

**West Genesee
Boys/Girls
Indoor Track & Field**

**Team Philosophy and Policies
2018-19**

West Genesee Boys/Girls Varsity Indoor Track & Field is a no-cut sport. All athletes who complete required practices and with proper efforts are welcome members of our team. Our primary expectation is that all athletes, despite their talent level, can—and will—achieve personal success and be important contributors to the team.

The general rules and requirements for participating in West Genesee athletics are outlined in the West Genesee [Athletic Handbook](#), which can be viewed/downloaded as a pdf document either from the district web site([Athletics](#) link) or the www.wgrunners.com web site. The following are rules, conditions and procedures specific to Boys-Girls Varsity Indoor Track.

Team Philosophy

WG Boys-Girls Indoor Track and Field is a democratic sport that allows all athletes, with commitment and effort, to achieve personal success while contributing to a team effort. All athletes who demonstrate that commitment and effort on a daily basis are allowed to compete in as many sectional invitational meets as possible. More talented athletes can progress, on an individual level, all the way to sectional, state and national championships. Track done right is hard, so team members must expect and value daily hard work. The individual skill and talent of athletes is expected to be put to the service of teammates and the team. During the season, team members will be challenged both physically and mentally by the coaches and the sport itself. To be a successful Indoor Track athlete, team members must learn to master both types of challenges, and parents can be supportive in helping their athlete meet those challenges. The guiding philosophy for all team members, despite grade, experience or talent level, can be summarized in the following statement: “You can always be better than yourself.”

Team Composition

Boys-Girls Varsity Indoor Track & Field is unlike many other scholastic sports. New York State provides only the Varsity level of the sport, therefore all 9th-12th grade athletes are members of the Varsity team. Selectively classified 8th graders may also be members. The primary role of underclassmen on the team is to learn event skills and steadily improve their athletic fitness and ability so they may, eventually, make important competitive contributions to the team.

Coaching Policies

Our combined boys/girls WG indoor track teams typically number 40-80 athletes, and the range of talent and athletic experience on each team is wider than in any other sport in the district. As a result of the high ratio of athletes to coaches, we require a significant level of individual responsibility from the athletes. For their safety and success, they must be where they are told and do what they are told. Athletes who repeatedly do not follow the directives of their coaches will be subject to team discipline policies. In coaching our athletes, we follow several primary procedures:

- Behavior/attitudinal issues with athletes will, to the greatest extent possible, be handled privately before or following practices.
- Following district athletic guidelines, athlete training issues and roster decisions will not be discussed with parents except by a coach’s choice. Those issues or decisions will be discussed with the athlete directly, who may then, of course, speak with parents about them.

- Parents with concerns about the training or roster decisions of their athlete can contact the Athletic Director, who may then schedule a meeting with the coach, the parent and the athlete to address the concern.
- Important personal/family information that may affect the conduct or safety of athletes should certainly be shared directly with the coach.

Athlete Meet Qualifications

Attendance:

Athletes are expected to attend all required practices, team meetings and designated meets. Athletes must maintain an overall 85% practice-attendance average to be eligible to compete in meets. All absences must be verified by a parent note or e-mail to Coach Vermeulen. Any absence not verified in that manner is considered an Unexcused Absence. Multiple unexcused absences could lead to the loss of Varsity letter eligibility or, in special cases, suspension or dismissal from the team. Athletes with an unexcused absence (one not verified by a parent) the week of a meet will not compete in that meet.

Levels of Achievement:

All team members, regardless of age/grade, are eligible to earn a WG varsity letter in Track & Field. To do so, they must meet the following standards:

1. Maintain a minimum 85% attendance average through the end of the Section III invitational season. Attendance is determined in this manner:
 - a. Athletes receive credit for a fully completed practice(i.e., a practice-attendance credit) or any meet for which they are scheduled. In some—but not all—circumstances, an athlete is given credit for completing half a practice as determined by time. Athletes are not given practice credits for days missed due to illness, injury, appointments, college visits, family vacations, activity conflicts or other forms of absences.
 - b. Athletes with season attendances below 80% will not qualify for a varsity letter.
 - c. Athletes with season attendances of 85-80% will be reviewed by the coaches, with possible attendance credit awarded for days missed due to illness or injury.
 - d. Any exceptions to these criteria because of unique circumstances will be determined by the coaches.
2. Demonstrate improvement in a primary event over the course of the section’s invitational season.
 - a. A primary event is one that the coach and athlete have chosen where the athlete shows the greatest aptitude and potential for success. Athletes may, in some cases, have two primary events.
 - b. Athletes competing beyond the section’s invitational season may demonstrate improvement in those championship meets.
3. Meet the Team Event Standard in a primary event over the course of the season.
 - a. Team Event Standards may be achieved in any meet over the course of the season.
 - b. Team Event Standards are listed below.
 - c. Any exceptions to these event criteria will be made by the coaches.

Girls	Girls	Boys	Boys
<u>Event:</u>	<u>Standard</u>	<u>Event:</u>	<u>Standard</u>
55m	8.5	55m	7.1
55hh	10.8	55hh	8.5
300m	48.0	300m	40.5
600m	1:52.0	600m	1:35.0
1000m	3:35.0	1000m	2:50.0
1500m	5:30.0	1600m	5:05.0
3000m	12:000	3200m	10:45.0
TJ	27-0	TJ	36-0
LJ	13-0	LJ	16-0
HJ	4-4	HJ	5-2
Shot	22-0	Shot	34-0
PV	6-6	PV	8-6

Any team member who does not meet the Varsity Letter qualifications but follows the WG Code of Conduct guidelines and team policies will be considered a JV-level Track & Field athlete and a team member in good standing.

Types of Meets:

There are three types of Boys/Girls Varsity Indoor Track meet competition, each with different athlete qualifications:

- 1. SECTION III INVITATIONAL MEETS**
- 2. NON-SECTION INVITATIONAL MEETS**
- 3. CHAMPIONSHIP MEETS**

1. SECTION III INVITATIONAL MEETS: These six invitationals are limited to Section III schools that participate in the Indoor Track season. This year, most of these meets will be held on Saturdays, either in the morning(9am) or afternoon(3:00pm). All are combined boys/girls meets. The schedule for these meets is posted on our team web site(www.wgrunners.com). We are limited to three(3) athletes in most events, so not all team members might be able to compete in each meet. JV-level relays are held at each meet, affording more competition opportunities for teams. Athletes with better event performances will be given preference for varsity events, though we will make every effort to include all team members in a minimum of three meets. Team members who miss meets for which they are scheduled, however, will forfeit that opportunity. Athletes not competing will not be required to attend those invitationals meets, though they are certainly allowed to do so.

2. INVITATIONAL MEETS: These are Friday/Saturday meets of multiple schools from around the state. Most occur outside Section III, and some seasons WG attends one or more of these meets. Top six finishers usually receive ribbons, sometimes medals. The level of competition at invitationals meets is often higher than at our Section III meets, and they sometimes feature different types of events(e.g. Distance Medley Relay). Participation in these invitationals is limited to our top athletes in designated events.

3. CHAMPIONSHIP MEETS: These meets occur at the end of the season and are those for which athletes have trained to give their best performances. We participate in several championship meets. Eligibility for each is described below:

- **League Championship** – this championship meet includes the teams in our SCAC Metro Division. Schools are allowed two entries in all individual events and one relay per team. Athletes will be chosen for those events based on previous performances and the needs of the team.
- **Sectional Championship** – this is the Class A Section III championship. Teams are allowed one relay in relay events, but for individual events, athletes must meet standards or be listed at season's end in the section top-10 of that event. Leontiming keeps those event leaderboards. There is no limit on the number of athletes who may qualify for individual events.
- **State Qualifier Meet** - this meet determines which athletes qualify to participate in the State Championship. The performance standards to enter this meet are very high. Making the State Qualifier Meet is an impressive athletic achievement. All qualified athletes compete.
- **State Championship** - the top two(2) finishers of the Qualifier Meet events advance to the State Championship. A state championship qualification is a *significant* accomplishment.
- **National Championship** – only elite state athletes/relays qualify for this meet held in New York City in early March. WG has a proud tradition of qualifying teams and individuals for this national championship. In the 2009/10 season, Billy Gabriel, Sam Reedy, John Delallo and Steve Houghmaster placed 3rd in the nation in the 4x1 mile, with Gabriel, Reedy and Houghmaster later joining Jake Lafaver to placed 6th in the nation in the 4x800 relay. Both were All-American finishes. Laura Leff(2011) and Carly Benson(2015) have both won the National Freshman Mile.

Athlete Behavior

Behavior Guidelines:

As a voluntary member of the Boys/Girls Varsity Indoor Track Team, team members are expected to follow Team Rules in striving toward PERSONAL IMPROVEMENT and TEAM SUCCESS. At all times during the season, they are expected to be loyal to their team and loyal to the sport of Track & Field. Athletes are expected to complete the season in good standing as team members, following both the West Genesee Code of Conduct for athletes and team guidelines. Behavior infractions, poor practice/competitive attitudes, inappropriate off-team behaviors or unexcused absences are unacceptable. Athletes who do not practice diligently, have multiple unexcused absences or engage in inappropriate behaviors will, following a warning, be suspended for 1 day upon the First Infraction. A Second Infraction will result in a 1 week suspension from practices and competitions and the athlete will lose varsity letter eligibility. A Third Infraction may result in dismissal from the team. Any exceptions to this procedure will be made by the coaches or the Athletic Director.

The use of cell phones and other electronic devices is not allowed during team practices. Coaches will have cell phones for emergencies.

Team members may be also be dismissed from the team for one or more of the following violations:

1. Violation of school drug, tobacco, and alcohol policies.
2. Excessive or repeated violations of Student-Athlete Code-of-Conduct policies.
3. Multiple out-of-school suspensions.
4. Excessive or repeated disrespect to coaches, teachers or administrators.
5. Harassment, bullying or hazing of teammates or other students/athletes.

6. Multiple unexcused absences (parent notes/e-mails must verify all absences).
7. Chronic/repeated late arrivals to practices without prior approval of coaches.
8. When a team member, through repeated actions, becomes a detriment to the team or other team members.
9. Inappropriate use of social media.
10. When a team member deliberately puts the safety and/or health of another at risk.

All decisions regarding a team dismissal will first involve consultation with the Athletic Director.

Team Communications

Athletes and parents have a variety of methods for obtaining team information. Those are as follows.

1. Team Web Site: the www.wgrunners.com web site provides team information, meet results and a team practice schedule, among other features.
2. Team Weekly E-mail: team members are e-mailed each weekend with information on the coming week's practices, meets and other team information. Parents may join this mail-out by providing an e-mail address.
3. Team Edmodo site: team members are invited to join the Wildcats Indoor Track Edmodo site for access to all archived meet sheets, splits sheets, PR sheets, workout sheets and more. Parents may also join this group.
4. Reminder: this texting service provides team members with late-breaking updates on team activities or schedule/bus changes. Parents may join this texting service.
5. Post-Packet: at the annual post-season team get together, athletes are presented a post-packet containing seasonal team/personal achievement data.

Coach Vermeulen/Coach Palmisano
West Genesee Boys-Girls Varsity Track Coaches

Indoor Track Policies Acknowledgement

(2018-19)

I have read--and agree to--the West Genesee Indoor Track team policies:

Athlete: _____
(Signature)

Parent: _____
(Signature)

Date: _____