

TRAINING AND COMPETITION EXPECTATIONS



All athletes must follow the **Shawano Community High School Athletic Code of Conduct**. The following expectations are specific to Track & Field. Anyone participating in Track commits to attending all practices and meets and meeting all expectations.

VARSITY CRITERIA, CUTS, MEET EVENT SELECTION

No athlete will be cut from the Track and Field team. Coaches select the specific events each athlete will compete in during **Team Meets**, declared on schedule. **Individual Meets**, are meets that the athlete can suggest to the Head Coach, events they want to participate in. Individual requests **Must** be in to the Head Coach by the Saturday before the Meet. Order will be determined by event seed of team individuals. The Head Coach selects the final meet roster.

TEAM CONCEPT - INDIVIDUAL

Teamwork is a cornerstone of Hawks Track. From the start of the season through the completion of the season, we expect all track members to work as a team and work toward the common goal of winning meets. Some athletes will be asked to be entered in some events that they do not necessarily wish to compete. We expect athletes to give their full effort in all of the events they are entered. The athlete will have the ability to choose their events on Individual Meet days, because track is both a Team/Individual Sport.

MEET ATTENDANCE

All athletes are expected to be at the meets. If an athlete is not competing at a meet, they will be expected to attend practice when practice is scheduled. Attendance at all home meets is a requirement for everyone, whether or not they are competing. Athletes must compete in the events assigned to them. Athletes who take themselves out of an event (scratch) without the prior approval of a coach will not compete in the following meet. An athlete who repeatedly scratches him/herself from events will result in disqualification for a varsity letter and may be dismissed from the team.

Middle School Track Meets

***SCHS track athletes serve as meet workers for the middle school home meets. **All track athletes are required to work**. If there is a conflict with a high school meet, all athletes not competing will work the middle school meet. If an athlete is scheduled to work a Middle School or home meet, doesn't show or leaves early, they will forfeit the opportunity to be in their next meet.

TRANSPORTATION FOR MEETS

An athlete must ride the team bus to and from all meets. However, athletes may return home with their parents at the conclusion of the meet and as long as he/she completes the proper form and gives it to the head coach **before** the bus leaves for the meet. Athletes must stay for the entire meet. Athletes must check out with the head coach before leaving. The forms are available in the high school office. Occasionally, there is a special need for an athlete to leave a meet early. Any athlete requesting to leave prior to the end of the meet must have their parent give a **written request** to the head coach prior to the bus leaving for the meet. This request **must** include the reason for early release and the time of departure requested. Only reasonable requests will be granted. Athletes not competing in meets for disciplinary reasons must ride the bus both to and from the meet.

Generally, we do not stop after meets to eat. There are concession stands at each meet, and you are encouraged to eat a healthful mid-day meal, as well as bring along healthful snacks if you so desire.

TRANSPORTATION DURING PRACTICE

Athletes may not drive themselves nor receive rides to the track for after school practices. Anyone caught driving will not compete in the next meet. Running to the track is part of the warm-up routine. Any athletes practicing at the track are expected to report to the track in a prompt manner. Athletes reporting late to the track will be asked to run extra. Habitually late athletes will result in infractions and possible dismissal from the team.

ATTENDANCE

Attendance is required and the following policies strictly adhered to. Before an athlete participates in Track and Field, he/she must turn in the Shawano Community High School Permit to Practice and Emergency Medical Information with the athletes cell number on the back.. Athletes must attend all practices and must attend each practice from start to finish. **Practice begins at promptly at 3:00 p.m. in the gym or designated area. Expect all practices to last until 5:30 p.m** (except for some occasional scheduling conflicts.). **Occasionally we will go beyond 5:30.** The coaches reserve the right to hold athletes until 6:00 pm. Athletes are not finished with practice until excused by a coach. Athletes may leave early *only when excused by a coach*, and after all of the athlete's practice activities are completed for the day. Athletes arriving late must first report to Head Coach, or he/she will be considered as an unexcused absent for the day.

MISSED PRACTICES

We follow the district policy for missed practices. All missed practices are considered either absent or unexcused. Keep in mind that when athletes miss a practice, they miss critical training which directly affects their performance. Please schedule all non-school related appointments and commitments outside of the scheduled practice times.

1. Absences for funerals and illnesses are excused as well as most school-related activities. All absences require a signed excuse from a parent or teacher. Absences without a signature are unexcused. (There are some exceptions that will be considered. Arrangements must be made with Coach Hanssen for extenuating situations, i.e., family vacation or medical doctor's appointment, prior to missing a practice.)
2. **Before** missing a practice, the athlete must to talk directly to Coach Hanssen. Failure to do so will result in being considered unexcused and result in an infraction.
 - a. Athletes who are sick for the day must contact **Coach Hanssen by noon of the same day** they are ill. Leaving an email by noon is acceptable.
 - b. Athletes with pre-arranged commitments must **contact Coach Hanssen at least a day before practice** to be missed and **at least one week before a missed meet**. All meets have entry deadlines that must be submitted before the meets. This gives coaches time to make adjustments before submitting entries for meets. Athletes who miss a meet for which they are entered will result in withholding from competition in successive meets.
3. If an athlete needs to see a teacher after school, he/she must bring a note to practice from that teacher. Athletes that are substantially late or are repeatedly late will result in infractions and possible dismissal from the team.
4. If an athlete leaves practice before he/she is excused or is asked to leave because of disciplinary or safety concerns, he/she will not compete in the following meet. These are unexcused absences and the athlete will result in an infraction.
5. Athletes with an unexcused absence the day before a meet will not compete in the meet the following day, unless arrangements have been pre-approved by the head coach. Athletes participating in an unapproved, organized day of absence will be considered unexcused and will not compete in the following meet.
6. **Upon returning to practice and/or a meet, athletes must provide the Head Coach with a written excuse describing the date(s) missed, the reason for the absence, and a parent signature.**

CONDUCT

All Track athletes are expected to conduct themselves as ladies and gentlemen at all times. As a member of the track team athletes represent themselves, the school, and the community. Showing good sportsmanship, being gracious and respectful, go a long way. In addition, remember, you are a student first and an athlete second. Appropriate school behavior is mandatory. Poor behavior will result in an infraction and possible dismissal from the team.

INJURIES

Injured athletes should visit appropriate medical personnel for treatment. Athletes need to take an active part in their injury rehabilitation. *All injured athletes must check in with the Head Coach pertaining to practices and meets.* We exercise caution when dealing with all athletes' injuries. As a general rule, athletes who have injuries that prevent them from practicing will not compete in meets. However, special considerations will be given in consultation with medical personnel.

DONATING BLOOD DURING SEASON

Although donating blood is a commendable action, doing so before practice or before meets will seriously jeopardize performance and poses a serious health risk during strenuous physical activity. Athletes who give blood will not be able to participate in practice the same day they give. Additionally, the athlete might not be able to compete in the following meet. Please see the Head Coach prior to giving blood.

CELLPHONE/SMARTPHONE/ELECTRONIC COMMUNICATION DEVICES

Use of Cell phones, Smart phones, and other electronic communication devices are severely limited during practice and meets. If device use becomes a distraction, it may be confiscated and an athlete may be required to submit it to the coach. Repeated problems will result in dismissal from the team.

CLOTHING REQUIREMENTS

Athletes are expected to have proper equipment and be wearing the proper clothes and uniform for all practices and meets. Athletes must be properly attired at all times in practice and at meets Follow school rules.

Meet Uniforms

Athletes participating in meets must wear the school's official Track and Field uniform and warm-ups.

Undergarments

WIAA has specific rules regarding dress during competition. Not following these rules during competition will lead to disqualification. Any visible undergarments must be a solid color with no more than one visible manufacturer's logo that is no more than 2 1/4 inch by 2 1/4 inch. Spandex may be worn under shorts with no visible logos. (FYI-many Under Armour garments have two visible logos which render them illegal.)

ALL UNDERGARMENTS WORN DURING COMPETITION FOR SHAWANO ATHLETES MUST BE SOLID BLACK WITH NO MORE THAN ONE VISIBLE MANUFACTURERS' LOGO THAT IS NO MORE THAN 2 1/4 INCHES BY 2 1/4 INCHES.

SHOES

Required Shoes

All athletes need to have one pair of shoes for practice and training purposes.

Care of Uniforms, Warm-ups, and equipment

All issued materials must be returned in good condition during the Mandatory Practice after the Regional meet. The athlete is responsible pay for all costs to mend, repair, or replace all damaged and missing uniforms, warm-ups, equipment, and all materials issued to them. Upon return, all items will be inspected and the athlete will be billed for missing items and for all items needing repair due neglect or improper care. In addition, the athlete's Varsity letter will be withheld until full payment is made for the cost of repair or replacement.

SHAWANO TRACK AND FIELD INFRACTION PROGRAM

Our coaching staff will use a 3 strike infraction system to maintain the integrity and commitment of our athletes toward a successful track and field program.

INFRACTIONS

Infractions include, but are not limited to, the following actions:

- Leaving practice or meet early unless required school event.
- Repeatedly arriving to practice late unless at required school event or tutoring from teacher (includes reporting late to the track during practice.)
- Inappropriate school behavior (skipping, cheating, acting up, etc.) resulting in a Detention, BIC, or In-school suspension, Out of school suspension.
- Not properly equipped/dressed/etc. for practice or meet.
- Scratching self from event without prior approval of a Coach.
- Insubordination to coach. (Not following requests, backtalk, disrespect, lying, negative remarks or negative attitude towards others, complaints about meet entries, pouting, whining, etc., phone use.)
- Meet misconduct (unsportsmanlike towards opponent, fan, coach or official, or missing meets)
- Being asked by a coach to leave practice or meet due to behavior. (Immediate one meet suspension.)
- Athletic violation
- Severe misconduct (fighting, swearing, arguing, etc.)
- Not self-reporting misconduct.

CONSEQUENCES FOR ATHLETE

First infraction.

- Verbal warning.
- Asked to immediately leave practice or meet.
- Apology to team,
- One meet suspension (stay back and practice or no practice).
- Possibly ineligible for team awards.

Second infraction.

- -Asked to immediately leave practice or meet.
- Apology to team,
- Two meet suspension, (no travel, no practice until suspension served.)
- Ineligible for team awards.

Third infraction.

Dismissed from team.

Special Notes for Infraction Program.

1. Final decisions, severity of consequences, are determined by coaches. The Head Coach has the final decision.
2. Athletes need to pay attention to the importance of honesty and self reporting.
3. If you have questions, ask the Head Coach immediately, not after the fact!
4. Some infractions may require an immediate meet suspension or dismissal from the team.
5. Immediate suspensions from meet(s) and length of suspensions to be determined by Coach.

Requirements for a Varsity Letter

A. All Athletes

A Track and Field Athlete may qualify for a Varsity letter following these guidelines:

1. The athlete received the recommendation of coaches.
2. The athlete has not received an Activities Code suspension for the current school year.
3. At the completion of the season, the Athlete has returned in all equipment or has paid comparable costs to replace missing or damaged equipment or clothing.

4. The athlete has followed all Track and Field's expectations for training and competition including the district's Athletic Code.
5. The athlete has completed the season in good standing.
6. The athlete attended and contributed to practices and meets.
7. The athlete acquired the recommended number of points as determined by the coaches.

B. Four Year and Three Year Athletes

Any athlete who has completed three-four years of track in good standing may earn a letter.

2. The athlete has shown improvement in performance during the season.
3. The athlete has declared track as their primary sport for all seasons.

C. Injured Athletes

An injured athlete can qualified for a letter if the following conditions are met:

1. The injury was of the type that did not permit the athlete to return to track competition.
2. The athlete contributed and attended practices and meets.
3. The athlete has followed all Track and Field's expectations for training and competition including the district's Athletic Code.
4. It is the opinion of the Track Coaches that the athlete would have earned a letter had he/she not been injured.
5. An injured athlete who returned to competition but did not meet the point requirements will be given consideration.
6. Special consideration will be given to previous letter winners.

D. Additional Ways to Letter

1. An athlete that has placed **eighth** or better Individually or **fourth** place or better with a Relay at Regionals, Conference, and **third** place or better at Conference Relays meets will automatically earn a letter, provided the athlete has met the requirements listed above, even if they did not earn the required points.
2. An Athlete who sets a school record during the course of competition will automatically earn a letter, provided the athlete has met the requirements listed above, even if they did not earn the required points.

E. Managers

Managers will earn a letter by meeting the following guidelines.

1. A manager is eligible for a letter after completing two seasons in good standing as either a track athlete or a manager or after the first year for exemplar performance as determined by the coaches.
2. Attended all practices and meets as assigned.
3. Fulfilled all duties assigned.
4. Received coaches' recommendations.

Letter Points

An athlete must significantly contribute to the team score during meets. It is for this reason athletes must earn a set minimum number of points in varsity competition during the season.

10 points for the season excluding Conference, Conference Relays, Regionals.

QUALIFYING PERFORMANCE for LETTER

| Boys Events | Performance Goal | Girls Events | Performance Goal |
|----------------|---------------------|-----------------|---------------------|
| 110 m Hurdles | 20.0 | 100 m Hurdles | 20.0 |
| 100 m Dash | 12.2 | 100 m Dash | 14.0 |
| 1600 m Run | 5:10 | 1600 m Run | 6:20 |
| 400 m Run | 57.0 | 400 m Run | 1:07 |
| 300 m Hurdles | 47.0 | 300 m Hurdles | 57.0 |
| 800 m Run | 2:15.0 | 800 m Run | 2:45.0 |
| 200 m Dash | 25.0 | 200 m Dash | 29.0 |
| 3200 m Run | 11:20 | 3200 m Run | 14:00 |
| Discus | 120' | Discus | 87' |
| Shot Put | 39' | Shot Put | 30' |
| High Jump | 5' 6" | High Jump | 4' 6" |
| Long Jump | 18' | Long Jump | 14' |
| Triple Jump | 36' | Triple Jump | 30' |
| Pole Vault | 10' | Pole Vault | 7' 6" |

HURT or INJURED

Hurt: The training of track is a progression. The amount of work the athletes are required to do will increase throughout the season to a Peak, the week before Regionals. In all sporting activities, the athlete will be practicing and competing with slight strains and sprains. There will be times when the workload is increased that the athlete may feel hurt, but needs to work through it. If an athlete feels so hurt that they cannot finish the training practice, then they cannot participate in the Technique section of practice either.

Injured: something anatomically causes pain and decrease in performance. In this situation, the athlete needs to communicate to the coach and the coach sends the athlete to the athletic trainer. The athlete will be eligible for a meet when cleared by the trainer and able to finish the practices.

Ice/Cold is your Friend: it reduces pain, swelling, secondary hypoxia. Cold increases ROM. Go for the cold when sore, not for the pill, ibuprofen.

POOL

Wear suits that follow the School Rules. If wanted, wear a t-shirt. Activities will be running in the water, jumping up and down, jumping into the water, specific things for technique.

PARENTS:

Cheer/support your son/daughter. Support the team.

Make sure they are getting the proper sleep, diet, and therapy.

Come and watch. Not Coach. Athletes do not need mixed messages and made to choose between their Parents and Coach.

If Parents want to work for a track meet, please contact Mr. Hanssen.

If Parents want to help out in the Concession Stand, please contact Mr. Hanssen.

ATHLETE ISSUES, CONCERNS, AND COMPLAINTS

Athletes who have questions should *first seek out and talk directly with the Head Coach* about their specific concerns. The Coach will not talk with parents or others about the issues unless this is done.

*****Rules may be adjusted during the season. Notification will be done online.**

Dave Hanssen

Boys and Girls Track & Field Head Coach

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