



Wenatchee Track & Field 2025

wenatcheeathletics.com

Wenatchee Track and Field

The coaching staff would like to welcome you to the Wenatchee Track and Field team. We're excited that you've chosen to become a part of our program. Being a part of this team is a great honor and a privilege. We as your coaches are prepared to help you to achieve great things, and to be more and do more than you ever have before in your life. This team has been built upon the traditions and sacrifices of the athletes that have come before you. We are very committed as a team to help you become the best student and athlete that you possibly can be.

This packet has important information for both you and your parents that you will need to ensure success for the upcoming season. It is very important that you understand and abide by the rules and expectations of our team, for your success and the success of this team.

The goal of the coaching staff is to help each and every athlete in this program to reach their highest potential as an athlete, a student and as a person. This will require a commitment by both your coaches and yourself to be more and do *more than you ever have before*. It's going to be a great season filled with challenges, successes, failures, hard work, and a lot of fun. We hope you look back on this experience later on in your life as one of the most enjoyable and rewarding things you have ever done.

Athletic Director:	Eric Anderson anderson.eric@wenatcheeschools.org
Athletic Coordinator	Tammy Giacomazzi giacomazzi.tamara@wenatcheeschools.org
Co-Head Track Coaches:	Bob Bullis (Distance) bullis.robert@wenatcheeschools.org Steve Roche (Hurdles/HJ) roche.stephen@wenatcheeschools.org
Assistant Coaches:	Krissy Richerson (Throws) richerson.krissy@wenatcheeschools.org Devin McCollow (Throws) mccollow.devin@wenatcheeschools.org Sean Tepper (Jumps) tepper.sean@wenatcheeschools.org Josh DeLay (Sprints) delay.joshua@wenatcheeschools.org Kurt Watson (Pole Vault) watson.kurt@wenatcheeschools.org

Team Standards

In order to make this team and this season the best it can possibly be, you must be willing to make sacrifices of yourself. Some expectations come with consequences that will affect your participation and eligibility, others will only affect yourself and your performance. All team standards exist to ensure that you and your teammates will be safe, as well as to positively impact team culture. You are to represent the best of Wenatchee High School; at practice, in meets and in school.

Team Standards

At Practice

1. Be on time to practice on time, every day. You need to be aware of the starting time set for practice by your coaches every day. You are expected to be dressed and ready to begin at that time.
2. You are to come to practice every day prepared with the proper workout clothes (including warm clothing for cold practices) and with the proper attitude to succeed.
3. You will report every day to your event coach to check *every single day*.
4. You are expected to follow the instructions and direction of your event coaches and head coaches *all of the time*.
5. If you are going to be absent, you *must* tell your event coach or Coach Roche/Coach Bullis prior to your absence to have it excused. (2 strikes and you're out!)
6. If you are going to be late, you must come with an excuse note from the teacher/appointment you were late because of.
7. You are expected to talk to yourself, your teammates and your coaches only in an uplifting or positive manner... *no negative self-talk is allowed!*

At Meets

1. Come prepared! You are expected to come to every meet with all necessary uniforms and gear. Your uniform is the property of the team and if you lose it, you will be held financially responsible, *even if you turn in someone else's uniform*.
2. You will be expected to practice good sportsmanship. Taunting, swearing or being disrespectful to opponents, teammates or coaches will not be tolerated.
3. If you are asked to do something by a coach, you are expected to comply. Athletes who disobey or disrespect a coach's instructions will be disciplined.
4. *Cheer on your teammates!* If you are not competing or preparing to compete, you are expected to cheer on your teammates in any and all events.
5. You need to stay at all meets until they are finished and return home with the team on the bus (if there is a bus).

At School

1. Your attitude and behavior in class is a reflection of the Wenatchee Track and Field team, represent us well!
2. If you are giving your teachers behavior or attitude problems, you will *have* problems in track.
3. You are a ***student***-athlete... school comes first!

Equipment: All athletes will be issued a singlet. Team warm ups will be issued as much as we have supply. You will need to supply sweatpants, top and buy a pair of black compression shorts. If you lose or do not return the equipment, you will be charged \$60.00 for the singlet, \$75 for warm up tops and \$30 for shorts.

You will be using school district equipment such as shots, javelins, poles, discus and batons. You are responsible for the equipment you use. It is your responsibility to get your event equipment to and from each meet and to secure it after each use.

Practice: Practice is from 3:45-6:00 pm, Monday thru Friday unless a special circumstance arises. Please set your schedules accordingly. If a parent is needed to pick up an athlete, please arrive at the high school prior to 6:00 pm. The coaching staff is responsible for supervising athletes until they are picked up, failure to pick your son or daughter up on time can result in being dropped from the team. Student-athletes or parents must notify the coach directly PRIOR to missing or being late to any practice. Failure to do so will result in being considered unexcused for practice. Three unexcused absences will result in removal from the team and each tardy will be considered one half of an unexcused absence. Student-athletes must be in school all day in order to participate in practice. Exceptions are excused absences. If you are sick at home you cannot practice.

Meets: Stay at the meet unless permission to leave has been granted by the head coach. This includes home meets. Stay with the team. Know the schedule of events so you are prepared to compete. Keep track of your equipment, uniform and team equipment.

Travel: Be on the bus 15 minutes prior to departure. If you miss a meet without permission you will not be allowed to compete in the following meet. A second offense will result in dismissal from the team. Everyone must travel to and from away meets in school provided transportation. You are expected to stay with the team until the completion of the meet. Any exceptions must be cleared in advance. An exception is a family emergency, sickness or a school obligation. Athletes may be released to their parents after a meet if the students' parents sign them out. A "departure from group" form is required in advance if the athlete is traveling with anyone but their parents.

Special Circumstances: When it comes to making accommodations for athletes who participated in other sports teams, our team follows the **WIAA Rule 17.25.1** which says: *Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities. Some examples of special treatment or privileges include reduced practice times, special workouts, late arrivals, early dismissals or missing a practice or contest. Regular is defined as being no more than once per week.*

Academics: Students are expected to abide by the rules and regulations found in the student handbook and WSD Athletic Contract. Failure to attend school or meeting academic expectations will preclude a student from practice and meets. Students cannot be failing more than one class at all times to maintain eligibility. If a student has a reduced schedule, *they must be passing all classes to be eligible*. Homeschool, Alternative school, WIA, running start or skill center students must meet the same eligibility requirements as WHS students based on the schedule of the school they are attending. It is the parents and athletes responsible to supply the necessary information to the Athletic Director. Students not eligible to complete will not be allowed to travel or be on the sidelines with the team to away or home meets.

Dress: Student athletes are expected to dress in appropriate attire. During early season when temperatures are below 40 degrees, athletes are expected to wear sweatpants to practice. If an athlete is not dressed for the elements, you will not be allowed to practice. At meets, both home and away, athletes are expected to be in uniform which consists of singlet, compression shorts, sweat pants, and sweat shirt or team t-shirt. Athletes should not wear clothing that is revealing or inappropriate for practice and competition.

Sexual Harassment: Any behavior that is unwelcome, personally offensive and interferes with a student athletes educational process can be considered harassment. Sexual harassment consists of

- a. unwelcome sexual advances
- b. request for sexual favors
- c. verbal or physical contact
- d. communication of a sexual nature

When these things have the purpose or effect of substantially or unreasonably interfering with student athletes' experience or creating an intimidating, hostile or offensive environment. This can include exposing people to inappropriate behavior. Track and field is a coed educational sport and all athletes are expected to behave in a respectful manner at all times.

Athletic Code: Every athlete on the team is expected to abide by the rules and regulations in the WHS Athletic Code throughout the time they are WHS athletes. Athletes are expected to abstain from possessing, using or distributing alcohol, tobacco and illegal drugs whether at school or in private. Possession, use or distribution of legal controlled substances that are not prescribed to the athlete is also prohibited. Violations of these rules will result in suspension from the team, as detailed in the WHS Student-Athlete Handbook.

School Attendance: It is expected that athletes on this team will be present at school prior to practicing or competing in meets. In order to be eligible to compete in meets, athletes must be present at all classes the day of competition. If an athlete has an unexcused absence, they must clear it with the head coach or athletic director in order to compete.

Injuries: Report all injuries to your event coach as soon as they happen. It is important you see the athletic trainer when indicated by the coach. If it is necessary that you see a doctor about an injury, be sure to provide a "return to play" form or note from the doctor to release you back to the coach. You will not be allowed back to practice or completion without clearance from the doctor once you have seen one.

Communication Protocol: It is our expectation that all parties involved in the Track and Field program show proper respect for each other. This includes parents, coaches, athletes and fans. The coaching staff will not discuss matters concerning other athletes nor meet decisions with parents. Please let us know about special concerns (medical, scheduling conflicts and absences). Please talk to us about ways to help your child improve performance and any concerns about your child's behavior. If your child has a concern with a coach, have them talk to their event coach first. If the problem is not resolved to their satisfaction, they should see the head coach. If the issue is still unresolved, contact the Athletic Director for a meeting. Remember, we all want your child to have a positive experience.

Website/ Social Media

There is a website that we will use that tracks statistics for many teams throughout the state. You can compare your marks to the rest of our team, our league, all 4A schools in the state, or the whole state in general. Important team dates are also posted on the site. The link to follow for Wenatchee's stats is:

<https://www.athletic.net/team/552/track-and-field-outdoor/2025> You can also access the stats website through our team's own website at <https://sites.google.com/wenatcheeschools.org/wenatchee-track-field/home> The team website also includes links to pictures, records and a lot of other fun and useful information.

Varsity Team Selection

Participation in Varsity Invites and League Meets is determined by the athlete's standing in their event on our team. For Varsity Meets, 5 athletes per event are chosen and for Invites 1-3 athletes per event will be allowed to come. Factors such as injuries and attendance can be taken into account when choosing athletes for these meets.



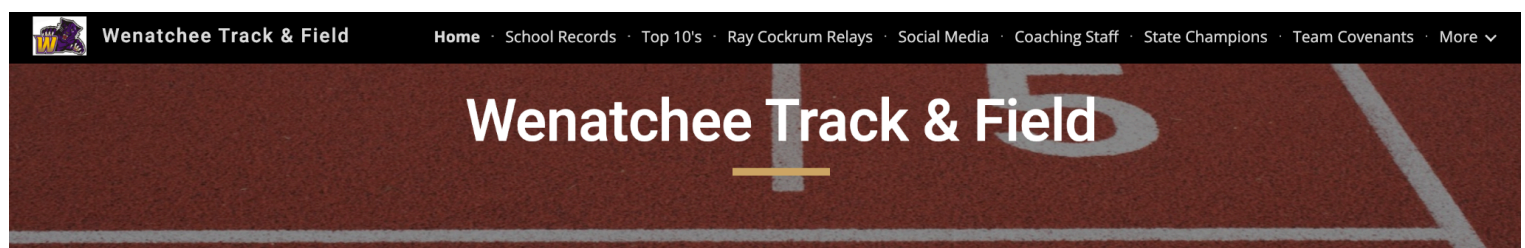
Please see the WHS athletics website to find the following:

<https://www.wenatcheeathletics.com/>

Forms needed for clearance and departure from group

Updated schedules and coaches contact information

A copy of this handbook and other team information



Welcome to the Wenatchee High School Track & Field team webpage!

Athletic.net - [Team Schedule, Stats & History](#)

[Wenatchee High School Athletics](#)

[Athletic Clearance](#)

[Team Handbook](#)

[Team Merchandise Website](#)



WHS Track and Field Lettering Standards

1. To earn a JV or Varsity award, you must participate for the entire season without violating the athletic code. JV athletes must compete at least 4 times.
2. Varsity athletes must compete at least 4 times and meet one of the following standards:

Girls Lettering Standards	Girls 9th grade standards	EVENT	Boys Lettering Standards	Boys 9th grade standards
13.80	14.20	100 M Dash	11.80	12.20
28.50	29.50	200 M Dash	24.00	24.80
66.00	70.00	400 M Dash	55.00	58.00
2:42.00	2:48.00	800 M Run	2:10.00	2:15.00
6:00.00	6:08.00	1600 M Run	5:00:00	5:10.00
13:40.00	13:50.00	3200 M Run	11:00.00	11:15.00
18.00	20.00	100/110 M Hurdles	18.00	20.00
54.00	56.00	300 M Hurdles	48.00	51.00
14'03"	13'06"	Long Jump	18'06"	17'06"
28'06"	27'06"	Triple Jump	36'00"	34'06"
4'08"	4'04"	High Jump	5'06"	5'02"
28'00"	26'00"	Shot Put	38'00"	35'00"
85'00"	80'00"	Javelin	125'00"	115'00"
85'00"	78'00"	Discus	110'00"	100'00"
7'06"	6'06"	Pole Vault	10'00"	9'00"

3. The coaching staff has the option to award a varsity letter to an athlete in case of special circumstances.

SPORTSMANSHIP STATEMENT

Good Sportsmanship is the attitude and behavior that exemplifies positive support for the interscholastic athletic program, as well as for the individuals who participate in the program. People involved in any facet of the Wenatchee Athletic Program are expected to demonstrate qualities that are characterized by fair play, integrity, ethical behavior and respect. Emphasizing and improving the sportsmanship of our student-athletes, coaches, parents and staff is one of our highest priorities. Each coach, student, parent and staff member has a role and responsibility to model and teach good sportsmanship while keeping in mind that athletic participation is a learning experience for the student and the programs are part of the educational process.

The Wenatchee Panther Sportsmanship Guidelines:

- Understand the rules and strategies of the contest in order to cheer at the proper times.
- Maintain enthusiasm and composure.
- Positively support the participants and coaches.
- Exercise good judgment in cheering for outstanding performance, not against opponents or to ridicule an error.
- Follow the cheerleaders in positive cheers to show support for the participants.
- Show respect and concern for an injured player, regardless of team.
- Respect decisions made by contest officials.
- Realize that a ticket represents a privilege to observe and positively support a high school activity. It is not a license to verbally assault others or to be generally obnoxious.
- Respect fans, coaches and participants.
- Encourage surrounding fans to display only sportsmanlike conduct.
- Display pride in your program at all times.

WENATCHEE PANTHERS Believe SPORTSMANSHIP Is An EXPECTATION!

**Please Let the Players Play,
Let the Coaches Coach,
Let the Officials Officiate,
Let the Spectators Be Positive Be A Fan.....
Not A Fanatic!!!!**

WHS Javelin Safety Checklist

1. Practice / warm up throws may not begin until the coach is present. A cone will be placed in the throwing area to indicate you are not to throw.
2. Inspect equipment for damage. Report any damage to the coach.
3. When carrying the implement to the practice area, hold it securely.
4. No one enters the landing area until all of the implements have been thrown.
5. When retrieving implements, follow the coach's guidelines that work best for your school. For instance:
 - a. Jog backwards in the landing sector, looking back towards the throwing runway making sure nobody is throwing an implement before they should. After retrieving all your implements, leave the landing area as quickly as possible and yell "clear" so the next thrower can enter the runway.
6. Person on deck will watch for any potential danger in the throwing area and will verbally notify all throwers and coaches immediately.
7. Carry all implements back to the designated return area – never throw them back.
8. When practice is over, clean all your implements and put them in the storage area designated by your coach.
9. Never have an unsupervised practice. You may be liable if you hurt someone outside of direct supervised practice.
10. It is crucial for your safety that you always follow all instructions of your coaches. If you are unable and/or unwilling to perform your drills in a safe manner, you may be asked to switch to a different event group.

WHS Discus Safety Checklist

Practice Considerations:

1. Practice / warm up throws may not begin until the coach is present. A cone will be placed in the throwing area to indicate you are not to throw.
2. Remember: the cage is there to dissipate the energy of the discus, not necessarily stop it. Athletes should stay back from the cage, at least 5 feet from the net)
3. Inspect equipment for damage. Report any damage to the coach.
4. When carrying the implement to the practice area, hold it securely.
5. No one enters the landing area until all of the implements have been thrown.
6. **DO NOT** enter the ring until everyone is out of the landing sector and the previous thrower yells “clear”.
7. When retrieving implements, follow the coach's guidelines that work best for your school. For instance:
 - a. Jog backwards in the landing sector, looking back towards the throwing runway making sure nobody is throwing an implement before they should. After retrieving all your implements, leave the landing area as quickly as possible and yell “clear” so the next thrower can enter the runway.
8. Person on deck will watch for any potential danger in the throwing area and will verbally notify all throwers and coaches immediately.
9. Carry all implements back to the designated return area – never throw them back.
10. When practice is over, clean all your implements and put them in the storage area designated by your coach.
11. Never have an unsupervised practice. You may be liable if you hurt someone outside of direct supervised practice.
12. It is crucial for your safety that you always follow all instructions of your coaches. If you are unable and/or unwilling to perform your drills in a safe manner, you may be asked to switch to a different event group.

WHS Shot Put Safety Checklist

Practice Considerations:

1. Practice / warm up throws may not begin until the coach is present. A cone will be placed in the throwing area to indicate you are not to throw.
2. Inspect equipment for damage. Report any damage to the coach.
3. When carrying the implement to the practice area, hold it securely.
4. No one enters the landing area until all of the implements have been thrown or a coach says “retrieve”.
5. **DO NOT** enter the ring until everyone is out of the landing sector and the previous thrower yells “clear”.
6. After throwing the shot, exit the ring under control in the back half of the circle. Jog quickly into the landing area, fix the divot your shot made, retrieve the shot and leave the landing area as quick as possible and yell “clear”.
7. Person on deck will watch for any potential danger in the throwing area and will verbally notify all throwers and coaches immediately.
8. Carry all implements back to the designated return area – never throw them back.
9. When practice is over, clean all your implements and put them in the storage area designated by your coach.
10. Never have an unsupervised practice. You may be liable if you hurt someone outside of direct supervised practice.
11. It is crucial for your safety that you always follow all instructions of your coaches. If you are unable or unwilling to perform your drills in a safe manner, you may be asked to switch to a different event group.

Pole Vault Safety

1. **Do not pole vault alone:** You need someone to catch your step, catch your pole, give you feedback on proper form, and in case of an accident, get you the emergency care you may need.
2. **Do not miss the box:** Keep your eyes on the target, which is the vaulting box, not the crossbar.
3. **Do not slow down:** Speed is your friend. The faster you run through the take-off the safer you will be.
4. **Do not let go of the pole:** If you are not 100% certain you have penetrated and will land safely in the pits than do not let go of the pole. As long as you hold on to the pole you cannot fall into the box. If you do not penetrate you can hold onto the pole and ride it back to the ground safely.
5. **Do not land on your feet in the pole vault pits:** Landing on your feet on uneven or soft surfaces is dangerous. Sooner or later you will roll your ankle, and the higher you vault the more dangerous and painful it will be.
6. **Do not vault on the wrong size pole:** If you play around on a pole too small it will break. Even if the pole does not look like it is bending too much it can fail through crush weight.
7. **Do not hold higher than you are capable.** The higher you hold on the pole the more difficult it is to control your vault. Always stay in control.
8. **Do not vault if the pole is impeded by the box collar or pit:** If the pole is bending into the pits and/or is impeded by the box collar, it may stop the pole from bending and cause you to stall out over the box and/or break the pole.
9. **Do not vault with the standards closer than 50 cm:** Do not be tempted to move the standards closer than 50 cm from the box. If you are stalling out over the bar your options are to run faster, improve your technique, or use a smaller pole. Moving the standards dangerously forward should not be an option.
10. **Do not vault without standard pads:** Make sure that the pads surrounding the standards are in place ALWAYS. If you misalign your plant, either to the right or left, you will head in that direction.
11. **Do not vault with objects close to the pits:** Remove poles, chairs, hurdles, plyometric boxes, and all other objects at least 15 feet away from the pits. Make sure non-movable objects or surfaces are covered with foam (cement curbs, wood trim, sprinkler boxes, etc).
12. **Do not cross a runway without looking BOTH ways:** Getting hit by someone traveling 9 meters per second with a long pole hurts - a lot! When walking back to the start of the runway hold your pole straight up and down to avoid clipping someone running by.
13. **Do not step over a vaulting pole:** All it takes is a small nick from your spikes and a \$500.00 pole is destroyed. Make it a point to protect your own poles by not laying them down where people have to step over them. Always have someone catch your pole so it does not strike the runway.

WHS Running off Campus Guidelines

1. Run only the course outlined by your coach. If running along a road, use the sidewalk and run single file. Avoid heavily traveled streets and intersections.
2. Run in pairs so no one is ever running alone.
3. Always run facing the oncoming traffic.
4. Beware of dogs.
5. Beware of objects thrown from cars and from car doors opening.
6. Run only where there is adequate shoulder width allowing vehicles and runners to pass in a safe manner.
7. Avoid drainage ditches or embankments where runners could slip and fall down an embankment or drainage ditch.
8. If the road seems unsafe, do not use it.
9. Runners should not use headphones or devices that block the sound of vehicles in the area or block verbal warnings given to runners.
10. Runners must obey all traffic signals.
11. If running on sidewalks where pedestrians are located, provide ample space for passing and not impeding their walking.
12. Keep an eye out for protrusions over the sidewalks such as tree limbs, branches, mail boxes, etc.
13. Complete training runs in ample daylight.

WHS Track & Field Safety Guidelines acknowledgement

Printed Athlete Name:

Our initials below, acknowledge that we have read the safety guidelines for the specific events that will be participated in this season and agree to abide by the rules outlined in them.

Athlete Initials	Parent Initials	Event
		Javelin
		Shot Put
		Discus
		Pole Vault
		Running off Campus

Wenatchee High School Track & Field Team Contract

In order to make this team and season the best it can possibly be, all athletes must be willing to make sacrifices and uphold team standards. Some expectations come with consequences that affect participation and eligibility, while others influence personal performance and growth. All team standards exist to ensure safety, promote positive team culture, and represent the best of Wenatchee High School in practice, at meets, and in school.

Team Standards

At Practice:

- Be on time to practice every day, ready to begin at the scheduled start time.
- Arrive prepared with proper workout attire, including warm clothing for cold practices.
- Report daily to your event coach and check in.
- Follow all instructions and directions from your event and head coaches.
- Inform your event coach or Coach Roche/Coach Bullis in advance if you will be absent. (Two unexcused absences result in removal from the team.)
- Provide an excuse note if late due to a teacher or appointment.
- Maintain a positive and uplifting attitude toward yourself, teammates, and coaches. Negative self-talk is not allowed.

At Meets:

- Bring all necessary uniforms and gear. Lost uniforms will be your financial responsibility.
- Display good sportsmanship—taunting, swearing, or disrespecting opponents, teammates, or coaches will not be tolerated.
- Follow coach instructions without argument. Failure to comply will result in discipline.
- Support your teammates by cheering for them when not competing.
- Stay at the meet until all events are completed and return home with the team if traveling by bus.

At School:

- Maintain a respectful attitude and behavior in class as a reflection of the Wenatchee Track & Field team.
- Avoid any behavior or attitude issues in school, as they will affect your standing on the team.
- Prioritize academics—school comes first as a student-athlete.

Discipline Policy:

- Continuous violations of team standards, including disrespect towards coaches, teammates, or failure to follow instructions, may lead to further disciplinary measures, up to and including being dismissed from the team.
- Athletes removed from the team due to disciplinary reasons will not be eligible to return for the remainder of the season and will not be eligible for a Varsity or Junior Varsity letter award.

By signing below, I acknowledge that I have read, understand, and agree to follow the Wenatchee High School Track & Field Team Contract. I understand that failure to comply with these expectations may result in disciplinary action, including suspension or removal from the team.

Athlete Name (Printed): _____

Athlete Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____