

# WILEY COYOTES TRACK & FIELD 2026

## *Information Packet*

### ***General Information***

All 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls are eligible to participate in Coyote Track and Field. The coaching staff will determine the running events in which a student will train and participate. Each student on the team is guaranteed to run in at least one track meet as long as they are eligible according to academic standards, team behavior standards, and attendance policies. 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.

### ***Paperwork***

Each student must have a completed LISD physical 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. As a result, each student will have an individualized practice plan. A student's practice schedule will be determined by his or her event participation. 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 before school. All students involved in field events and hurdle events will practice before school from 8:00 am to 8:45 am. Students will need to be dropped off between 7:45 am and 7:55 am to stretch and prepare for practice. Non-athletic period runners will practice before school from 8:00 a.m. to 8:45 a.m. Practice starts sharply at 8 am. All athletes should be on the track, shoes on, and already stretched no later than 8 am. Each practice will have an individualized workout depending on what races they are participating in.

### ***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. Students are expected to ride the bus to an away meet; however, parents may take them directly home after they have completed their events.

### ***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.

### ***Contact Information***

Coach Casey Shrader  
Head Coach- Boys' Track  
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Coach Christina Wayson  
Head Coach- Girls' Track  
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