

Wrightstown Middle School

7th & 8th Grade Track

Coaching Goals:

- ✓ To enhance the athletic ability of the student-athletes with speed/quickness/agility & strength/endurance training
- ✓ We will teach the student-athletes the knowledge how to become a better athlete
- ✓ We will promote the importance of being a healthy student-athlete
- ✓ We will motivate student-athletes to work as a team and encourage others
- ✓ We will encourage athletes to set and attain desired goals
- ✓ We will provide student-athletes with track and field experiences to prepare themselves for high school track and field
- ✓ We will provide student-athletes opportunities to compete against themselves and others
- ✓ We will utilize the new community fitness center center to train and become bigger, faster, & stronger

Clothing:

- ✓ NO JEANS
- ✓ TENNIS SHOES
- ✓ SHIRTS/SWEATSHIRTS
- ✓ SHORTS/SWEATPANTS
- ✓ WATER BOTTLE (Optional)
- ✓ HATS & GLOVES (Optional)

Student-Athlete Expectations:

- ✓ Student-Athletes will abide by the Tiger Traits and WCSD Co-Curricular Code of Conduct
- ✓ Student-athletes will follow directions, be to practice on time, dressed properly for the weather, and willing to put forth best effort at all times during practices and track meets
- ✓ Student-athletes will participate in 3 or 4 events at a track meet that they will sign up for beforehand
- ✓ Student-athletes will provide a written excuse from parent/guardian if missing practice or track meet
- ✓ Student-athletes will turn in Student Transportation Permission Form to a coach before leaving for an away Track Meet if they are riding home with another student.
- ✓ Student-athletes will have Parent/Guardian sign out with a coach at an away track meet if they are not riding bus back to school
- ✓ Student-athletes will have a ride home from practice @5:00 p.m.

Practices:

- ✓ 1 unexcused-warning
- ✓ 2 unexcused-call home
- ✓ 3 unexcused-miss meet
- ✓ 4 unexcused- DONE

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