parent/guardian to the athletic director at least 24 hours before the meet to receive approval. Mr. Lindh can be contacted at extension 245 or lindh@westosha.k12.wi.us
- You may only leave a meet with a **parent or guardian** who has signed you out with a coach.
- Any personal items brought to a meet are your responsibility. The coaching staff is not responsible for any lost items.

7. Safety:

- Athletes need to be aware of other activities taking place during practice and during a meet to ensure everyone's safety.
 1. walking in front of another runner
 2. getting hit by a shot or discus
 3. running on streets so that you can see traffic coming toward you
 4. use of safety equipment for pole vault and discus

8. Injuries:

- Injured athletes are to report to the event coach at the beginning of each practice for instructions.
- If you are instructed to report to the trainer, please report the status of your injury to your event coach.
- If you are too “injured or sick” to practice, you are too injured to compete in meets.

9. Team Captains:

- The position of team captain(s) will be given to athletes nominated by their coaches. This season’s captains will be determined during the first weeks of practice.

10. Lettering Requirement:

- The following categories will be considered when awarding an athlete a letter.
 1. Attendance at practice
 2. **Contribution to the team at meets on the varsity level** (must be a consistent participant in varsity meets and/or participate in the varsity conference meet)
 3. Recommendation from the event and head coach
 - Dedication
 - Coachability
 - Character on and off the athletic field

13. Coaching staff

- Deirdre Reeves: Head Coach - boys and girls
- Dylan Rivard: sprints
- Jeff Tracy: throws
- James Tracy: throws
- Paul Robertson: hurdles
- Kari Radzik: horizontal jumps
- Jessica Monson: distance
- Shannon Murphy: pole vault

14. Current Schedule

[Schedule as of 01/25/23 \(tentative\)](#)

