



Congratulations on becoming an important part of the 2018 Olathe West Track & Field team!

Coaches Information

Communication is a very important key to the success of any program. It may be necessary for you to get in touch with the head coach at some point during the season. Listed below are ways you can get in touch with Coach Bell if need be.

Coach Bell's cell phone: (913) 620-4949

Coach Bell's email address: dbell@olatheschools.org

Team Twitter: OWTracknField

Team Instagram: OWestTF

OW Track and Field Remind 101: Text @gd2e43 to 81010

Team Website: <https://www.olatheschools.org/Page/142>

Positive Attitude: You are here because of your desire to be a member of our track team. You should come to practice expecting to work hard and perform the workouts the coaches have determined. The better your attitude and the more effort you put into practice, the better the improvement in your performance. We will do our best to put some fun into our practices, but we will still need to work hard. We promise we will not work you too hard, but hard enough to help you perform your best.

Respect: Respect is to be shown to everyone and anyone you should come in contact with while a member of the team. This pertains to the coaches, trainers, and any parent helping with practice. It also, pertains to all meet officials and personnel during a meet. We also expect respect to be shown to all club members, by all team members, at all times. We will not tolerate taunting, fighting, etc.

PRACTICE PROCEDURES AND SCHEDULES

-All participants are expected to be **ON TIME** to **ALL** practice sessions.

-All practice workouts will begin promptly at **3:20 pm** each day unless a posted change is made. Check the posted schedule in the locker room EVERYDAY for announcements.

-FORMS- You will need to turn in your physical, concussion, substance abuse, and transportation forms to be a participant on the team.

-Each event coach will be primarily responsible for his or her athletes during practice. Athletes will be shared from time to time between coaches. All athletes will be in the weight room, and are expected to follow safety rules while lifting.

-Multiple Events- Most kids will be in one than one event. You will see coaches from EACH event everyday unless an arrangement is made with your coach.

-Sweats- YOU WILL BE EXPECTED TO WEAR SWEATS EVERYDAY FOR WARMUP and COOL DOWN! (Including Meets) IF NOT YOU WILL LUNGE. After warm-up, you can take your sweats off. This helps with injury prevention.

Unexcused Absence Practice Policy

Don't do it. With all the methods of communication available to you, you have no excuse to have an unexcused absence. If you do have an unexcused absence, Coach Bell and your position coach will decide your fate.

Varsity Meets- All varsity athletes will travel to meets on the bus. You will be able to leave with a parent: after your events have concluded, (this includes events that you are listed as an alternate) and if a coach sees them and tells the coach they are taking you home. We encourage you to stay and root on your teammates, but we realize that is not always possible due to busy schedules. If you cannot leave early, you will ride back to school on the bus. **Athletes will wear OW gear at track meets.**

JV Meets- Athletes are allowed to leave JV meets with their parents if the parent directly contacts the head coach or the coach in charge during the meet. You will participate in all scheduled events, not participating in an event will be treated like an unexcused absence. **Athletes will wear OW Gear at track meets.**

LETTERING POLICY

- 1) Participated in a minimum of 4 varsity meets
- 2) Set a new school record in a varsity meet.
- 3) Win a league championship medal in an event
- 4) Qualify for the Kansas State track meet in an event
- 5) 3 year participant in track and field

If one of the above standards is not met, the coaching staff can award letters based on positive contributions to the Olathe West Track and Field program.

Shoes

You will need to purchase a pair of running shoes for practice and, based on the event you participate in; you might also need a pair of spikes or specialty shoes to improve performance in your event. Old shoes can be a cause of injury, so if your shoes are worn out, you need to consider acquiring new ones. GARY GRIBBLES is a great local store that can help you with your specific needs.

Injury

General Expectations- Participant injuries may occur in the sport of track and field. The MOST effective way a participant can avoid injury is to be in the best possible shape and have the most flexibility they can. All OW track and field athletes are expected to use the stretching, flexibility and conditioning periods of practice to enhance and maintain their physical shape and flexibility.

Injuries- All participants are expected to notify their event coach FIRST. The Coaching staff will then notify the trainer of any injury. Participants are encouraged to see and contact the certified athletic trainer that works with OW and our track program before seeing other medical personnel for injury evaluation.

The level of the activities that an injured athlete will perform at practice will be determined by the athlete, trainer and coach. If an athlete is under the direct medical care and treatment by their own medical personnel, that athlete will be required to provide in writing either a clearance to participate or a restriction of participation from that medical person. An athlete will not be allowed to return to participate without a medical clearance or release.

ALL ATHLETES WHO ARE INJURED ARE EXPECTED TO ATTEND ALL PRACTICE SESSIONS AND COMPETITIONS THAT THEY ARE ASSIGNED TO.

Equipment Procedures

- Equipment checkout – any equipment that fits improperly must be taken care of immediately!
- During a trip, each athlete is responsible for his/her own equipment. This includes your track uniform, practice sweats, meet sweats, and duffle bag. Tape your name to it!
- Charges for lost or stolen equipment:
- Singlet Top \$35.00
- Meet Shorts \$30.00
- Practice Sweat Top \$40.00
- Practice Sweat Bottom \$30.00
- Meet Sweat Top \$60.00
- Meet Sweat Bottom \$60.00
- Duffle Bag/Backpack \$50.00