

WILEY COYOTES TRACK & FIELD 2026

Information Packet

General Information

All 7th and 8th grade boys and girls that are eligible may participate in Coyote Track and Field. The coaching staff will determine the running and field events in which a student will train and participate. Each athlete on the team is guaranteed to run/compete in at least one track meet as long as they are eligible according to academic standards, team behavior standards, and attendance policies. If the athlete becomes ineligible, there will be communication from the coach. We will have evaluations in the first week of practice for field events due to the fact that there is a limited number of entries for these events at track meets. We will also be timing the athletes in running events to place them in events that they will be most likely to succeed in.

Paperwork

Each student must have a completed LISD physical and Rank One Forms on file to participate in Track and Field.

Coaches

At WMS, the coaching responsibilities for the field events and hurdles will be split between the boys' and girls' coaches. Here is a list of coaching responsibilities:

Pole Vault	Boys & Girls	Coach Casey Shrader
Throwing (Shot/Discus)	Boys & Girls	Coach Chris Driskell
High Jump	Boys & Girls	Coach Christina Wayson
Long Jump & Triple Jump	Boys & Girls	Coach Matt Marek/Starrla Pearson
Hurdles	Boys & Girls	Coach Ashley Young

In terms of most running events, the boys' coaches will coach the boys' events and the girls' coaches will coach the girls' events.

Practice

There are many running and field events involved in Track and Field. Most of the running practice will take place during the athletic periods. However, students who are not in the athletic period will not miss any practice because they will participate in the same practice after school. All students involved in field events and hurdle events will practice after school from 4:30 pm to 5:00 pm. Students will need to be picked up no later than 5:15 pm. Non-athletic period runners will practice after school. Practice starts sharply at 4:30 pm. All athletes should be on the track, shoes on, and already stretched no later than 4:30 pm. Each practice will have an individualized workout depending on what races they are participating in. Students are expected to be at every practice, and

communicate with their coach if they are missing. If a student misses 2 practices in a week this may result in not being able to compete.

Track Meets

A Track Meet schedule can be found on the [Athletic Website](#). Remember: all students who are participating in running events are guaranteed to participate in at least one track meet. The coaches will determine the participation of students in each meet. The coaches will inform the students who will be participating in each meet prior to the day of the meet. It is the student's responsibility to communicate participation or non-participation in each meet with his/her parents. Please remember to bring all the items you will need for a track meet. For example, track shoes, sweatshirt/pants, gloves, hat, charger, sunscreen, money for concessions, snack, and water. Students are expected to ride the bus to an away meet; however, parents may take them directly home after they have completed their events. If an athlete misses their event during a track meet, this could result in them not being able to participate in that event in the next meet.

Equipment

Students who participate in Track and Field will be issued a track meet uniform. Students are financially responsible for any lost or damaged school-issued items. Students will need to provide their own running shoes and/or track spikes, but they are not required.

Expectations

All student-athletes at WMS must be academically eligible to participate in track meets. Furthermore, all school rules and LISD Athletic Handbook rules will be enforced throughout the track season. We expect the highest level of integrity from all of our student-athletes at WMS. Students who do not follow the mentioned rules may be removed from the team.

[Eligibility Calendar](#)

[Track Parent Meeting Slides](#)

[Rouse HS Training Room Info](#)

Contact Information

Coach Casey Shrader
Head Coach- Boys' Track
Casey.shrader@leanderisd.org

Coach Christina Wayson
Head Coach- Girls' Track
Christina.Wayson@leanderisd.org

