



Wenatchee Track & Field 2023

wenatcheetrack.org

Wenatchee Track and Field

The coaching staff would like to welcome you to the Wenatchee Track and Field team. We're excited that you've chosen to become a part of our program. Being a part of this team is a great honor and a privilege. We as your coaches are prepared to help you to achieve great things, and to be more and do more than you ever have before in your life. This team has been built upon the traditions and sacrifices of the athletes that have come before you. We are very committed as a team to help you become the best student and athletes that you possibly can be.

This packet has important information for both you and your parents that you will need to ensure success for the upcoming season. It is very important that you understand and abide by the rules and expectations of our team, for your success and the success of this team.

The goal of the coaching staff is to help each and every athlete in this program to reach their highest potential as an athlete, a student and as a person. This will require a commitment by both your coaches and yourself to be more and do *more than you ever have before*. It's going to be a great season filled with challenges, successes, failures, hard work, and a lot of fun. We hope you look back on this experience later on in your life as one of the most enjoyable and rewarding things you have ever done.

Athletic Director:

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Co-Head Track Coaches:

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Team Expectations

In order to make this team and this season the best it can possibly be, you must be willing to make sacrifices of yourself. Some expectations come with consequences that will affect your participation and eligibility, others will only affect yourself and your performance. All team expectations exist to help the team become better than it ever has been before, and to help you become better than you ever have before. You are to represent the best of Wenatchee High School; at practice, in meets and in school.

Team Expectations

At Practice

1. Be on time to practice on time, every day. You need to be aware of the starting time set for practice by your coaches every day. You are expected to be dressed and ready to begin at that time.
2. You are to come to practice every day prepared with the proper workout clothes (including warm clothing for cold practices) and with the proper attitude to succeed.
3. You will report every day to your coach to check *every single day*.
4. If you are going to be absent, you *must* tell your event coach or Coach Roche/Coach Bullis prior to your absence to have it excused. (2 strikes and you're out!)
5. If you are going to be late, you must come with an excuse note from the teacher/appointment you were late because of.
6. You are expected to talk to yourself, your teammates and your coaches only in an uplifting or positive manner... *no negative self-talk is allowed!*

At Meets

1. Come prepared! You are expected to come to every meet with all necessary uniforms and gear. Your uniform is the property of the team and if you lose it, you will be held financially responsible, *even if you turn in someone else's uniform*.
2. You will be expected to put forth the best face of Wenatchee High School as its representatives to all officials, athletes, coaches and spectators that come to your meets.
3. You are expected to come to every meet with an attitude to succeed.
4. If you are asked to do something by a coach, you are expected to comply unless you have a legitimate concern why you cannot do what is being asked of you.
5. *Cheer on your teammates!* If you are not competing or preparing to compete, you are expected to cheer on your teammates in any and all events.
6. You need to stay at all meets until they are finished and return home with the team on the bus (if there is a bus).

At School

1. Your attitude and behavior in class is a reflection of the Wenatchee Track and Field team, represent us well!
2. If you are giving your teachers behavior or attitude problems, you will *have* problems in track.
3. You are a ***student***-athlete... school comes first!

Equipment: All athletes will be issued a singlet. Team warm ups will be issued as much as we have supply. You will need to supply sweatpants, top and buy a pair of black compression shorts. If you lose or do not return the equipment, you will be charged \$60.00 for the singlet and \$75 for warm up tops.

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 3:45-6:00 pm, 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 at the high school prior to 6:00 pm.** The coaching staff is responsible for supervising athletes until they are picked up, **failure to pick your son or daughter up on time can result in being dropped from the team.** Student-athletes or parents must notify the coach directly **PRIOR** to missing or being late to 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 sick at home you cannot practice.

Meets: Stay at the meet unless permission to leave has been granted by the head coach. **This includes 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 on 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 advance if the athlete is traveling with anyone but their 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 cannot be failing more than one class at all times to maintain eligibility. **If a student has a reduced schedule, they must be passing all classes to be eligible.** Homeschool, Alternative school, WIA, 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 parents and athletes responsible to supply the necessary information to the Athletic Director.** Students not eligible to compete 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. **During early season when temperatures are below 40 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

- a. unwelcome sexual advances
- b. request for sexual favors
- c. verbal or physical contact
- d. 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. This is also applicable if you get Covid during the season.

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: There are three ways you can receive a varsity letter. 1- You must reach a specific standard established by the coaching staff for a specific event throughout the season. (see lettering standards) 2- You must be a member of a varsity relay (alternates included) that competes in the postseason (Leagues, Districts, or State). 3- Qualify for the District Track meet in an individual event. To receive a letter, the athlete must *finish the season in good standing* with the team as well. Coaches always have the right to letter or not letter an athlete based upon special circumstances.

Website/ Social Media

There is a website that we will use that tracks statistics for many teams throughout the state. You can compare your marks to the rest of our team, our league, all 4A schools in the state, or the whole state in general.

Important team dates are also posted on the site. The link to follow for Wenatchee's stats is:

<http://gg.gg/whstrack> You can also access the stats website through our team's own website at

<https://rb.gy/je8nip> The team website also includes links to pictures, records and a lot of other fun and useful information.

In addition, we post many important team reminders and updates on our Wenatchee Track Facebook page (all athletes and parents are encouraged to join!) and the Wenatchee Track Twitter page (@WHS_trackfield) and Instagram. There you can post pictures or videos you take online for the whole team to enjoy!



Please see the WHS athletics website to find the following:

<https://www.wenatcheepanthers.com/>

Forms needed for clearance and departure from group

Updated schedules and coaches contact information

A copy of this handbook and other team information

Welcome to the Wenatchee High School Track & Field team webpage!

Athletic.net - [Team Schedule, Stats & History](#)

[Wenatchee High School Athletics](#)

[Athletic Clearance](#)

[Team Handbook](#)

[Team Merchandise Website](#)



WHS 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 4 times 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	11.80	12.00
28.50	29.00	200 M Dash	24.20	24.60
54.00	55.50	300 M Hurdles	48.00	49.00
66.00	68.00	400 M Dash	55.00	57.00
2:42.00	2:48.00	800 M Run	2:10.00	2:15.00
6:00.00	6:08.00	1600 M Run	4:59:90	5:10.00
13:40.00	13:50.00	3200 M Run	11:00.00	11:15.00
14'03"	13'09"	Long Jump	18'06"	17'06"
28'06"	27'00"	Triple Jump	36'00"	34'06"
4'05"	4'03"	High Jump	5'06"	5'03"
28'00"	26'00"	Shot Put	37'06"	35'00"
85'00"	80'00"	Javelin	128'00"	120'00"
85'00"	78'00"	Discus	110'00"	100'00"
7'00"	6'06"	Pole Vault	10'00"	9'00"

3. The coaching staff has the option to award a varsity letter to an athlete in case of special circumstances.

SPORTSMANSHIP STATEMENT

Good Sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic program, as well as for the individuals who participate in the program. People involved in any facet of the Wenatchee Athletic Program are expected to demonstrate qualities that are characterized by fair play, integrity, ethical behavior and respect. Emphasizing and improving the sportsmanship of our student-athletes, coaches, parents and staff is one of our highest priorities. Each coach, student, parent and staff member has a role and responsibility to model and teach good sportsmanship while keeping in mind that athletic participation is a learning experience for the student and the programs are part of the educational process.

The Wenatchee Panther Sportsmanship Guidelines:

- Understand the rules and strategies of the contest in order to cheer at the proper times.
- Maintain enthusiasm and composure.
- Positively support the participants and coaches.
- Exercise good judgment in cheering for outstanding performance, not against opponents or to ridicule an error.
- Follow the cheerleaders in positive cheers to show support for the participants.
- Show respect and concern for an injured player, regardless of team.
- Respect decisions made by contest officials.
- Realize that a ticket represents a privilege to observe and positively support a high school activity. It is not a license to verbally assault others or to be generally obnoxious.
- Respect fans, coaches and participants.
- Encourage surrounding fans to display only sportsmanlike conduct.
- Display pride in your program at all times.

WENATCHEE PANTHERS Believe SPORTSMANSHIP Is An EXPECTATION!

**Please Let the Players Play,
 Let the Coaches Coach,
 Let the Officials Officiate,
 Let the Spectators Be Positive Be A Fan.....
 Not A Fanatic!!!!**

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 the 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 the coach's guidelines that work best for your school. For instance:
 - a. 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 the 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 the coach's guidelines that work best for your school. For instance:
 - a. 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 the 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 area must be inspected and cleared 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 there 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 the 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 the 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.

Printed Athlete Name

Athlete Signature/Date

Parent Signature/Date

WHS Track & Field Safety Guidelines acknowledgement

Printed Athlete Name:

Our initials below, acknowledge that we have read the safety guidelines for the specific events that will be participated in this season and agree to abide by the rules outlined in them.

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