



WHEATON NORTH BOYS TRACK AND FIELD

Our Values (I.C.E.)

“Compete for fun and personal bests” -Coach Carius and Coach Helberg

INTEGRITY

- Doing things the right way, even when no one is looking.
- Respecting yourself, teammates, coaches, and your competition.
- Using language that isn't foul, derogatory, or demeaning.
- Sticking up for what is right and looking out for others.

COMMITMENT

- Consistent and timely attendance for practice and meets
- Make WN Track and Field a priority in your life(schedule, etc)
- Be coachable and willing to do what is necessary to help the TEAM.
- Continue learning your “craft” and working to get better.
- Being a good teammate and putting the TEAM first.

EXCELLENCE

- Give a full, honest effort each time on the track/field, and in the classroom.
- Expect excellence in yourself and others.
- Continue the tradition of success and excellence established by past teams.
- Seize the opportunities before you each day.
- Be tenacious and resilient.

Practice Expectations

- **All athletes are expected to be at practice each day, with few exceptions.**
- If your son MUST miss practice/meet, they need to communicate with their event coach ahead of time.
 - Ask your son if they've communicated with their coach. This is their responsibility.
- 2 Unexcused absences may result in missing a meet.
- 3 unexcused absences= possible dismissal from team
- **No phones/devices at practice.(unless specified by medical needs)**

Eligibility

- These young men are students first.
- Must be passing 5 core classes.
- Eligibility report every Wednesday.
- If failing more than 2 classes, they are ineligible for the next week's competition.

Competition Expectations

- Competing is a privilege, not a right. Athletes must be consistent in training, etc in order to be eligible for meets. Not all meets allow for unlimited entries. Invitationals have limited entries.
- All athletes will travel to and from competitions on the team bus unless extenuating circumstances prevent this. Prior approval must be obtained.
- All team members are expected to stay for the duration of the meet.

Communication

- We will attempt to use Rooms this season instead of Remind. Please download the CUSD200 app in order to receive messages.
- Weekly email updates will be sent out on Sunday
- Please feel free to reach out to event coaches first with any questions or concerns.

Equipment

- All athletes need good, running or athletic shoes to start the season.
 - Shoes are only good for 1 season. Should not be worn for school, etc.
 - Racing spikes, and specialty shoes(field events, etc) recommended for competition.
 - Dick Pond Athletics in Carol Stream is our go-to spot.
 - Team Week coming up next week for special deals, and fitting.
- Uniforms and warm-ups will be handed out prior to our first competition.
 - Athletes' responsibility to maintain and keep track.
 - >\$200 worth of equipment!

Fundraiser

- A necessary evil from time to time.
- Snap Raise will be our partner.
- Will need everyone's help
- Raising money for
 - Team shirts
 - Additional warm-ups
 - Equipment(pole vault poles, training equipment)

Ways to Help

- Help organize team events(dinners, etc)
- Help out at home meets(timing, recording)
- Take photos and share in Team Photos(coming soon...)
- Come to meets to cheer and support!

Coaching Staff

Nate Roe(Head Coach): Distance- nathan.roe@cusd200.org

Sean Kennedy: Sprints, Hurdles, Relays- sean.kennedy@cusd200.org

Tony Bellini : Shot Put, Discus- anthony.bellini@cusd200.org

Kevin Jeon: Sprints, High Jump- kevin.jeon@cusd200.org

Sean Frintner: Distance/Sprints, Long and Triple Jump- sean.frintner@cusd200.org

Jonathan Shubert(Volunteer): Sprints, High Jump- jonathan.shubert@cusd200.org

Dan McQuaid(Volunteer): Shot Put, Discus

Dave Christensen (Volunteer): Distance

Rafe Kiely(Volunteer): Shot Put, Discus

Brandon Wassell(Volunteer): Shot Put and Discus