



## Waccamaw Warriors Track & Field

**The value of your goals will be witnessed by your pursuit of those goals.**

### Team Contract Student/Parent/Guardian copy

**Mandatory practices start on January 30<sup>th</sup> · We will train Monday-Friday from 3:45-5:45.**

#### Important dates

December 1<sup>st</sup> & 2<sup>nd</sup> Pick up preseason (on your own) workouts from Coach Peterman

January 3<sup>rd</sup> 25<sup>th</sup> Voluntary Training M-TH 3:45-5:15

January 30<sup>th</sup> Mandatory practice starts M-F 3:45-5:45

March 18<sup>th</sup> Island Invitational @ Waccamaw

March 25<sup>th</sup> Coaches Classic Qualifier @ Waccamaw

April 22<sup>nd</sup> Coaches Classic Elite Meet @ Waccamaw

May 12<sup>th</sup> Lower State @ TBA

May 20<sup>th</sup> State Finals @ TBA

**Necessities for practice:** A physical, this contract signed and returned (filling out the Google interest form counts for your signatures), warm clothes (have more than enough clothes), good running shoes, & a water-bottle. If you have suffered from shin splints or are concerned about them, it is recommended that you invest in some kind of shin compression sleeves to prevent this. Runners and jumpers need running spikes

#### Priorities set by Coaches & Captains for the team

1. Family/Faith
2. Health & Well-being
3. Academics
4. The Team
5. Everything else

#### **Acceptable Reasons for missing practice/meets**

**Only reasons concerning priorities:** 1,2,3 are acceptable as valid reasons for missing practices and meets. If you miss for any of these reasons, notify a coach and provide documentation (Doctors note, teachers note, etc.)

If you miss for something other than the top 3 priorities or do not provide documentation, then you will not compete in the next meet. After 3 misses you'll be dismissed from the team. All athletes must be trained by our coaching staff. No outside training is needed as this can lead to possible injuries and breaks down the dynamics of the team. We must have trust and belief in our coaches and athletes. **Spring Break:** Practice over the break, 10AM-11:30. Workouts will be provided for vacationers.

Any athlete caught drinking alcohol, using tobacco, vaping, or involved in any misconduct will be dismissed from the team and turned over to administration. The student code of conduct will be followed. Uniforms must be returned from previous seasons.

If you want to be the best you can be and if parents/guardians want their kids to be the best they can be, then athletes need to be at practice. This is a valuable life-lesson called accountability. Athletes, your job is to be the best teammate you can be. We have extremely qualified coaches, therefore our staff are in charge of training your child, not someone else. Parents/Guardians please do not dictate how to train the team or what events your child competes in. The staff will not respond to these kinds of demands/requests. We ask that you refrain from "rallying others" to cause conflict within the program. If your child is not an "all-star" then there are a lot of life lessons that can be learned from that experience. We ask that you support EVERYBODY involved. We understand that you want the best for your child. We want the best for EVERY child in the program. If you don't think the coaches are invested in helping your child be the best they can be then consider this; if we teach and coach them during the day, then we are spending more time with your child than we are with our own families.

**Travel:** Only those athletes who are competing should be riding the bus unless permission is otherwise granted by a coach.

**Ring policy:** State champions who win the state will get a ring. If a relay team wins, the 4 competitors that ran on the relay at State get rings only. The only exception is if an alternate ran during the qualifying meets leading into state, (region, lower state) We will operate on a one ring per athlete per season policy.

**Contact info** Email: [bpeterman@gcsd.k12.sc.us](mailto:bpeterman@gcsd.k12.sc.us) Subscribe to The Warriors Track & Field **REMIND 101** by entering this number: **843-410-2833 & then texting this: @152d2**

If you update your phone, it may drop you. Any messages received after 7:30PM won't get a reply until the next day

Calendar, dates, times, policies, are subject to change at the discretion of the Coaches & the Team Captains.

### Things to know for track & field meets

Number of Teams competing	Individual Scoring (points)	Relay Scoring (points)
2	5-3-1	5
3	5-3-2-1	5-3
4	6-4-3-2-1	6-4-2
5	8-6-4-2-1	8-6-4-2
6	10-8-6-4-2-1	10-8-6-4-2
7 or more	10-8-6-5-4-3-2-1	10-8-6-5-4-3-2-1

#### **Running Events (girls first then boys):**

4x100 meter relay  
 4x800 meter relay  
 100/110 meter hurdles (100 girls, 110 boys)  
 100 meter dash  
 1600 meter run  
 400 meter dash  
 400 meter hurdles  
 800 meter run  
 200 meter dash  
 3200 meter run  
 4x400 meter relay

#### **Field Events**

Long Jump  
 Triple Jump  
 High Jump  
 Shot Put (girls 8lbs. boys 12lbs.)  
 Discus (girls 1lbs. boys 1.5lbs.)  
 Pole vault  
 Javelin

#### **Other need to know things:**

We can only enter 4 per event at Region. The top 4 from region will qualify to Lower State. The top 6 from Lower and Upper State, plus the next best 4 marks from both meets, qualify to State. If you complete your event at State, you are not guaranteed a point for the team which could mean the difference between winning and losing the team title. We have a medical kit that also has batons, a tape measure, etc. in it.

**Please keep the kit clean and organized.**

#### **Things that can get you disqualified:**

One False start, one and done.

Dropping or throwing the baton, even after you cross the finish line. If you drop it, immediately pick it up.  
 Any excessive celebration or poor sportsmanship.

Throwers should enter in and out of the back of the ring. Putting your hand on the hurdle while hurdling.  
 Not checking in for an event will scratch you from that event. **Check in & warm up early for your event.**

Scratch means removal from an event. Foul is when you step over the board or line in a field event.

Wearing different uniforms in a relay race. Switching or changing uniforms in plain sight.