

Plattsmouth Track Policies



Philosophy and Participation

The coaching staff believes that track and athletics are a privilege. Each athlete has the opportunity to participate in a select group. We ask that each athlete give their best effort at all times, be willing to sacrifice for the team, and be committed to the team.

These values are the foundation for everything we do. We hope that each athlete will strive to maintain these values. If this happens, then each athlete's value to the team will be important and their personal gains will last a lifetime.

The coaching staff will determine who will participate in each track meet. All athletes will receive the opportunity to practice. However, track meet participation will be made based on attendance, effort during practice and evaluation of ability.

Lettering

To letter in track an athlete must meet the following qualifications; 1&2 or 1&3.

- 1.) Complete the entire season. If an athlete suffers a season ending injury beyond their control, then allowances will be made. However, that athlete is expected to be at all practices or therapy sessions.
- 2.) Score 6 meet points from Varsity meets only, points for relays are divided by 4.
- 3.) A senior that has completed the season in good standing (no unexcused absences) and participated in track for four years.

Practice Attendance/Training Rules

The attendance at all practices is extremely important. Please understand that every practice is important and attendance is mandatory.

If an athlete is unable to attend practice, he or she needs to inform a member of the coaching staff.

- Any unexcused absence will not be tolerated. An unexcused absence is any absence from practice or meet that the athlete could control.
- After two unexcused absences the player will be removed from the team.
- Any appointments outside of track should not be made during track time.
- Any practices for other activities need to be scheduled for AFTER track time.
- If you have something come up, please contact the coaching staff.

Academics

These standards are set by the NSAA and Plattsmouth Board of Education. Refer to the HS Handbook.

Follow the Code of Conduct as set by Plattsmouth School Board.

Transportation (District Policy)

- Activity teams and staff members will travel to and from events by bus or school vans.
- If extenuating circumstances require a student to drive for a school activity, permission must be obtained from the office and from the student's parents.
- No cars are to be driven by students for school activities when bus transportation is provided.
- This extends to a student missing the bus and driving to the competition themselves. *In this situation they are not allowed to participate.*
- All members of a team will return from a contest by the same transportation provided for taking them to the contest.
 - **Exception-** an athlete may ride home after an activity with his or her parents if an **ALTERNATE TRANSPORTATION FORM** has been completed and returned to the **HEAD COACH.**

Coaches Contact Information

These phone numbers are for track purposes only, please be respectful of your coaches privacy as we will do the same with you.

Head Coaches

Chris Wiseman	(Middle & Long Distance)	402-660-4806
Megan Poppen	(Pole Vault/Sprints)	402-870-0775

Assistant Coaches

Dave Dukes	(High Jump/Sprints)	402-657-3393
Bob Dzuris	(Throwers)	402-720-2572
Jaima Negrete	(Hurdles/Sprints)	402-885-0066
Connor Dukes	(Long & Triple Jumps/Sprints)	402-779-1328

Plattsmouth Track Schedule

(times and dates are subject to change due to weather)

Date	Time	Location	Level	Type
03-17-23	2:00PM	College of Saint Mary	Varsity	Meet
This meet <i>IS NEW</i> and will be held <i>INDOORS</i> the last Friday of Spring Break				
03-24-23	3:30PM	Louisville HS	Varsity & JV	Quad
03-31-23	1:30PM	Platteview HS	Varsity	Invitational
04-05-23	2:00PM	Plattsmouth HS	Pole Vault??	for Neb City
04-06-23	10:00AM	Nebraska City HS	Varsity	Invitational
04-11-23	12:30PM	Plattsmouth HS	Varsity & JV	Invitational
04-17-23	2:30PM	Plattsmouth HS	JV	Meet
04-18-23	1:00PM	Bennington HS	Varsity	Invitational
04-24-23	9:30AM	Conestoga HS	Varsity	Invitational
04-29-23	TBD	Beatrice HS	Varsity	Conference Meet
05-01-23	3:30PM	Louisville HS	JV	Meet
05-04-23	1:00PM	Raymond Central HS	Varsity/JV?	Invitational
05-09-23	9:00AM	Platteview HS	Varsity	Districts
05-17-23	TBD	Omaha Burke HS	Varsity	State Meet
05-18-23	TBD	Omaha Burke HS	Varsity	State Meet

You can sync this calendar to your own digital calendar through our TBC page

