

## **Wredling Track and Field 2024**

**Track season will start on Monday, March 18, 2024 at 3:50 in the gym. All athletes must have the following:**

1. Every athlete at Wredling must Pay a **\$120 activity fee per sport. You can pay the fee via pushcoin or send a check to the school office.**
2. A current physical form on file in the AD's office.
3. Agreement to participate in interscholastic athletics/pink concussion form on file.

**If you have been in any other sports previously this year requirements 2, and 3 should have been met, but please check to be sure.**

### **PRACTICES:**

Practices will be held **Monday-Friday from 3:50-5:30 unless otherwise noted in the practice calendar.** You are expected to attend all scheduled practices and participate in all scheduled workouts the coaches have designed. Depending upon the weather practice could be held inside or out. Always be prepared to go outside. **In the event of a meet cancellation due to weather, there will still be practice.** Missed practices **must** be excused in advance with a parent or doctor's note. **Three unexcused absences will result in your removal from the team.**

### **EVENTS:**

There are a number of events in which everyone can participate. We will test all 7th and 8th grade students to determine which events best fit your particular skills. If you have any questions please see your attendance coach. Ultimately **the coaches will put you in the events that best fit you and the team!**

### **MEETS:**

Every athlete will be participating in at least one (hopefully two) events in all dual/triangular meets. If you know you cannot make a scheduled meet, you need to **inform your attendance coach in writing at least 24 hours before the meet** so we can make adjustments.

### **BEHAVIOR:**

The track team is very large. We average between 150 and 200 students each year. If athletes **cannot** display consistent respectful behavior to peers and coaches, they **will be** immediately **dismissed** from the team.

### **DRESS:**

During the track season we will experience all types of weather. Please be prepared with t-shirts, socks, shorts, sweats, and running shoes. Our team uniform is a t-shirt (**required**) and a pair of black running shorts. Online ordering of our uniform t-shirt and additional optional apparel is available at: <https://wredlingtrackandfield24.itemorder.com/>

**Meet and Practice Schedule:**

Please look over the practice calendar and meet schedule sent home with your students. We look forward to a great season with athletes that come prepared to run hard every day. Track involves a great deal of running. If you are currently not involved in a particular sport of some kind, it is strongly encouraged that you begin training **immediately** in order to be prepared for the upcoming season. Due to the shortness of the season it is important that you report on March 13th in shape and ready to compete to your fullest potential.

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I \_\_\_\_\_, have read the requirements and would love to come out for the track team.

**Wredling Track and Field Coaches**

Scott Nold (Head Coach)

Nathan Zentner

Andy McPeak

Kathy Goettel

Joanie Grieves

Zach Manibog

8th Girls attendance

7th Boys Attendance

8th Boys attendance

7th Girls attendance

7th Girls Attendance

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Student Signature

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Parent Signature