



*North Bend Central
Middle School
Track and Field*

Team Rules and Procedures

1. Practice ends at 5:10 unless coach is working extra with a group.
 2. If the temperature is below 60 wear your sweats at least until you are warmed up.
 3. No Caps in practice or meets. Stocking hats are fine.
 4. 3 unexcused absences and you are excused from the track team. We must have a written excuse from a parent. Doctors, dentists, family emergencies, church, illness (not one that develops an hour before practice), are reasonable excuses.
 5. Take your shoes off to put your sweat pants on.
 6. Keep the strings in the sweat and take care of your sweats (sweatshirts).
 7. Get some running shoes. Basketball shoes were not made to run in. If you get spikes use only 1/8 inch spikes.
 8. Ride the bus to away meets. You may have your parents sign you out to go home with them.
 9. You will stay for the entire track meet. We do not want you to go home because you are done. There is a team aspect to this sport and we also need help moving hurdles and blocks at our home meets. If there is an emergency or need to leave early with your parents, they need to discuss it with me before the day of the track meet.
 10. Be positive about your workout – you are gaining great muscles and endurance. Complaining = tacking on more repeats. Besides, running is fun when you get the endorphins going. You will learn about those.
 11. A coach must dismiss you from practice. We need to know when you leave practice, because we are responsible for you whereabouts. **DO NOT STAY INSIDE THE SCHOOL WHILE WAITING FOR YOUR RIDE HOME WHEN IT IS WARM ENOUGH.**
 12. At track meets you will be together on the infield, not up in the stands with your friends. Your friends, not out for track, are not to be down on the field with you.
 13. **Stay behind the fences in the throwing areas at all times when at the throwing rings. You can be hurt severely.**
- Throwers you are responsible for shot and discus implements. **Put implements away.** Extra bleachers if you don't.
 - **A coach must be with throwers at all times. Complete warm-ups and practice drills without implements until a coach is with you to practice throwing.**

*** * Dads or moms, we will be recruiting timers for the meet. What better way to see your son compete up close and personal. You will get to see them run a person best.**

Track Gear

Sweats....checked out

Meet tops....checked out

Additional jackets...athletes provide

Stocking hats...athletes provide

Gloves...athletes provide

Track shoes....good running shoe...athletes provide

Track spiked shoes...optional

Your Coaching Staff:

Ryan StierenBoys/girls high jump, Boys/girls sprinters (distance at times), relays rstieren@nbtigers.org

Becky Streff...Girls Head Coach, Boys /Girls throwers, Boys/girls distance, bstreff@nbtigers.org

Coach Richardson....Boys Head Coach, Boys/girls triple and long jump, Boys/girls hurdles, Boys/Girls Pole Vault (Matt Hampl will work with this group most of the time) Boys and girls hurdles, sprints , relays. srichardson@nbtigers.org