**Wenatchee High School Track and Field**

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**Philosophy**

Each student athlete has a personal reason for participating in a varsity sport. Whatever your reason, it is important to remember that your first priorities are academics and family. It is also important to remember that while track and field is primarily and individual sport, you are still a member of a team. Be a good teammate. Remember, extra curricular activities should enhance your high school experience.

**Expectations**

Team Membership: There is a large range of abilities on a track team of 140-160 athletes. You will not be cut from the team because of lack of talent, **but lack of effort and progress** can lead to dismissal from the team. **Some events are limited in numbers** **for safety reasons** **(pole vault and throws)**. You are expected to find the event that best suits you. You are also expected to attend meets that coaches place you in. **This is a** **varsity sport in which competing is expected.** It is not a recreational activity.

**Equipment:**  All athletes will be issued a singlet. You will need to supply sweatpants, top and buy a pair of black compression shorts( We have a limited number of compression shorts to check out). If you lose or do not return the equipment, you will be charged $60.00 for the singlet and $30.00 for the shorts.

You will be using school district equipment such as shots, javelins, poles, discus and batons. You are responsible for the equipment you use. It is your responsibility to get your event equipment to and from each meet and to secure it after each use.

**Practice:**  **Practice is from 3:15-5:45pm,** Monday thru Friday unless a special circumstance arises. Please set your schedules accordingly. **If a parent is needed to pick** **up an athlete, please arrive to the high school prior to 6:00 pm**. The coaching staff is responsible for supervising athletes until are picked up, **failure to pick you son or** **daughter up on time can result in being dropped from the team.** Student-athlete or parent must notify the coach directly **PRIOR** to missing or being late any practice. Failure to do so will result in being considered unexcused for practice. Three unexcused absences will result in removal from the team and each tardy will be considered one half of an unexcused absence. **Student-athletes must be in school all day in order to participate in** **practice**. Exceptions are excused absences. If you are home sick you cannot practice.

**Meets:**  **Stay at the meet unless permission to leave has been granted by the head coach.** **This included home meets.** Stay with the team. Know the schedule of events so you are prepared to compete. Keep track of your equipment, uniform and team equipment.

**Travel:** Be at the bus 15 minutes prior to departure. If you miss a meet without permission you will not be allowed to compete in the following meet. **A second offense will** **result in dismissal from the team**. Everyone must travel to and from away meets in school provided transportation. **You are expected to stay with the team until the completion of the** **meet**. Any exceptions must be cleared in advance. An exception is a family emergency, sickness or a school obligation. Athletes may be released to their parents **after** a meet if the students parents sign them out. A “departure from group” form is required in advanced if the athlete is traveling with anyone but there parents.

**WIAA Rule 18.22.1 – Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals or early dismissals.**

**Academics:** Students are expected to abide by the rules and regulations found in the student handbook and WSD Athletic Contract. **Failure to attend school or meeting academic expectations will preclude a student from practice and meets.** Students **must be passing 5 of 6 classes(or 5 of 5) at all times to maintain eligibility. Homeschool, Alternative school, running start or skill center students must meet the same eligibility requirements as WHS students based on the schedule of the school they are attending. It is the parent and athletes responsible to supply the necessary information to the Athletic Director.** Students not eligible to complete will not be allowed to travel or be on the sidelines with the team to away or home meets.

**Dress:** Student athletes are expected to dress in appropriate attire. Boys will wear shirts at all times (tank top, t-shirt or sweatshirt). Girls are expected to wear the same (no spaghetti straps, showing of the midriff or exposure of the bra straps allowed). **During** **early season when temperatures are below 50 degrees, you must have sweatpants on at** **practice**. If you are not dressed for the elements, you will not be allowed to practice. At meets, both home and away, athletes are expected to be in uniform which consists of singlet, compression shorts, sweat pants, and sweat shirt or team t-shirt.

**Sexual Harassment:** Any behavior that is unwelcome, personally offensive and interferes with a student athletes educational process can be considered harassment. Sexual harassment consists of

1. unwelcome sexual advances
2. request for sexual favors
3. verbal or physical contact
4. communication of a sexual nature

When these things have the purpose or effect of substantially or unreasonably interfering with student athletes experience or creating an intimidating, hostile or offensive environment. This can include exposing people to inappropriate behavior. **Track and field** **is a coed educational sport and all athletes are expected to behave in a respectful** **manner at all times.**

: **Injuries: Report all injuries to your event coach as soon as they happen**. It is important you see the athletic trainer when indicated by the coach. **If it is necessary that you see a doctor about an injury, be sure to provide a “return to play” form or note from**

**the doctor to release you back to the coach**. You will not be allowed back to practice or completion without clearance from the doctor once you have seen one.

**Communication Protocol:** **It is our expectation that all parties involved in the Track and Field program show proper respect for each other. This includes parents, coaches, athletes and fans. We do not discuss matters concerning other athletes nor meet** **decisions with parents.** Please let us know about special concerns (medical, scheduling conflicts and absences). Please talk to us about ways to help your child improve performance and any

concerns about your child’s behavior. If your child has a concern with a coach, have them talk to the coach first. If the problem is not resolved to their satisfaction, they should see the head coach. If the issue is still unresolved, contact the Athletic Director

for a meeting. Remember we all want your child to have a good experience.

Lettering Standards: Please see the attached page for standards.

Please see the athletics website to find the following:

<http://www.wenatcheeschools.org/whs/athletics/>

Forms needed for clearance and departure from group

Updated schedules and coaches contact information

A copy of this handbook and other team information

**Track and Field Lettering Standards**

1. To earn a JV or Varsity award, you must participate for the entire season without violating the athletic code. JV athletes must compete at least 4 times.
2. Varsity athletes must compete at least 8 times and compete in the three league meets, the district meet and meet one of the following standards:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Girls Lettering Standards** | **Girls 9th grade standards** | **EVENT** | **Boys Lettering Standards** | **Boys 9th grade standards** |
| 19.00 | 20.00 | 100 M Hurdles |  |  |
|  |  | 110 M Hurdles | 19.00 | 19.50 |
| 13.80 | 14.00 | 100 M Dash | 11.95 | 12.10 |
| 28.50 | 29.00 | 200 M Dash | 24.60 | 25.20 |
| 52.00 | 52.30 | 300 M Hurdles | 48.00 | 49.00 |
| 68.00 | 70.00 | 400 M Dash | 56.00 | 58.00 |
| 2:45 | 2:50.00 | 800 M Run | 2:10.00 | 2:15.00 |
| 6:00.00 | 6:05.00 | 1600 M Run | 4:57:00 | 5:05.00 |
| 13:30.00 | 13.40.00 | 3200 M Run | 11:10.00 | 11:20.00 |
| 14’06” | 14’00” | Long Jump | 18’06” | 17’06” |
| 29’06” | 27’06” | Triple Jump | 36’06” | 35’00” |
| 4’06” | 4’04” | High Jump | 5’08” | 5’06” |
| 28’00” | 26’00” | Shot Put | 37’06” | 35’00” |
| 90’00” | 85’00” | Javelin | 130’00” | 120’00” |
| 90’00” | 80’00” | Discus | 110’00” | 100’00” |
| 7’06” | 7’00” | Pole Vault | 10’06” | 9’06” |

1. The head coach has the option to award a varsity letter to an athlete in case of a special circumstance.

WHS Javelin Safety Checklist

1. Practice / warm up throws may not begin until the coach is present. A cone will be placed in the throwing area to indicate you are not to throw.
2. Inspect equipment for damage. Report any damage to the coach.
3. When carrying implement to the practice area, hold it securely.
4. No one enters the landing area until all of the implements have been thrown.
5. When retrieving implements, follow coach’s guidelines that work best for your school. For instance:
   1. Jog backwards in the landing sector, looking back towards the throwing runway making sure nobody is throwing an implement before they should. After retrieving all your implements, leave the landing area as quickly as possible and yell “clear” so the next thrower can enter the runway.
6. Person on deck will watch for any potential danger in the throwing area and will verbally notify all throwers and coaches immediately.
7. Carry all implements back to the designated return area – never throw them back.
8. When practice is over, clean all your implements and put them in the storage area designated by your coach.
9. Never have an unsupervised practice. You may be liable if you hurt someone outside of direct supervised practice.

WHS Discus Safety Checklist

Practice Considerations:

1. Practice / warm up throws may not begin until the coach is present. A cone will be placed in the throwing area to indicate you are not to throw.
2. Remember: the cage is there to dissipate the energy of the discus, not necessarily stop it. Athletes should stay back from the cage, at least 5 feet from the net)
3. Inspect equipment for damage. Report any damage to the coach.
4. When carrying implement to the practice area, hold it securely.
5. No one enters the landing area until all of the implements have been thrown.
6. **DO NOT** enter the ring until everyone is out of the landing sector and the previous thrower yells “clear”.
7. When retrieving implements, follow coach’s guidelines that work best for your school. For instance:
   1. Jog backwards in the landing sector, looking back towards the throwing runway making sure nobody is throwing an implement before they should. After retrieving all your implements, leave the landing area as quickly as possible and yell “clear” so the next thrower can enter the runway.
8. Person on deck will watch for any potential danger in the throwing area and will verbally notify all throwers and coaches immediately.
9. Carry all implements back to the designated return area – never throw them back.
10. When practice is over, clean all your implements and put them in the storage area designated by your coach.
11. Never have an unsupervised practice. You may be liable if you hurt someone outside of direct supervised practice.

WHS Shot Put Safety Checklist

Practice Considerations:

1. Practice / warm up throws may not begin until the coach is present. A cone will be placed in the throwing area to indicate you are not to throw.
2. Inspect equipment for damage. Report any damage to the coach.
3. When carrying implement to the practice area, hold it securely.
4. No one enters the landing area until all of the implements have been thrown or a coach says “retrieve”.
5. **DO NOT** enter the ring until everyone is out of the landing sector and the previous thrower yells “clear”.
6. After throwing the shot, exit the ring under control in the back half of the circle. Jog quickly into the landing area, fix the divot your shot made, retrieve the shot and leave the landing area as quick as possible and yell “clear”.
7. Person on deck will watch for any potential danger in the throwing area and will verbally notify all throwers and coaches immediately.
8. Carry all implements back to the designated return area – never throw them back.
9. When practice is over, clean all your implements and put them in the storage area designated by your coach.
10. Never have an unsupervised practice. You may be liable if you hurt someone outside of direct supervised practice.

**Pole Vault Safety**

1. All vaulters must be coached and supervised by a WIAA certified coach.
2. Vault site must be inspected and clear of hazards. Pit shall be assembled and clipped properly. Box collar in place. Poles shall be on racks not on ground. No bouncing on the pit or horse play. No one on the pit during vaults. Poles shall be carried in an upright position when moving about the vault area.
3. **The pole vault coach’s primary role is to teach the guiding principles of safety to his or her athletes so that they can take complete responsibility for their own safety in this event.** Therefore while beginning athletes will need more intense indoctrination in the physics and adjustments involved in landing safely in the center of the pit, more veteran vaulters should be fundamentally solid and knowledgeable enough to vault without a spotting coach (in other words, without a trained and able bodied coach standing next to the runway at the take-off point). Also, information like take-off points can easily be made available without coaches by meet officials, teammates and so on. Athletes who have not demonstrated consistently safe landings, fundamental skills and adjustment awareness might wisely be kept out of vault meets whether the coach is present or not. In short, the physically present coach is not the athlete’s safety net; the well coached athlete is his or her own.
4. Safe landings- on the hips and back – within the center target zone of the pit should be the highest priority of pole vaulter.
5. Every reckless vault in practice or meets (in which the vaulter lands outside the target zone) will get immediate corrective attention by the athlete and coach.
6. In consideration of safe landings and to minimize the risk of shallow landings near the plant box, WIAA rules will consider it illegal to place the standards closer than 18 inches to the planting box.
7. Vaulter take-off points should always be monitored in practice and meets and should be adjusted to remain within the proximity of ideal. Acceptable variance of the take-off point should be from 1” outside of the top hand plumb line to 12” inside of the top hand plumb line.
8. Never release your grip on a bent pole. This may result in severe injury to the athlete and spectators
9. Parents and spectators will not be allowed around the pole vault pit during practice or competition unless they are volunteers or officiating.
10. During the meet Cones will be used to indicate that the runway is open for vaulting.
11. Parents coaching their vaulters will be discouraged.

WHS Running off Campus Guidelines

1. Run only the course outlined by your coach. If running along a road, use the sidewalk and run single file. Avoid heavily traveled streets and intersections.
2. Run in pairs so no one is ever running alone.
3. Always run facing the oncoming traffic.
4. Beware of dogs.
5. Beware of objects thrown from cars and from car doors opening.
6. Run only where this is adequate shoulder width allowing vehicles and runners to pass in a safe manner.
7. Avoid drainage ditches or embankments where runners could slip and fall down an embankment or drainage ditch.
8. If the road seems unsafe, do not use it.
9. Runners should not use headphones or devices that block the sound of vehicles in the area or block verbal warnings given to runners.
10. Runners must obey all traffic signals.
11. If running on sidewalks where pedestrians are located, provide ample space for passing and not impeding their walking.
12. Keep an eye out for protrusions over the sidewalks such as tree limbs, branches, mail boxes, etc.
13. Complete training runs in ample daylight.

**Athlete Name (Please Print:) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Wenatchee High School Track and Field**

**Safety Checklist**

1. Never practice unsupervised. Do not leave the practice area unless your coach is aware.
2. If a coach is talking to you (or the group) listen. Follow directions.
3. Be aware of your surroundings. Do not walk under ropes or flagging to cross facility. Always walk around unless given permission from a coach.
4. Use appropriate warm up and stretching techniques prior to activity.
5. Report any injury to your event coach right away.
6. Be on time and ready for practice.
7. Bring warm clothes daily before spring break (sweats, sweatshirt, gloves, hat)
8. Use restroom before going to the track.
9. Bring water to practice.

We acknowledge the safety items associated with track and field and have read the

team handbook that is posted on the Wenatchee High School Athletics Webpage.

Athlete Signature Parent Signature

Our initials below, acknowledge that we have read the safety guidelines for

the specific events that will be participated in this season.

|  |  |  |
| --- | --- | --- |
| **Athlete Initials** | **Parent Initials** | **Event** |
|  |  | **Javelin** |
|  |  | **Shot Put** |
|  |  | **Discus** |
|  |  | **Pole Vault** |
|  |  | **Running off Campus** |