

WESTERN RESERVE

TRACK & FIELD TEAM POLICIES 2026

All students are required to abide by these policies.

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II. COACHING STAFF

The Western Reserve Track & Field coaching staff is filled with highly talented and skilled individuals who care deeply about the academic, athletic, and overall success of your child.

Coaches

Guy J. Schuler	Varsity Head Coach
Cameron Spivey	Varsity Assistant
Scott Keith	Varsity Assistant
JJ Weisenberger	Middle School Assistant
Caitlin Palm	Middle School Assistant
Jess Ritz	Middle School Assistant

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III. PHILOSOPHY AND VISION

Track and Field is a special sport where athletes have the opportunity to compete against themselves. Not every athlete will have the opportunity to run in Firelands Conference Finals or on the varsity team, however, they will get a chance to improve and set new personal records (P.R.) each time that they race, jump, or throw. Track and Field is largely a mental sport where ATTITUDE defines success. Competing in Track and Field will give each student athlete the opportunity to learn the skills of his or her event(s). They will also learn how to apply themselves to their fullest potential through hard work, the correct attitude, self-motivation, dedication, consistency, discipline, and effort. Team members must realize that coaching decisions are made with the welfare of the team taking precedence over the desires of an individual team member.

The coaching staff has set strategic objectives while maintaining the vision and purpose of the Track and Field program for the season. Participation in the Western Reserve Track & Field program is a privilege and a worthwhile endeavor that will create lifelong lessons for each individual athlete.

IV. MOTIVATION AND SUCCESS

successful athletes are:

- Mentally tough
- Self-motivated
- Positive, but realistic
- In control of emotions
- Calm and relaxed under pressure
- Determined
- Goal-oriented
- Self-confident
- Coachable
- Responsible for their actions
- Make no excuses and don't lay blame (NO BCD)

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V. POLICIES

All students are expected to comply with the following team policies. Failure to comply may result in disciplinary action, up to and including removal from the team.

PUNCTUALITY

All athletes are expected to arrive to practice, meets, invitationals, and team meetings on-time. Remember: "Early is on time, on time is late."

MISSED PRACTICES

An unexcused absence will result in a meeting with the head coach and suspension from events in the next meet. Communicate to the coach why you won't be at practice the day before via Remind. **Multiple unexcused absences may lead to being removed from the team.**

PRE-SEASON TRAINING

Pre-season training will begin when the Fall Season ends. Athletes who do not compete in winter sports are encouraged to lift and run in Winter Track Meets. Our goal is to enter the Spring ready to compete!

DRESS CODE

Athletes must wear **running shoes** and appropriate athletic wear every day, even if they are injured or not participating in the day's practice. Always keep sweatpants, sweatshirts, windbreakers/jackets, hats, gloves, etc, in your locker. Always be prepared to train outside in Ohio's unpredictable weather. Assume we are practicing outside.

Warm up in athletic shoes, sprint in spikes. Bring both to practice and meet.

PERSONAL RESPONSIBILITY

Do not miss practice!

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ELECTRONIC DEVICES

Personal electronic devices may not be used, except when authorized by the Head Coach. Students are discouraged from using electronics during any practices or team meetings. Unplug and interact with the team.

TRANSPORTATION

All athletes must stay for the full duration of a meet unless prior authorization is given by the Head Coach. Attendance will be taken at the beginning and end of the meet to ensure full compliance with this policy.

When on any school-provided transportation, athletes are expected to comply with all posted instructions and all verbal instructions from their bus driver. Students must always remain seated and may not eat or drink on the bus.

QUITTING THE TEAM

Any athlete who quits the team, or who is dropped from the team and wishes to return to the program in a future year, must submit a letter to their Head Coach requesting consideration to be readmitted to the program.

GOOD SPORTSMANSHIP

The Track & Field program does not tolerate any profane, vulgar, or otherwise inappropriate language, imagery, or gestures from team members.

Students suspected of bullying or harassing another student may face immediate disciplinary action.

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ZERO-TOLERANCE POLICY

The following are the penalties for violations when serious violations occur, the school administrator may consider extenuating circumstances. Penalties invoked in the Athletic Handbook are in addition to school policy. The penalties apply to the athlete's current sport they are participating in. If that is not applicable, the penalties will be invoked for the athlete's next season of participation.

Use or possession of alcoholic beverages and/or drugs at a school function and/or at a

time or place other than a school function:

- 1st offense – 50% suspension from competition. It can be reduced to 20% when a written notification of a formal evaluation by certified drug-alcohol counselors have been provided to the Athletic Director. The athlete must continue to follow the counseling recommendations in order to maintain reduced suspension.
- 2nd offense – 100% suspension from competition. It can be reduced to 50% when a written notification of a formal evaluation by certified drug-alcohol counselors have been provided to the Athletic Director. The athlete must continue to follow the counseling recommendations in order to maintain reduced suspension.
- 3rd offense – 365 Day suspension from the date of violation from all extra-curricular activities.
- 4th offense – Suspended from all extra-curricular activities for the remainder of the schooling years

EXCEPTIONS & VIOLATIONS

All exceptions to policies are subject to the Head Coach's decision, though exceptions will be rare. Violations of team or other school policies will be reviewed by the coaches and penalties will be assessed as deemed necessary. Any conduct detrimental to the team or that violates school or District policy will be cause for dismissal from the team.

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VI. MEETS

BEFORE A TRACK MEET

- Make sure to eat well the night before, morning of, and 2-3 hours prior to the athlete's first event.
- Drink plenty of water the week, night before, and day of the meet.
- Stay out of the sun as much as possible.
- Make sure to bring uniform, competition shoes, warm-up shoes, sweats, and spikes are brought to the meet.
- Know your events and when they will be held.

AT THE TRACK MEET

- Cheer on your teammates when you are waiting for your event!
- Keep your warm up on until the start of your event.
- Conduct yourself in a respectful manner. Know who you represent (i.e. school, team, family, yourself, etc.).
- Listen and pay attention to the meet so you don't miss your event!
- Athletes should stay until the last event has concluded.

DO NOT BRING TO THE MEET

- Personal Electronic Devices are not permitted on the track or infield. This includes cell phones, tablets, laptop computers, gaming devices, MP3 players, headphones, earbuds, AirPods, etc.
- This is not a social event. Do not distract yourself or others.
- Compete with character and a humble attitude. No taunting, trash talk, or smack talk is tolerated.

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VII. VARSITY LETTER

20 total points to earn a Varsity Letter.

WAYS TO EARN POINTS:

1. Scoring in meets throughout the season.
2. 5 points are awarded for those who earn 5 season PRs throughout the season.
3. 5 points are awarded to those with 0 missed practices/meets.

*Each member of relay teams receives the amount of points earned.

Example: If our 4×100 team finishes 1st place at the conference finals, each member of the relay earns 10pts towards their varsity letter.

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-or-

Athlete can meet the following criteria to automatically earn a varsity letter:

Event	Men	Women
100m Dash	11.84	13.54
100m/110m Hurdles	17.54	18.04
200m Dash	24.04	28.54
300m Hurdles	0:45.0	0:52.0
400m Dash	0:54.24	1:04.24
800m Run	2:07.24	2:34.24
1600m Run	5:00.0	5:45.0
3200m Run	11:00.0	13:00.0
Pole Vault	10'0"	6'6"
Shot Put	42'0"	30'0"
Discus	120' 0"	90' 0"
High Jump	5'7"	4'7"
Long Jump	18'6"	15'0"
Program Commitment **	3+ years in the program.	3+ years in the program.

****A student athlete who displays outstanding leadership and embodies the values, spirit and tradition of being a model student-athlete will be determined at the coach's discretion.**

Meet scoring: Tri-Meets are scored with top 3 places scoring points. 1st-5pts, 2nd-3pts and 3rd-1pt. Relay meets, invitational meets and championship meets (conference, districts, regionals, state) are scored top 6 places. 1st-10pts, 2nd-8pts, 3rd-6pts, 4th-4pts, 5th-2pts and 6th-1pt.

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VIII. MISCELLANEOUS

Athletes are expected to conduct themselves in a manner reflecting credit upon themselves, their coaches, their parents, and their school. It is expected that all athletes will act according to the standards expected from all Western Reserve students. It is, of course, impossible to identify and list all possibilities for the many infractions that could result in disciplinary actions in a sports contract. We have tried to specify as much as possible, but we are aware of the limitations. There will be some student-athletes who will search for ways to get around the “letter of the law” and this **WILL NOT BE TOLERATED**.

We expect our athletes to not only observe the letter of the law, but also to integrate the spirit represented by these policies. Athletes who cannot or will not manage this will be dropped from the team.

By practicing and/or competing on their team, the athlete is subject to all of the policies and expectations outlined above. The coaches will hold each individual athlete accountable to the standard set by these policies. This document is in place to ensure the safety of the individual athlete and the team they are a part of.

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Please sign below, showing that you have obtained, read a copy of the team code of conduct. These rules in addition to the athletic code of conduct will lay out the guidelines for the athlete.

Parent/Guardian Signature _____ Date _____

Player's Signature _____ Date _____