**Topeka West Track & Field**

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**2016**

**Topeka West Track and Field 2016**

**Practice**

Practice is mandatory, meets are a privilege. **Practice starts at 3:20 pm sharp! Being late to practice is NOT an option!** **Unexcused absences** **from practice will result in the following consequences**: **First time and second time respectively will result in having to sit out the next meet. Third unexcused absence will result in dismissal from the team.**

**Meets**

Your head coach and event coach will determine which meets you will participate in. All athletes will have the opportunity to compete in a least two varsity meets.

**Team Expectations: Failing to meet the following 5 requirements at any time during the season can and will affect your position on the track team.**

1. Every athlete is expected to give 100% effort at practice and in meets.
2. Maintain a positive attitude at practice and in meets.
3. Conduct yourself appropriately at all times, especially at practice, in meets, and in the classroom. You are a reflection of the team and this school, be respectful and be responsible.
4. Follow team practice requirements daily (i.e. warm-up, drills, stretching, core, workout and cool-down).
5. Make a full season commitment to the Track Team.

**You must meet one of these criteria to letter!**

1. Score ten (10) varsity points
2. Complete 3 full years of participation.
3. Score in the league or regional meet. If we win league or regional, all members of that meet’s team letter.

**Team Rules**

1. **Practice starts at 3:20 daily.** All athletes are to meet on the track at 3:20 and be ready for your warm-up laps. Being late to the start of practice will result in consequences at practice and possible missing of meets determined by event coach and head coach. During inclement weather we will meet in a gym.
2. **Communication** is very important when it comes to injuries and missing practices. **See unexcused absence policy at the top. Excessive excused absences from practice can also affect your position on the team. Athletes need to directly communicate with a coach when missing a practice. Relaying your absence through another athlete to the coach is NOT acceptable! Coaches will decide if an absence is excused. NOTE: DETENTIONS ARE UNEXCUSED ABSENCES!**
3. **Academic responsibilities should be taken care of before school or after practice. Going to the Extended Learning Center is NOT an excused absence. The ELC is open before school at 7 am, after practice until 7pm Monday through Thursday.**
4. **Grades: Grades and behavior in classes will be checked. If you are failing or struggling in a class or classes, you may be held out of a meet until you get that class(es) back on track. You cannot be excused from a failing class to leave for a track meet.**
5. **Relays: Any athlete wanting to be considered for a relay position must consistently remain off the weekly Academic Ineligible list. The Team comes before the individual. Strive for excellence inside and outside the classroom.**
6. You must provide your own practice gear and practice warm-ups. Don’t wear meet uniform warm-ups or suit for practice. You must wear a shirt at all times during practices and at meets.
7. Be aware of what you post on social media. Inappropriate postings can affect your position on the track team.
8. No drugs, smoking or alcohol allowed. **There is a minimum 15 day suspension for such activity and possible removal from the team.**
9. **Treat all coaches and meet officials with respect at all times.**
10. No cussing, unruly behavior or loud music at practice or at a meet. You may be sent home and if it is at a meet you will forfeit all medals won at that meet.
11. No loud music allowed on the bus. If you misbehave on the bus or at the meet, you **will not** be going to the next meet and you may be dismissed from the team.
12. **Athletes are expected to wear Topeka West issued track warm-ups and uniforms on the bus and at the meets. Violation of this policy will result in missing the next meet. Non Topeka West attire should not cover up school issued uniforms and warm-ups.**
13. **Remember you are representing Topeka West High School, your Parents and Yourself, make everyone proud to be a Charger!**
14. **Meets: Everyone is to remain at the meet site until the meet is complete or you have been released to your parent(s) by a coach upon completion of your event(s).**
15. **Remember pain is temporary. PRIDE IS FOREVER!**

**Text Alerts: Get text alerts on Topeka West Track. Text: @topekaw to 81010 or if you can’t text send an email to** [**https://www.remindcom/join/topekaw**](https://www.remindcom/join/topekaw)

**Topeka West Track Website:** [**http://www.TopekaWestTrack.weebly.com**](http://www.TopekaWestTrack.weebly.com)

**Track Coaches:**

**Coach Palmer --- Head Boys Coach. Coaches distance runners and hurdles.**

**Contact Info: School: 438-4113 Cell: 554-9034**

**Email:** **dpalmer@tps501.org**

**Coach Schnacker --- Head Girls Coach. Coaches high jump, pole vault, and assists with relays.**

**Contact Info: School: 438-4122 Cell: 554-5135**

 **Email:** **tschnacker@tps501.org**

**Coach Perry --- Coaches long jump, triple jump and assists with sprints and relays.**

**Coach Svaty --- Coaches discus.**

**Coach Jorgensen --- Coaches javelin.**

**Coach McDaniels --- Coaches shot put.**

**Coach Nichols --- Coaches sprints and relays.**

**Coach Mulford --- Coaches sprints and relays.**

**Topeka West Track and Field Schedule 2016**

**Thu 03/24/16 Mid-Winter Relays V/JV Home 3:30 pm**

**Wed 03/30/16 Shawnee Heights JV Inv JV Away 3:30 pm**

**Fri 04/01/16 Blue Valley West Spring Classic V Away 3:30 pm**

**Tues 04/05/16 Emporia JV Invitational JV Away 3:45 pm**

**Fri 04/08/16 Olathe East Invite V Away 3:30 pm**

**Wed 04/13/16 Shawnee Heights JV Inv JV Away 3:30 pm**

**Fri 04/15/16 Free State Barrier Breakers V Away 3:30 pm**

**Wed 04/20/16 Lawrence High “Little KU” V/JV Away 3:30 pm**

**Fri 04/22/16 KU Relays V Away**

**Sat 04/23/16 KU Relays V Away**

**Wed 04/27/16 Topeka High JV Inv JV Away 3:30 pm**

**Fri 04/29/16 Seaman Relays V Away 3:00 pm**

**Wed 05/04/16 Washburn Rural JV JV Away 3:30 pm**

**Fri 05/06/16 Joe Schrag City Invitational V Home 3:00 pm**

**Thu 05/12/16 Centennial League Meet @ Man V Away 3:30 pm**

**Fri 05/20/16 Regionals V Away TBD**

**Fri 05/27/16 State-Wichita V Away**

**Sat 05/28/16 State-Wichita V Away**