

Dear Parent:

Track season has begun! This letter is designed to answer frequently answered questions, and to explain a number of policies in our program.

Our Philosophy

As junior high track coaches, our goal is to provide a fun, active program to introduce your son or daughter to track and field. If by the end of the season they have had a great experience, and look forward to participating again next season, we have succeeded.

Attendance

Athletes are expected to attend every practice and meet. If for some reason there will be an absence, please call and let the office know, or message on Remind. One unexcused practice will result in one missed meet. Two unexcused practices will result in dismissal from the team. **If athletes are participating in another sport**, please have them communicate with us if/when they will miss, especially meets.

Grades

Eligibility reports are issued every two weeks. All athletes must have at least a C- in every class in order to participate in meets (they are still expected to practice).

Activity Fee

The \$20 activity fee must be paid before your athlete can participate in a meet. If he/she is on reduced lunch, the fee is \$5; free lunch there is no activity fee.

Dealing with Issues

If there is some sort of problem or concern, please have the athlete discuss this problem with a coach *first*.

Bus Trips

Athletes are required to ride the bus to each contest unless prior arrangements have been made, and athletes are responsible for all valuables brought on a trip. For trips over 100 miles, we will provide meals. Athletes may ride home with their own parents or grandparents only unless prior arrangements have been made.

Equipment

Every athlete will receive a lock, locker, warmup top, and uniform top. These will need to be returned after the final meet.

Meets

All athletes will have the opportunity to compete in all meets, with a couple exceptions. Meet days can be long, with unpredictable weather conditions, so athletes will want to bring drinks and snacks, as well as appropriate clothing. Parents may check athletes out with their specific coach only after all of his/her events have been completed.

Events

We encourage each athlete to try multiple events throughout the season, and will provide opportunities in practice to do so. In most meets athletes will compete in at least one running event and at least one field event, with a maximum of five.

School Conduct

Athletes will be accountable for actions both on and off the track. Behavior not befitting a TSJH athlete will not be tolerated (bullying, cubes, poor grades, fighting, classroom misbehavior, etc.)

After Practice/Games

Please please please be prompt in picking up your athlete. Practice will always be finished by 5:00 at the latest, and we will notify you of arrival times back into town for road games.

****Remind/Track Website****

Please sign up to receive notifications regarding games and practices!

For 7th grade, text @kc4eka to 81010. For 8th grade, text @2hhc73 to 81010.

You can also message us using this service.

There is also a website, found at

<https://sites.google.com/ccsd1schools.net/2025twinsprucetrack>

Warrior Gear

We have a great selection of Warrior track gear that can be ordered through Universal Athletics - the link is on the website.

The deadline is **Tuesday, March 31st.**

We are truly excited about coaching your son or daughter this season!. If you ever have any questions, please do not hesitate to ask.

Sincerely,

Shawn Wendt swendt@ccsd.k12.wy.us (Head Coach, triple jump)

Troy Stevens tstevens@ccsd.k12.wy.us (long jump, sprints)

Cassie Cobb ccobb@ccsd.k12.wy.us (throws)

Maclin Wiley mwiley@ccsd.k12.wy.us (throws)

Logan Wagoner lwagoner@ccsd.k12.wy.us (sprints, pole vault)

Kelly Hawkinson khawkinson@ccsd.k12.wy.us (distance, high jump)

Tanner Kelting tkelting@ccsd.k12.wy.us (hurdles)