

TENINO TRACK & FIELD 2024

REGISTRATION:

All athletes must be registered and cleared through Final Forms to be eligible for the first day of practice. In order to be considered eligible, an athlete and parent/guardian must have completed and signed the forms online, an up-to-date physical must be on file with the school (these must be completed every 2 years and must remain up-to-date through the season), and fees must be paid. If you have any questions, please contact Mrs. Julsrud in the Main Office.

PRACTICES:

Practices will be Monday through Friday, starting on February 26, 2024. We are changing things up a bit this year.

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| 3:15-3:45 | Mandatory Study Hall (Room 202 (Coach Ahrens' classroom)). This will give you the opportunity to stay up-to-date on school work, especially later in the season when we have multiple meets a week. We will also use this time to go over meet information (pre- and post-meet) and weekly mini lessons |
| 4:00-5:30ish | We will meet down at the track for practice. We will start in the weight room, do our mobility drills, etc, and then the team warm-up. Once our warm-ups are finished, we will break off into our event-specific groups. We will finish by 5:30 on most days, but athletes in multiple events may practice longer on some days. You will also be expected to stay for the duration of your event-specific practice. |

Athletes are expected to attend every practice. Missing practice, or skipping out, will impact an athlete's ability to perform at the highest level and damage team chemistry. Absences need to be arranged beforehand with Coach Hudak. (I am in the building every day. I'm not that hard to find) Attendance will be taken and emails will be sent home when an athlete misses practice. Absences will be excused to work with teachers and previously scheduled doctors appointments. I ask for a heads up if you are not going to be there. Athletes with absences the day before a meet and with excessive absences may lose the ability to compete during the next meet.

Dress appropriately for the weather. Western Washington weather changes every day. You should carry a sweatshirt, jacket, sweatpants, and extra socks with you to every practice. It is better to be over-prepared than under-prepared.

SHOES & EQUIPMENT:

A good pair of running shoes is **ESSENTIAL** to your success. This is the single-most important piece of equipment for your training. A large percentage of injuries can be attributed to poorly fitted, worn, or simply inferior shoes. We highly recommend purchasing a pair of trainers from a reputable running store. South Sound Running (in Tumwater/Olympia) will give athletes a discount on their purchases. If you have a model that you have worn for years, you may be OK with going to the Nike outlet or online to find the same model. We **DO NOT** recommend this if you have never purchased a pair of running shoes.

The same can be said for specialty shoes. **DO NOT** purchase any before talking to a coach. This can be a waste of money if you do not know what you are looking for. We can point you in the right direction, or we may have a pair that will work for you.

MEETS:

Participation at each meet is at the discretion of the coaches. Many factors go into the decision as to who competes at each meet. Most athletes will participate in the league meets, which will be held during the school week. For most of these meets, kids will be released early. It is up to them to make sure they know what they are missing for each class, especially because 6th period will be affected most. Most invitationals will have specific qualifications that will limit who can participate. Everyone will participate in our home Invitational. The included schedule is tentative, as of 2/21/24. Due to facility usage, the days may change, but updated schedules will be posted on athletic.net and information will be sent home about each meet.

Athletes are expected to take school-provided transportation to and from meets. It is expected that athletes attend meets until they are final. If arrangements have been made with Coach Hudak, an athlete may be excused early. ***You are all expected to stay at the 3 home meets until everything is cleaned up and put away.***

SPECTATOR FEES: Most meets do not charge money to watch. A handful of the invitationals we participate in will charge an entry fee (including ours on 4/13) It is usually between \$5-\$7/person.

UNIFORMS/APPAREL

Athletes will be provided with a uniform top and a long-sleeved t-shirt. The uniform top, or an approved top must be worn during competition. If you purchase spirit wear this year (or in years past), this can be worn in place of the uniform top. Shorts will be distributed to those who would prefer, but solid black shorts or leggings can be worn instead. Gear under the uniform may be used at the athlete's discretion but will not be provided. This must be a single color (preferably black) and not have any large logos on them. Everything that is handed out must be returned at the completion of your season to prevent fees being accessed at the end of the school year.

We also have a fanwear store online at <https://teninotrack.gearupsports.net/> This is not mandatory, and the storefront will be open 24/7, so there is no rush to get things ordered, if you'd like. The shipping is relatively quick, which is nice.

FUNDRAISING

This year, we are asking athletes to be involved in fundraising efforts for the team. We are currently working on a few ideas that we are excited about. Fundraising is only as successful as those who participate. There is an extra push this year to raise money for additional uniform tops and new warm-ups that are needed for the team.

LETTERING:

Everyone on the roster will participate in meets. However, not all will earn a varsity letter. Provided that attitude, attendance, and participation are satisfactory, a letter will be awarded to each individual who:

- Qualifies for the District Championships or competes at the State Championships
- An athlete who is consistently Top 3 on the team in each specific event
- A senior who has finished the season in good standing
- Coaches discretion- attitude and attendance will play a factor

PARTICIPATION FOR PE CREDIT:

If an athlete is participating to receive credit for PE, the athlete is expected to complete the season in good standing. This includes good attendance and participation in meets. Failure to do so will result in a recommendation to deny PE credit.

TEAM RULES/REGULATIONS:

Athletes must follow rules regarding participation published in the 2023-24 Athletic Code.

Key Take-Aways from the Athletic Code:

- Athletes are expected to be in class for the ENTIRE day, unless pre-planned, to practice or participate in competition. In order to be excused from school, a student with a medical appointment must bring a note from the physician's office marked with the date and time spent in the office. You are also expected to stay in class (I know some of you like to wander).
- Athletes will pass ALL classes. Official grade checks will take place every two weeks. We will have team grade checks every week. Use your time in study hall wisely
- Athletes are expected to treat everyone with respect. There is no place on a team for harassment or bullying. You will face removal from the team if this happens

In addition,

- Athletes will be **on time** to practices and meets (unless ill or pre-arranged absence)
 - 5 unexcused absences will result in the possibility of being removed from the team
- Parents/athletes will communicate absences from practices in advance
- Athletes will schedule work commitments around practices and meets
- Be a good role model at practices and meets, especially around the middle schoolers
- Let teachers know you will miss class when necessary. Many of our meets will affect 5th and 6th periods
- Athletes will respect coaches' decisions
- Athletes will represent Tenino in a respectful manner

Contact Information:

Dawn Hudak: hudakd@tenino.k12.wa.us (360) 556-1344

Kari Ahrens: ahrensk@tenino.k12.wa.us (360) 507-6571

Remind App: We are going to try to make communication as easy as possible. This year's code is **@T90HSTF**

Google Classroom: We have a Google Classroom set up, where we will post all of our information. For those who need to join, the code is **nrdxxh5**

Website: We are currently working on setting up a website dedicated to Tenino Track & Field and Cross Country. The information in this packet will be found there, along with meet information, updates, and pictures.

Facebook: **Tenino Track & Field/Cross Country** (Most of our updates will be here)

Instagram: TBA

Twitter/X: @T90TFXC (We don't keep this updated as much, but it's still "there")