

Wasilla High School 2021 Track and Field

This is a list of team expectations and guidelines we will enforce this year. Please read over this document, ask questions and **return the parent signature sheet with a check**. This must be completed before you can compete or get a uniform.

During this unprecedented time please know that I am thankful every day we can meet! The health and safety of your athlete is of utmost importance to us. We thank you for following all mandates that are created to allow our season to occur and keep us all active! We also thank you for being very fluid with rapid changing circumstances that will be the norm this season.

I will send out notifications if our practice needs to shut down on REMIND and the website.

All mandates set by the school district regarding masks, procedures and other sport protocol will be completely followed by all athletes, spectators and coaches at all times.

Attendance Attendance at practice is necessary and expected. When an athlete is going to be absent or tardy, they must notify coach BEFORE practice (**Varys – 315-7159**). Coaches will determine whether or not an absence is excused or unexcused on a case by case basis. Repeat problems will affect meet participation.

In order for an athlete to attend practice the following MUST be complete:

- 1) Completed ALL forms on PlanetHS AND staff approval
- 2) Completed/Up-to-date Physical uploaded to PlanetHS
- 3) Pass symptoms screenings as decided by the school district

Events Meet entries are typically due on Tuesdays, which means not only are Monday and Tuesday important for event selection but the entire week prior to a meet is taken into consideration. When you are entered into a meet it is expected that you will participate in ALL events listed, including relays. **Coaches** decide alternates.

In order for an athlete to be eligible to compete the following MUST be complete:

- 1) Have items 1-3 (above) completed for at least 7 practices
- 2) Paid activity fee (or set up a plan through the Wasilla High office)
- 3) Be an ASAA eligible student athlete (ie: grades or transfer status)

Uniform Policy In order for an athlete to receive a school uniform we ask that a check for: **\$200.00 be written to Wasilla High – TRACK AND FIELD**. Please include your phone number on the check. The check will be kept in the Wasilla High safe and remain un-cashed. **UNIFORMS MUST BE TURNED IN BY THE LAST DAY OF THE REGION MEET AT WASILLA (MAY 22nd)**. We will redistribute for State to those athletes that qualify. When you return a uniform, your check will be shredded or we will return to the parent – we will not return check to athletes. Leaving your phone number gives us an opportunity to contact you about the uniform before the check is cashed.

If a check cannot be written then the uniform will be checked out as needed on the day of the meet and returned that same day at the end of the meet.

Varsity Letter In order to earn a varsity letter, a Wasilla High Track and Field athlete must be in the top 40% in an event on our team. Typical qualifying for Regionals is unknown at this time and we do not want to use this as our standard for varsity. Athletes must also be in good standing with the coaches and have all their track and field uniforms turned in.

Conduct Beyond the School District's handbook, as an ambassador of the Mat-Su School District and Wasilla High School behavior on trips or at meets should not embarrass the team or school. Poor behavior at a meet will greatly affect future invitations. This includes following all COVID mandates posted and explained at meets.

SPORTSMANSHIP: Show respect to all athletes, parents, coaches, officials and volunteers from all teams at all times. AT ALL TIMES includes your conduct on social media. Any unsportsmanlike conduct at school, during practice, during competition, during travel or off school grounds will have consequences. NO FOUL LANGUAGE allowed at any time – regardless of fault. Respect all officials, opponents and coaches.

ATTIRE: appropriate clothing for weather (no sports bra/shirtless allowed during practice or meets) and NO HEADPHONES. Leave your phone alone during practice. Wear Wasilla gear at meets and treat your uniform with pride.

ACTIONS: DO NOT BRING TOYS TO PRACTICE OR MEETS (leave Frisbees, footballs, skateboards, etc. at home) – if you have down time relax, prepare or cheer on your team. Be safe and drug-free at all times on and off school grounds. Give full effort and do your best at every practice and meet.

PRACTICE TIMES

Will typically be from **4:30-6/6:30pm at Wasilla High.** Spring sports are forced to share facilities until the track clears. We will post weekly schedules of practice times and places on the Track and Field website as well as through the REMIND app.

POTENTIAL Meets – Field & Track 2021

April 23-24	Fri-Sat	at Homer ?
April 30-May 1	Fri-Sat	Wasilla
May 7-8	Fri-Sat	Palmer
May 15	Sat	Colony
May 21-22	Fri-Sat	Regions (Wasilla)
May 28-29	Fri-Sat	State (TBA)

****No bus transportation will be provided for in district meets****

Please use this preliminary meet schedule to help you plan appointments/travel/exams. This schedule is in no way solid and is subject to change. Also, it is important to note that often entries are limited and not every athlete will be able to compete in every meet. We may also have local mini meets during the week and will keep you updated.

Students must be in school the entire day of a meet (Thursday for a Friday/Saturday meet)

Schedules and results can be found at www.athletic.net Wasilla is classified as Div. 1, Region 3. They are also listed on the Wasilla Track and Field website.

Rules of Travel Travel is a privilege – not a right! We will have very limited opportunities to travel and the list of traveling athlete will be determined by the coaches using the following merits: work ethic, sportsmanship, attitude and communication. It is the responsibility of the student athlete to inform teachers when they will be missing school and to plan make-up work. You must be in class the entire day before travel and the entire day of a meet (Thursday for a Friday/Saturday meet). Any theft, vandalism (including littering) or other disrespectful behavior occurring during an away trip will result in your removal from all events that meet, void all future travel, limit meet participation and forfeit your varsity letter. Be respectful of all employees, janitor staff, bus drivers, and local citizens and obey all posted warnings and signs (i.e.: keep off/keep out/masks required). Overnight accommodations will be in hotel rooms and athletes must cover costs. We will have strict lights/tv off rules. No game devices, laptops, iPad, etc. on at night. Please be aware that cell phones may be collected at night during away trips (10pm) and returned in the morning. Please contact Coach Varys for emergencies: 907-315-7159.

REMIND 101

All athletes and parents need to register to get messages for track on the Remind app. This tool gives the coaches the ability to send everyone a text message without anyone seeing your number. You can also text or email messages to the coach. Here is what you need to do. There are two different methods:

TEXT MESSAGES:

To the number: 81010

Text the message: @wasillatf

You will now receive text messages/emails about upcoming meets and practices from the coaches.

EMAIL MESSAGES:

To: wasillatf@mail.remind.com

TRACK & FIELD WEBSITE

All weekly handouts will be posted on the Wasilla High Track & Field website:

<https://www.matsuk12.us/Page/38502>. Please check this site and ask a friend first before you text me for information. My ability to respond to texts is limited and this site will have the answer to most questions.

CONTACTING THE HEAD COACH

Coach Leslie Varys

907-315-7159 or Lesvarys@gmail.com

If you have any questions, at any time, please feel free to contact me. **CONTACT ME RIGHT AWAY AT ANY TIME IF AN INJURY OCCURS AT PRACTICE.** OPA will be at practice most days, but you determine your medical actions.

TAD VIOLATIONS: TAD VIOLATIONS DURING PRACTICE OR MEETS WILL RESULT IN YOUR REMOVAL FROM ALL MEETS AND FORFIET YOUR VARSITY LETTER on top of other TAD consequences. It is important that we trust you to act appropriately at all times during a meet (even without direct supervision) and your conduct while waiting for events supports your best, natural performance.

_____ STAPLE \$200 CHECK HERE

Sign and return this page to coaches

My athlete _____ and I have read through the list of team expectations and agree to follow them. We understand that any violation of these expectations could result in loss of travel with the team, race participation or team membership.

The athlete agrees to avoid all use of tobacco, alcohol and other drugs during season (this includes on and off school grounds) and will follow all TAD policies.

We will submit a check for **\$200 to Wasilla High TRACK AND FIELD** in order to check out a uniform. We will include a phone number on the check. Once the **uniform is returned by MAY 22nd** the un-cashed check will be destroyed or returned to parents. Checks will not be returned to athletes.

If we fail to turn in the team uniform the check will be cashed. If we are unable to submit a check then a uniform will be checked out as needed on the day of the meet and returned that same day at the conclusion of the meet.

We also understand that it is the responsibility of the athlete to keep in contact with the coach about missing practice or races for any reason. We will sign up for REMIND so we can get team messages and send notice of absences or ask questions. We will use Athletic.net or the Wasilla Track and Field website to look for weekly schedule information.

Parent Name

PARENT Signature

Date

Email

Phone

Would you like your check **returned to parent or shredded?** Please circle one