

2017 TE Boys Track & Field Team Handbook and Rules

Please familiarize yourself with the team expectations and award requirements.
Contact Coach Laska at TEHarriers@gmail.com if you have any questions.

WELCOME TO TRACK & FIELD: TEAM PHILOSOPHY / EXPECTATIONS

Track & Field is a sport that requires you to train at a high level and it is hard work. It's a confidence building sport that helps develop a strong work ethic and a healthy lifestyle. All team members are expected to contribute to the team in a constructive way through their dedication and hard work. Team members must complete the workout each day in the manner it is asked of you by the coaches (this is in your best interest). You must be coachable and accept direction from the coaching staff. Older athletes must be willing to help the younger boys on the team and be good role models for them. The athletes must be supportive of all team members at all times and promote a safe and inclusive atmosphere.

WAUWATOSA SCHOOL DISTRICT ATHLETIC CODE OF CONDUCT

For participation in Track & Field, all student-athletes will be held to the stipulations set forth in the Wauwatosa School District Athletic code. PLEASE NOTE: School officials recognize that any athletic code cannot anticipate all forms of misconduct by an athlete. Therefore, other forms of conduct not specifically stated in this code and deemed inappropriate by the coach or athletic director will be penalized.

WIAA SEASON REGULATIONS:

One rule to be aware of is the limitation on participation in fun runs or other races outside the meets that we are a part of. Boys are **not** allowed to run (jog or anything like running) in any race (even fun runs) during the season (3/6-6/3). However, what is allowed is participation in a walk component of the event (but still no running or jogging). It doesn't matter if they keep track of times or not, still not allowed. The WIAA is pretty clear and pretty strict about this rule. The penalty is loss of eligibility for the remainder of the season.

The WIAA requires you attend 7 practices before your first meet.

Track & Field is a WIAA sponsored sport and it is a privilege, not a right to be on the team or to compete. It is a no cut sport, which is great because everyone has the opportunity to join. However, it does not mean you cannot be dismissed from the team once the season has started. Boys that do not adhere to team rules/policies will be addressed individually through athlete/coach discussions about the behavior(s). Consequences (penalties) for continued failure to follow the team rules may include being held out of a meet or dismissal from the team depending on the severity and frequency of the behavior.

TRANSPORTATION AND LEAVING MEETS WITH A PARENT/GUARDIAN

Transportation is provided from TE/Hart Park to the meet site and back to school (except for home meets and Wisconsin Lutheran Invite), it is the runner's responsibility to arrange for transportation once we arrive back at TE or Hart Park. **It is highly encouraged that all team members stay and cheer for their teammates for the entirety of the meet.** You may also bring homework to work on (reading assignments are great for downtime before warm-up and after cool down from your event).

You MUST stay for the entirety of ALL CHAMPIONSHIP MEETS (this includes Varsity Indoor Conference, Conference Relays, Varsity Outdoor Conference, WIAA Regional Meet, and WIAA Sectional Meet). If you see conflicts with any of these meets please contact Coach Laska ASAP.

When the meet is over if you are not riding back with the team on the bus you must ride home with a parent or guardian and sign out with coach Laska (no exceptions). You are NOT allowed to leave with friends, other family, etc. It is a Wauwatosa district policy that the parent must sign you out prior to taking you from the meet. This means that you need to notify the head coach that you are leaving and bring your parent to sign you out.

Athletes that leave with an unauthorized person WILL be held out of the next meet (but must attend to support the team) and may face additional consequences from the athletic department/school.

IN-SEASON ATTENDANCE POLICY:

The **GOAL** is to be at practice (on-time, for its entirety) every day and to participate in all meets. The goal of this attendance policy is also to help make the track & field experience positive for all team members. It is not the intent of the attendance policy to be punitive, but instead to instill a sense of dedication and fairness to the team.

By joining the team it is implied that you have decided to make this commitment to yourself, your teammates, and the coaching staff; this also means you will be held accountable for all absences using this attendance policy. Each athlete must make an individual decision about whether or not he can make this commitment to the team for the entirety of the season with a minimal number of absences.

*****PLEASE schedule all other commitments as to not conflict with practice, team activities, and meets.**

Practices/Meets

Attendance at all practices and meets is mandatory. Attendance will be monitored and recorded daily with an understanding that there is a strong correlation between practice, performance, and minimizing risk of injury.

*****Planned absences must be communicated to your event coach (via email, text, or in person prior to absence) prior to the absence or it will be considered unexcused.**

Absence due to illness must be reported to your coach within 24 hours of the absence. It is the athlete's responsibility to inform the coach in the allowed time period.

ANY unexcused absences during the week will cause a runner to not compete in the next scheduled meet.

*******When a runner exceeds 5 absences (combination of excused/unexcused) they will be held out of the next scheduled meet. You are still required to attend and support the team at the meet. *******

If you need to arrive late/leave early you MUST communicate this with your coach.

If you miss practice you are still expected to workout and report back to the coaching staff (mileage log)

A meet absence should really only happen for an unavoidable school function or possibly the ACT. Talk to coach Laska ASAP if you see any potential conflicts.

INJURIES:

Boys that are injured must still come to practice and complete their injury plan as coordinated with the athletic trainer and coach. Illnesses or personal health matters will be addressed on an individual basis, but still must be communicated to the event coach by the parent/guardian/athlete within the same 24-hour window.

SPIRIT WEAR

Online orders through www.bsnteamssports.com The online store will be open until March 16 (11:59 PM)
Use team access code "redrai8A67" to order.

EQUIPMENT

Boys should have a new pair (2 pair is ideal) of running shoes at the start of the season and comfortable clothing to run in. Runners usually also have a pair of spikes for the races, if you need guidance as to what kind would work best, please contact your event coach to ensure you purchase the appropriate shoe.

Athletes will be issued a lock, singlet, shorts, and warm ups. These items are school owned and only to be worn for at Track meets (not at school, practice, etc...). It is the responsibility of the athlete to keep them in good shape. **DO NOT** dry the uniform or warm ups in the dryer. Hanging them to dry preserves the color and print. At the end of the season, athletes must return what was issued to them in good condition. Failure to do so results in the athlete not receiving their awards at the end of the season and a fee charged to replace what was ruined or not returned.

TEAM COMPOSITION

Track & Field is made up of running, throwing, jumping, hurdles, and pole vault. Boys will primarily practice with one of these groups, but may practice with multiple groups. Boys should be open to trying new events if the coaches feel it would be in their best interest and in the best interest of the team.

ATHLETIC AWARDS

To be eligible for an athletic award:

- Athlete must finish the season in good standing (athletically and academically) with the team, school, district, Greater Metro Conference, and the WIAA .
- Finish the season that pertains to level of the team in which you participate (Varsity/JV).
 - If an athlete is injured, to remain a part of the team (and receive any awards), an athlete needs to support the team (i.e. helping the coaches in practice and at meets) and participate in social/team functions.
- Be a positive role model on the team, both in and outside of school.
- Not having more than the allowed number of excused absences, no unexcused absences.
- All school issued equipment must be returned or fee paid for replacement.

Varsity Letter: Must meet all conditions for earning an athletic award and...

1. If you are considered a varsity competitor by the coaching staff, you must be available to compete in all championship meets to be eligible for a varsity letter. **Boys not meeting this requirement are not eligible to earn a varsity letter.**
 - Championship meets include: Varsity Indoor Conference, Conference Relays, Varsity Outdoor Conference, WIAA Regional, WIAA Sectional (if you qualify as an individual or part of a relay), and WIAA State meet (if you qualify as an individual or part of a relay). Alternates on relays at these meets are considered members of the varsity team and also must attend. The inability to compete due to family emergency or illness is exempt from this policy.
2. Earn a total of 15 points in varsity meets throughout the season.
 - Points are earned by a boy's finish in varsity competition at each meet. The size of the meet will determine the amount of points earned for each place. As part of a varsity relay, the points you earn will be divided equally between the members of the relay.
 - Any individual (not including relay members) that qualifies for the sectional meet will earn a letter, and must meet all other criteria. Relay team members that qualify for state (actual competitors) will also earn a letter and must meet all other criteria (excluding point total).
 - Any individual that scores points (in an individual event) for the team in Varsity Indoor Conference or Varsity Outdoor Conference or any individual that finishes in the top 3 (in a relay event) at Varsity Indoor Conference, Conference Relays, or Varsity Outdoor Conference will also earn a letter and must meet all other criteria (excluding point total).

The team aims to be as inclusive as possible with other activities that occur during the track season however, any activity which would cause a varsity competitor to miss a championship meet (as listed above) is not in the team's best interest. If you see a potential conflict please speak to me as soon as possible.

TOSA EAST BOOSTER CLUB

I'd like to encourage you to join the Raider Athletic Booster Club. The Boosters provide vital support for every Tosa East athlete, coach and team by helping provide the equipment, uniforms and facility improvements not always covered by athletic fees. The booster club needs volunteers for its various functions. Volunteering opportunities include working concessions, social functions, red and white fundraiser, or membership in various committees are some of the options for how you can help make the booster club successful.

The Boosters support the entire Tosa East athletic community, including:

- * Annual athletic scholarships
- * Recent renovations & improvements to the Gym, Weight & Conditioning Room and Fitness Center
- * Ongoing support for coaches & teams.

Please help support boys track & field and all Tosa East athletes by joining the Boosters. Join online at the Booster website: <http://www.teboosterclub.org>

Your \$25 tax-deductible donation is all it takes to be a member of the Boosters. Additionally, you have the option to donate directly to a specific team and also have that be tax-deductible.

IN-SEASON HABITS OF THE HIGHLY EFFECTIVE TRACK ATHLETE

Get a good pair (or two) of running shoes.

- ✓ Shoes will only last about 3 months (300 – 500 miles). Shin or knee pain can be a sign that shoes are near the end of their life. Please get a new pair for the season.
- ✓ Don't wear your running shoes for anything except running to ensure a longer life.
- ✓ Spikes can help with grip on the track which translates to running faster.

Give your best in practice and have a good attitude.

- ✓ Do what's best for the team and yourself!
- ✓ As you get in better shape the pace at which you run will increase, running too slow will not help you nearly as much as running at the right pace. You will be grouped with boys that are at the same current level of conditioning.

Learn about your sport, become a student of track & field.

- ✓ Magazines and Websites: Running Times, Runner's World, Track and Field News
- ✓ <http://www.trackandfieldnews.com>
- ✓ <http://www.flotrack.org>
- ✓ <http://www.runnersworld.com>
- ✓ <http://www.usatf.org>

Eat Right. Are you eating enough? Are you eating the right foods?

- ✓ Athletes need to eat more (than you normally do) as your level of training increases.
- ✓ Avoid processed foods, fast food, fatty foods, caffeine, etc.
- ✓ Learn to love: vegetables, fruits, good carbs, peanut butter, protein (lean meats -red and white-, nuts, milk, cheese), etc.
- ✓ *Take a supplement; runners need extra iron, zinc, calcium (very important to help avoid stress fractures), etc. to keep your body healthy.*
- ✓ **Have a snack ready to go after workouts.**
- ✓ <http://www.runnersworld.com/nutrition-for-runners/are-you-eating-enough>

Get plenty of healthy sleep.

- ✓ During sleep your body recovers, repairs, and grows.
- ✓ Sleep is the most important element to a successful season. If you do not get sufficient sleep your body does not recover from a workout properly which means you will not be ready for the next workout.

Do drills (properly) and stretch every day after you run.

- ✓ Helps prevent injuries and improves your running form.

Set goals for the season

- ✓ Goals include times, behaviors, making varsity, getting a PR, etc...
- ✓ Need to be attainable and realistic.
- ✓ Revisit your goals periodically and update when needed.

Manage all your schoolwork/activities and plan accordingly

- ✓ Do not wait until the last minute to get that schoolwork done or study for a test.
- ✓ Communicate, communicate, communicate... If you are involved another activity and you see a conflict inform Coach Laska ASAP. However, you made a commitment to this team and it should take precedence, see attendance policy.

Tosa East Boys Track & Field Schedule 2017

<p><u>Indoor</u> Mon, March 6, 2017 Tue, March 8, 2016 Mon, March 13, 2017 (3/1 - 4/14) Tue, March 14, 2017 Fri, March 17, 2017 Sat, March 18, 2017 Wed, March 22, 2017 Thr, March 23, 2017 Tue, March 28, 2017 Sat, April 1, 2017 Sat, April 1, 2017</p>	<p>Practice Starts 3:30-5:30 Parent Meeting (Mandatory) Team Night @ Performance Running Outfitters Brown Deer Quad (JV/Var) Whitefish Bay Triangular (JV/Var) Nelson/Daniels Classic (Var) New Berlin West (JV/Var) Triangular vs Hale/Kettle Moraine (JV) GMC Indoor Championships (Var) GMC JV Indoor Championships (JV) (Girls first) Madison West Relays*** (Var)</p>	<p>East - Main Gym Room 280 - 6:30 PM 2205 N Calhoun Rd Brown Deer Whitefish Bay UW-Whitewater New Berlin West West Allis Central West Allis Central Brookfield East UW-Madison Shell</p>	<p><u>Bus Time</u> 2:15 PM 2:30 PM 7:15 AM 2:15 PM 2:45 PM 3:00 PM 10:30 AM 1:30 PM</p>
<p><u>Outdoor</u> Tue, April 11, 2017 Tue, April 18, 2017 Sat, April 22, 2017 Wed, April 26, 2017 Fri, April 28, 2017</p> <p>Wed, May 3, 2017 Sat, May 6, 2017 Tue, May 9, 2017 Fri, May 12, 2017 Sat, May 13, 2017 Tue, May 16, 2017 Thur, May 18, 2017</p>	<p>Milwaukee Lutheran Invite (JV) Brookfield East Spartan Invite (Var) Wisco Viking Invite (Var) Franklin JV Invite (JV) Dan Benson Invite (Var)</p> <p>GMC Relay Championships (Var) Marquette JV/Frosh Invite (JV/Fr) <i>Richmond/Erickson Invite</i> (Var) Hale Invite (JV/Var) GMC JV Outdoor Championships (JV) GMC Outdoor Championships (Var) <i>Red Raider JV Invite</i> (JV)</p>	<p>Brookfield East Pulaski High School Wisconsin Lutheran HS Franklin HS Wauwatosa West</p> <p>West Allis Hale Quad Park Hart Park West Allis Hale Menomonee Falls Hart Park Hart Park</p>	<p>2:30 PM 2:30 PM 8:15 AM (drop) 2:30 PM 2:10 PM</p> <p>TBD 8:45 AM 2:15 PM 8:00 AM</p>
<p><u>Tournament</u> Mon, May 22, 2017 Thurs, May 25, 2017 Fri-Sat, Jun. 2-3, 2017</p>	<p>WIAA Regional Meet (Top 4 advance) WIAA Sectional Meet (Top 3 advance) WIAA State Championship Meet</p>	<p>West Allis Hale West Allis Hale UW-La Crosse</p>	<p>TBD TBD TBD</p>

Home meets in *Italics* (We will need parent volunteers. JV athletes will work R/E Invite, GMC Outdoor; Var will work RR Invite)

All info available at TosaEastTrack.weebly.com

***Updated 3/7/2017

I aware of the expectations for competing on the
2017 Wauwatosa East Boys Track & Field Team and the award requirements.
Must be signed and returned to the head coach prior to first competition

Student-Athlete Name

Student-Athlete Signature / Date

Parent/Guardian Name

Parent/Guardian Signature / Date