



Wahoo Track

Student Athlete Handbook

COMMUNICATION

Positive and active communication between athletes and coaches is VITAL to the success of a program. Please be sure to communicate with the coaching staff when absences must occur or if any conflicts develop.

All athletes must check out at the end of their workouts during practices with the Head Coach, as well as their event coach.

If any problems arise, the athlete should communicate with the coaching staff DIRECTLY AS SOON AS POSSIBLE to rectify the situation. If a resolution or understanding cannot be reached, then the coaches would encourage the parents to stop in to discuss the situation. As always, the Wahoo Track staff, will keep all information confidential that is discussed in these meetings. As a reminder, the topics that are off limits during these discussions are playing time, game strategies, and other student athletes, other than your son or daughter.

STORMY WEATHER PROCEDURES

In Nebraska, strong storm systems often come through our State bringing with them heavy rains, snow, ice, and occasionally hail and tornadoes. With this in mind, it is important that we be clear on what coaches and sponsors will do during severe weather conditions.

Certified staff members are directly responsible for all students under their supervision in the classroom, and also at any school sponsored activity. When severe weather strikes with little or no warning, staff members directly in charge of activities must determine in their best judgment, what action or actions will be in the best interest concerning the safety of their student athletes.

At away events, when severe weather becomes a concern, coaches or sponsors, along with the bus drivers, will determine the best course of action to take, keeping in mind the overall safety of each individual.

Coaches and sponsors should make every effort to keep school officials informed of any changes or deviations from the normal routine of events if weather dictates to do so

CONDUCT AT SPORTING EVENTS/TRAVEL TO AND FROM SPORTING EVENTS

Each athlete and/or student in attendance of an activity/athletic event shall conduct herself/himself in a manner, which exemplifies good sportsmanship and conduct. Any individual who discredits the Wahoo School System will be viewed as breaking school rules, and thus will be disciplined by the administration accordingly.

All members of the Wahoo Track program will be supportive of other team members at all times. Event groups could be assigned to support other team members during track meets. There will be event groups assigned on pre-meet days that will be in charge of camp set up, camp take down, and camp clean up at the end of each track meet.

*"If you don't invest very much, then defeat doesn't hurt very much
and winning is not very exciting!"*

STUDENT ACTIVITY TICKETS

A student activity ticket is available for each school term. All students that will participate in activities must purchase this activity ticket. This ticket will entitle a student to attend school-sponsored activities such as athletic events, class plays, and musical performances. It does not include conference tournament or invitational. If students qualify for free and reduced lunches, they may apply for the student fee waiver. This form may be found at any principal's office. Tickets should be purchased on or before the first home activity.

TRANSPORTATION

The school district will provide transportation to all contests and activities. **Team members will travel to and from contests as a unit.** However, a student may be allowed to ride home with his/her parent or guardian if proper procedures for doing so are followed. Parents or guardians must communicate this to the designated coach on the day of the scheduled event. School policy states that a student must travel with a parent or guardian only.

If a student is not returning home with the team via school transportation, he/she should follow these guidelines.

1. Inform coach on the day of the scheduled contest. **The parent/guardian must sign-out their student on sign-out sheet provided by the School District.**
2. Parent/guardian must pick up the student **personally**. Students can only be released to their parent or guardian.

BUILDING USE

No one is allowed to be in the buildings without a coach or faculty sponsor.

All coaches are required to provide proper supervision after the conclusion of each practice and games. Coaches will be the last ones out of the building.

USE OF THE FITNESS CENTER

Any student may have access to the school's Fitness Center provided they follow expected rules and guidelines that are established for this area.

All weight lifting equipment is the property of Wahoo Public Schools. Equipment must be kept in a designated area and the following rules must be abided by and observed:

1. Do not use equipment without qualified supervision.
2. Before using any equipment, inspect it for loose, frayed or worn parts.
3. Make sure that spotters are used when necessary.
4. All middle school students will be instructed on proper weight room and lifting procedures.
5. Report all injuries to the supervisor immediately.
6. Safety is our main concern. Actions that threaten that safety will not be tolerated.

"Do not let what you cannot do interfere with what you can do!"

INJURIES

All injuries should be reported to the Head Coach immediately. As a general rule, ice should be applied to the injured area for the first 72 hours. The injured area should also be elevated and a cold wrap applied. Injuries are a natural part of athletic participation. The Wahoo Public coaching staff will ensure that proper techniques and responsibilities are utilized regarding practice and contest situations. Also, we have an Athletic Trainer on staff that will be available for any injury that might occur. **Any injured athlete will need to be assessed by the Wahoo High School Athletic Trainer.** Also, a coach and/or parent may request this consultation.

*One of the main learning requirements of an athlete is to recognize the difference between "soreness" and "muscle pain", associated with athletics, and "injuries". During athletic competition, it is normal for an athlete to experience "soreness" and "muscle pains" when beginning a new activity, due to the use of muscle groups that may not have been utilized during the previous sports season. **All athletes will be expected to practice** with this "soreness" or "muscle pain", which will subside after several days, as the body becomes acclimated to the rigors of the sport. If the level of pain is too intense for the athlete to bear, then the athlete needs to seek immediate treatment/diagnosis from a doctor. The athlete will NOT be able to return to practice until a DOCTOR'S NOTE clearing the athlete is given to the head coach. All athletes that are considered "injured", must still attend practice to be considered in "good standing" with the program. No playing spots are guaranteed, and must be earned back once the player returns from being injured!*

EQUIPMENT AND LOCKS

The athletic department will furnish equipment and locks needed for each program. It will not furnish shoes or any other equipment of a personal nature. All equipment checked out to a participant is their sole responsibility. Upon completion of the season, all equipment will be checked into the Head Coach. If there is an item missing, it must be paid for by the athlete. Report cards may also be held until such an item is returned or paid for. Athletes are continually reminded to always lock their lockers.

All Track athletes will wear a school issued sweats and travel gear. The competitors must wear this equipment and clothing that has been issued to the athlete on the day of the track meet.

- These warm-ups are part of your uniform and must be worn at all meets, pre- and post- competition. Athletes will need to have their team issued/approved sweats and uniform on upon boarding the bus for departure.
- All athletes participating on a relay event will wear the same color under garment to be determined (Black).

PRE-SEASON REQUIREMENTS

All athletes must meet the following requirements before they begin practice:

1. Return a completed physical form to the head coach or school secretary.
2. Return completed parental permission form to the head coach.

"Goals are dreams with deadlines."

STARTING TIME/ATTENDENCE FOR PRACTICE

The individual coach and activities director will designate all starting times of practices. All athletes are expected to be on the field or track at the time set by the coach. Under normal conditions, all athletes will be required to report to practice dressed. *If a student is to be late to practice, they will need bring a teacher's note excusing them and they will need to make up the time they missed, as well.*

All athletes will report to the Gym or any other designated stretching area at 3:50 PM for warm-up/stretch and announcements.

The individual coach will also determine practice-ending times. These times will be communicated to the participants and parents. Parents are expected to pick their child up promptly at the conclusion of practice and/or upon the designated home arrival time of away contests.

ACTIVITY ATTENDANCE

A team member is not allowed to participate if he or she was not in attendance of school for at least four periods of a school day. A school-sponsored activity is the exception, as are doctor and dental appointments, along with other reasons approved by the administration. If an athlete is unable to attend, he/she is encouraged contact the coach before practice begins. Each coach may have specific attendance requirements, which will be given to the participant prior to the season.

All students who participate in any school activity must be in regular half-day (at least 4 periods) attendance the day the activity is scheduled. This applies to practice sessions as well as games, meets, band and vocal concerts, class activities, etc. An exception may be made if a student shows verification of having a doctor's appointment or has permission in advance from the administration for an absence.

Please contact the Head Coach and visit with them regarding outside participation BEFORE signing up to practice/play in any groups outside the Wahoo Public Schools.

PHYSICALS AND PARENT CONSENT/PRE-PRACTICE REQUIREMENTS

Every athlete must have a physical and parent consent form on file. Additionally, students must have attended a meeting explaining rules and providing information pertaining to the inherent risks of participating in athletics before beginning practice for a sport. If an athlete fails to attend such a meeting, they are required to meet individually with the coach to discuss missed information. It is important that all signatures required on the forms are met. An athlete cannot suit up for practice without having a complete physical and parental consent form on file with the administrative office.

CUMULATIVE DISCIPLINARY PROCEDURE

Students who repeatedly break school rules earn increased consequences. The administration, coaches, and staff of Wahoo High School want for the sports program to be a positive learning experience for all students who choose to participate. Students who represent their school in a sport must learn the rules of behavior and sportsmanship, which make them successful in school, sports, and life. Therefore, any student participating on one of Wahoo High School sports teams will follow school rules and procedures outlined in the Wahoo High School Handbook.

PLAYERS AS ROLE-MODELS

Student athletes must serve as positive role models to the younger generations of Wahoo athletes. The conduct of all athletes associated with Wahoo Track, on and off the track, must be exemplary. We expect our student athletes to act with class and dignity, on the track and within the community in a manner which makes them “positive” role models for younger generations.

Classroom Behavior

All Wahoo Track athletes will be respectful, courteous, and polite to all school staff. If any administrator or staff member informs the Wahoo Track coaching staff that a player was being “discourteous”, they will:

- Write a written apology to the staff member in question AND apologize verbally, as well. The player will NOT be allowed to participate in any practice or contests until this step has occurred. This is IN ADDITION to any consequences listed in the cumulative disciplinary procedures listed above.*

GENERAL TRAINING AND PARTICIPATION RULES FOR ALL ACTIVITIES

Naturally, some situations may arise which require decisions at the discretion of the coach and administration. There are certain attitudes and practices, which directly affect the performance of an athlete and the team as a whole. Therefore, any violations of training, eligibility, and participation rules will apply to all sports and activities during the season of the sport.

All Code of Conduct issues will be handled in accordance to the Wahoo High School Handbook.

LETTERING

A Wahoo Track athlete will earn a varsity letter by reaching the following criteria:

1. Be in good standing, both academically and athletically, with the team.
2. Personal Best will be recorded throughout the season, with the emphasis on daily self-improvement. Our goal for each athlete is to attain 10 Target Times/Positions during the season. An athlete will earn 2 lettering points for each Target Times/Position attained during track meets.
3. Earn 20 pts in track competitions during the season:
 - * Each point earned in an INDIVIDUAL event at a varsity track meet will count towards the 20 pts.
 - * Each point earned in a RELAY event at a varsity track meet will count toward $\frac{1}{4}$ of the points earned by the team.
 - * Each point earned in an INDIVIDUAL event at a JV track meet will count for $\frac{1}{2}$ of a point towards lettering, as well. The same $\frac{1}{4}$ rule will apply for any points earned by a JV RELAY team, as well.
4. Conference, District, or State Championship Teams
 - * All athletes that COMPETE on a conference, district, or state championship team will earn a varsity letter for that season.
5. Letters MAY be given out by the Wahoo Track coaching staff to individuals who were injured but continued to support their team throughout the season, as well.
6. Letters may be revoked at the Head Coaches' discretion due to any code of conduct violations during the current track season.

"Without goals, and plans to reach them, you are like a ship that has set sail with no destination."