



**THROW A  
SHOE!**  
WOOSTER  
TRACK AND FIELD

**2017**

Coach Heywood

text or phone 843-2347

email: [ehaywood@charter.net](mailto:ehaywood@charter.net)

# 2017 WHS Track & Field

## Coaching Staff

- Head Coach: Coach Heywood (Distance)
- Assistant Head Coach: Coach Gardner (Hurdles)
- Assistant Coach: Coach Marsala (Sprints)
- Assistant Coach: Coach Anderson (Pole Vault)
- Assistant Coach: Coach Dastolfo (Jumps & Throws)
- Volunteer Coach: Coach Staffa (Pole Vault)
- Volunteer Coach: Coach Evans (Distance)
- Volunteer Coach: Coach Kean (Distance)
- Volunteer Coach: Coach Alex (Hurdles)
- Volunteer Coach: Coach Angel (Hurdles)
- Volunteer Coach: Coach Luong (Sprints)

# **12 Pre-Season Practices**

## **(1 Hour in length)**

- Beginning Monday, January 30 through Thursday, February 24, 2017.
- Mondays: 3:15 - 4:15
- Wednesdays: 2:30 - 3:30
- Thursdays: 3:15 - 4:15

# **Regular Season Practices**

## **(2 Hours in length)**

- Begins on Monday, February 27, 2016
- Monday, Tuesday, Thursday & Friday: 3:15 - 5:15
- Wednesday (early release days): 2:30 - 4:30

# **Regular Season Practice Schedule**

**1. TEAM PLANKS & ANNOUNCEMENTS (3 minutes)**

**2. TEAM DYNAMIC WARMUP (5 minutes)**

**3. TEAM RUNNER 360 (12 minutes)**

**4. TEAM 25' FORMATION LINEUP WARMUP (20 minutes)**

**5. BREAK INTO 1ST SESSION WORKOUTS (45 minutes)**

**Sprints**

**PV**

**Throws**

**Distance (\*Mon & Wed workouts off campus from 4:15 - 6:15)**

**6. BREAK INTO 2ND SESSION WORKOUTS (45 minutes)**

**Hurdles**

**Jumps**

**PV**

**Throws**

**Distance**

# **Steps to Complete in order to Participate in Track & Field (first 6 before you can compete in a meet)**

- [ ] 1. Athletic Clearance Packet completed & signed
- [ ] 2. Sports Physical
- [ ] 3. Pay \$75 Athletic Fees
- [ ] 4. Sign-up for WHS Track & Field Remind App
- [ ] 5. Have Parents sign-up for Remind App
- [ ] 6. Pay Spirit Pack fees
- [ ] 7. Fund raise \$150 (by Beer and Wine Taster Event in mid-April)

# 1. [ ] **Athletic Clearance Packet**

- This packet may be picked up in the main office. Ask for Mrs. Boldi. Or go online at woostercolts.com to download the packet. You & your parents need to read the entire packet and to sign all the forms as required. All contents of the packet **MUST** be turned in before you may begin regular season practices.
- If you participated in a fall or winter sport, all you have to do is go to the office and ask for transfer of athletic packet form. Completed it and turn into office.

## 2. [ ] **Sports Physical**

(usually costs between \$35-\$45)

- You can obtain a physical at several locations:
- Any Renown or St Mary's Urgent Care centers;
- Walmart Clinic (4855 Kietzke Ln, Reno); Walmart Clinic (5065 Pyramid Way, Spark);
- Reno HAWC Clinic (1055 S. Wells Ave, Reno);
- Your family physician.



# 3. [ ] Athletic Fee \$75

- You must pay the bookkeeper in the main office or online at [woostercolts.com](http://woostercolts.com).
- The \$75 fee breaks down as follows: \$35 for athletic transportation; \$25 student body fee (nonrefundable); \$5 for second impact (concussion) assessment; \$10 athletic training & supply fee.

# EXCEPTION

- \*If you have already done the first three of these for a fall or winter sport, then all you do is go to office and complete the Transfer Packet to have your Athletic Clearance paperwork transferred to Track & Field Team for the spring.
- You will still have to complete steps 4 - 6.

## **4. [ ] Sign up for Coach Heywood's Remind App Group for team members**

- All student-athletes must sign up for Coach Heywood's Remind App for members of the track team.
- To sign up: text the message @ak6ab3 to 775-636-9146.

## **5. [ ] Have your parents sign up for Coach Heywood's Remind Group for parents**

- All parents must sign up for Coach Heywood's Remind App for parent communications.
- To sign up, parents should text the message @6dgch to 775-636-9146

## 6. [ ] **Mandatory Fundraising**

As a team we have to go all out with our fund raising!

- In order for us to continue to build & maintain a quality program, it is important that we continue to have top of the line/safe equipment, coaches, team functions, awards and travel to high quality track meets. You & your parents are not the only ones fundraising as our coaches also put in many extra hours trying to generate thousands of dollars for the program.
- All student-athletes are required to fund raise at least but not limited to \$150 through 3 fundraising events over the season: Custom Shades; ICY-HOT Hydration bottles; and the Annual Beer & Wine Taster ticket sales (the value of item donations could count toward an athletes \$150 total).
- One option that is available with fundraising is to pay for the fundraising amount up front. In other words, if the athlete & the athlete's parents agree that they do not want to raise the money through our scheduled fundraising events, the \$150 can be paid upfront.
- If you are unable to pay for all or part of your Spirit Pack Uniform (\$135), you may put portions of the fundraiser sales towards the spirit Pack. You are still required to meet your \$150 fundraising obligation.
- If athletes are interested in fundraising a portion or all of their spirit pack, they can do that as well. Please see Coach Heywood for details. In addition, for every new recruit to the team that completes the season you receive a \$10 discount off your spirit pack uniform.
- Failure to fundraise will result in a dismissal from all track meets excluding Regionals, JV Championships, and the 3 conference meets.
- If athletes partially or do no fundraising, they will have to make up the rest through extra conditioning (See next Slide for more specific information).



# CUSTOM SHADES FUNDRAISER #1

- Our first fundraiser for the 2017 season will begin in January.
- Shades will be sold for \$10. Each pair you sell counts as \$5 towards your fundraiser obligations.
- Your sales sheet must have all your listed purchasers when turned in. You will then be given the number of shades listed on your sheet to give to your customers in exchange for their money.
- Money collected is to be turned into WHS Bookkeeper and you will be given a receipt to show Coach Heywood. Make sure to tell the bookkeeper that these funds you are turning in are for the Track & Field Shades Fundraiser. You are responsible for all the shades you take & must pay for any shortcomings.
- The 80s style (we only ordered 100) will have “Wooster” on one arm & “Colts” on the other arm.
- The Sports style (we ordered 300) will have no advertising on them.



# ICY-HOT HYDRATION

## BOTTLES FUNDRAISER #2

- Our second fundraiser, ICY-HOT Double-Wall Stainless Steel Water Bottles, begins in March.
- We will be selling the 18oz-Winter White Vacuum-Insulated Bottle @ \$20. Some will have the Wooster logo on them whereas others will be plain white bottles.
- Every bottle you sell counts as \$10 toward your fundraising obligations.
- Bottles will be distributed in sets of four. Once you sell them, you may request more sunglasses to sell.

# **BEER & WINE TASTER**

## **Fundraiser #3**

- Will be held in April (date to be determined).
- Each ticket you sell counts \$10 towards your fundraising obligation.
- The face value of any item you get donated to this event will count toward your fundraising obligation.



# **WOOSTER HIGH SCHOOL**

## **Track & Field Advertising Sponsorship**

(4th fundraising option)

- WHS sells new business advertising along our fence that runs near Plum Lane.
- A business can advertise by buying one 4'x6' sign: \$1000 (with a biannual renewal of \$500).
- A second option is to buy one 4' x 6' sign: \$750 (with an annual renewal of \$250).
- If you solicit either one of these advertisement deals, you do not have to pay for your spirit pack or do any other fundraising for the rest of your track & field career at WHS!

# Consequences for not Fundraising

- Amount raised \$150 & plus: No Conditioning Required
- \$100 - \$149: 5 x 500s
- \$50 - \$99: 5 x 500s, 30 Burpies; Up Back UCLA
- \$1 - \$49: 5 x 500s; 30 Burpies; Up Back UCLA; 4 x 50 Bear Crawls
- \*The date to do these workouts will be some time in April, shortly after the last fundraiser (Beer & Wine Taster) is completed.

# SPIRIT PACK/UNIFORMS

- In your first season of track & field at WHS with Coach Heywood, you are required to purchase a Spirit Pack Uniform (\$135) that you will be able to use for the remainder of your high school career (unless you lose pieces of the uniform, or need to change sizes due to weight/height changes).
- The uniform is of high quality, consisting of a singlet, shorts (or field shorts), 1/2 zip warm-up top and warm-up pants.
- After your first season with Coach Heywood, you'll only be required to pay a transportation and entry fee in the amount of \$50 each year. You still will have to pay a yearly \$35 transportation fee as part of your \$75 athletic clearance package.

# **SPIKE NIGHT @ Reno Running Company (RRC)**

- RRC conducts a Spike and Running Shoe Night (date to be announced) for our team where you can purchase shoes & other gear at 15% off retail.
- You may also go into the store at another time & receive a 10% discount by informing the RRC staff that you run track at WHS.
- The staff at RRC will have you run on a treadmill for about a minute to analyze your gait/foot strike & then recommend certain brands and models based on their analysis. This helps to make sure you are training in an appropriate running shoe that means your individual needs.

# **Students with 8th Period Class, Orchestra/Band/Club Soccer, or other extra-curricular activities . . .**

- May still participate in track.
- Student-athletes with 8th period class, need only to report each day to practice immediately after class.
- Student-athletes in orchestra/band/club soccer/and other extra-curricular activities, may still participate by attending a minimum of 3 practices per week to be eligible to compete in meets on Saturday.

# TEAM GUIDELINE

## Academic Eligibility

- Your grades and conduct in school reflect on our team. We want you to take advantage of the opportunity we are giving to you to become the best student and the best athlete you can be. If you are having any problems in any classes, let us know immediately and we will try to get you some help.
- To be academically eligible to compete in track & field, you must meet WHS's & WCSD's minimum standards for participation.
- Maintain both passing grades & a 2.0 GPA.
- Maintain a passing academic grade in all courses during the entire track & field season.
- Progress checks are done a minimum of every three weeks.
- After being notified of an "F" grade, you have one week to raise your grade. Failure to do so, results in ineligibility status & cannot compete in any meets/competitions until the "F" is removed.

# TEAM GUIDELINE

## Practice Attendance Policy

- Be at practice every day, on time, and dressed ready to go.
- You must participate in a minimum of 3 practices (being cleared by coach for any excused missed practice) each week to be eligible to compete at next meet.
- Reasons for excused absences may include (but not limited too): scheduled academic classes/tests; injury; illness (must contact coach in advance of practice); family emergency (contact head coach). If you are detained by a teacher or another school club activity, you must bring a note signed by that teacher or sponsor in order to be excused for being late to practice (not needed for 8th period).
- Most other absences are considered unexcused.
- Check the shed bulletin board everyday for important messages & information regarding upcoming competitions & fundraising. Every week our team lineup sheet for the upcoming meet will be posted on Wednesday.

## **UNEXCUSED ABSENCES**

The 3 strikes rule applies for unexcused absences and can ultimately result in dismissal from the team.

- First unexcused absence, you meet with head coach with understanding that if you have a second unexcused absence, you will be suspended for 1 week and miss 1 meet.
- Second unexcused absence, you meet with head coach again, suspended for 1 week and miss 1 meet, and a phone call to your parents with the understanding that the next and third unexcused absence may result in dismissal from the team for the rest of the season.
- Third unexcused absence, is strike 3 and you may be dismissed from the team for the remainder of the season.



# Unexcused Late To Practice

- The 3 strike rule also applies for unexcused late to practice occurrences.
- For the 3rd occurrence of an unexcused late to practice, you will be suspended for 1 meet. From then on, for each unexcused late to practice occurrence, you will be suspended for the next meet as well.
- Habitual late to practice occurrences may result i dismissal from the team for the remainder of the season.

# TEAM GUIDELINE

## Rules

- You are expected to abide by the WHS athletic code: conducting yourself in a manner that reflects positively on yourself, family, school, community, and our team.
- No profanity period! Violations will include disciplinary actions ranging from immediate (e.g., planks), to short term (temporary suspension), to long term (expulsion).
- Please refrain from boyfriend/girlfriend displays of affection at, during, or travel to practices and meets.
- Recruit new team members. For every recruit you bring onto the team, you'll have a \$10 reduction in your Spirit Pack fee (new member must complete the season or you are still responsible for paying the fees required).

# TEAM GUIDELINE

## Competition Rules

- Practice & compete with the utmost degree of good sportsmanship, keeping your composure & having a respectful attitude. Compete & behave with pride and class from the first moment you arrive until you leave, regardless of individual and/or team outcomes.
- You compete for WHS. We wear only WHS Track & Field Gear. Tuck in your top at all times. Other apparel is unacceptable.
- You will be required to compete in a minimum of 2 events & a maximum of 4 events at any given meet.
- You are not allowed to “scratch” from any event without first getting the permission of your events coach or the head coach.

# VARSITY LETTER CRITERIA

- 1. You must complete the entire season and be academically eligible at the conclusion of the season to be eligible for a varsity letter.
- 2. You must fundraise a minimum of \$150.
- 3. You must attend and compete in 2 of 3 conference meets at the varsity level.
- 4. You must attend and compete in a minimum of 3 invitational meets at the varsity level.

# ONE MORE VARSITY LETTER CRITERIA

\*In addition, you must meet at least one of the following conditions

- Earn 16 Varsity points during the season.
- Score 1 or more points at regional or state.
- Complete 3 full seasons on WHS Track & Field Team.

# STUDENT-ATHLETE & PARENT SIGNATURE FORM

- I have read and understand this WHS Track & Field Team Packet and that by signing below I agree with the content of this packet.
- Any objections to the policies spelled out in this packet, have been discussed beforehand with Coach Heywood and or the WHS Administration.
- Print Student-Athlete's name: \_\_\_\_\_
- Student-Athlete Signature: \_\_\_\_\_
- Print Parent/Guardian name: \_\_\_\_\_
- Parent/Guardian Signature: \_\_\_\_\_
- Complete & return to Coach Heywood ASAP (student-athlete cannot compete until this document is turned in.