

Weiss Women's Track & Field Handbook 2023



The primary purpose of this handbook is to acquaint you with the rules and expectations within our Track & Field program. You are responsible to read, understand, and meet the expectations of this handbook as well as the PfISD Student Code of Conduct, PfISD Athletic Handbook, Weiss Track & Field Participation Contract and anything communicated by the Track & Field coaching staff.

Weiss Wolves Track & Field Coaching Staff

Darrin Strong

Head Track & Field Coach

(512) 594-1572

Darrin.Strong@pfisd.net

Nompumelelo Masuku

Assistant Coach

(512) 594-1695

Nompumelelo.Masuku@pfisd.net

Christonna Jones

Assistant Coach

(512) 594-1400

Chrisotonna.Jones@pfisd.net

Archie Ward

Assistant Coach

(512) 594-1560

Archie.Ward@pfisd.net

Karen Huffman

Girls Athletic Coordinator

(512) 594-1452

Karen.Huffman@pfisd.net

Philosophy

The main goals of the Weiss Track & Field program are to:

- Establish discipline and effectively build relationships to develop athletes and their mentality,
- successfully work as one unit to continue having a successful program and grow the game/program for years to come, and
- prepare our student athletes for what is to come in their future.

Ways that our staff will approach reaching these goals with the athletes:

- Develop the athlete's mental side of the game
- Implement more time for our physical fitness
- Continuously work on the basics/mechanics/fundamentals – if we can't do the "little things", we won't be able to do the big things
- Look for progress in every day – 1% better (EFFORT)
- Be prepared, and prepare the athletes

Underpinning values of our philosophy:

- Trust
- Communication
- Teamwork
- Pride
- Responsibility
- Discipline
- Leaderships
- Preparedness

Communication

Our staff values open communication. Please allow 24-48 hours for responses and know that if it is over a weekend, you may not receive a response until the following work week. There is an expected chain of command for communication within our district. We ask that questions and concerns begin with the athlete and their coach. The protocol is outlined below:

- Athlete/Coach/Parent
- Athlete/Coach/Parent/Head Coach or Girls Athletic Coordinator
- Athlete/Coach/Parent/Girls Coordinator/AP or Principal

Remember the **24-hour rule** after a game; please sleep on it, then reach out the next day to have a respectful conversation. Everyone wants what's in the best interest of you! Your coaches and your parents. Most misunderstandings are typically solved with respectful and courteous communication. Please reach out to your assigned coach first and foremost. Thank you in advance.

- Coaches should be reached via work email, work phone, or the Team Stack App only. Any meetings will be scheduled to happen on school property.
- Let's have a productive, positive meeting.

Please be sure to have joined the team on the **Team Stack App** and search Weiss Women's Track 2023

Academics

- No Pass, No Play.
- All Track & Field Athletes will sit/request to sit at the front of their class
- Weekly grade checks.
- If you have below a 75 on a grade check, you must attend tutorials → Coaches will check in with teachers.
 - If you must miss practice to attend tutorials, it will be allowed but counts as an unexcused practice absence.
- Consequences for failing grades, per course, will be assigned at the end of every 3-week period.
- Be accountable and take responsibility.

Conduct

As a Weiss Track & Field Program, we will act with integrity and be respectful, compassionate, and understanding in every situation. If Weiss Track & Field is not represented appropriately, at the discretion of the coaching staff, OTI's will be assigned.

Language

- There will be no cursing allowed – if any coach and/or staff member hears it and a coach is informed, there will be consequences.
- This will be enforced anywhere on school property and any time you are representing Weiss Track & Field.

Dress Code

The following dress code is in addition to the PfISD student dress code and is at the discretion of the coaching staff.

- Crop tops will NOT be allowed. They are not allowed according to the dress code, nor are they allowed on school property as a representative of Weiss Track & Field.
- ANY shorts or skirts worn must be of appropriate length and cover all necessary areas throughout any movement or position, including during practices.
- Jeans with holes should not have holes above mid-thigh.

Jewelry/hair for Track & Field:

- Small studs may be worn.
- A small single chained necklace may be worn.
- Natural hair color is required during season.
 - No unnatural hair color will be allowed, no colors that aren't brown, black, blonde or a natural hair color of red in nature. Anything deemed inappropriate, you will be withheld from participation, if it is deemed to be distracting, or not representing the expected image of our program.

Practice Attire

- Athletes are expected to be in proper practice attire every day. This means pants (or shorts when specified) and the correct practice shirt.
- A Practice Package must be purchased at the athlete's earliest convenience. The package is 3 shirts for \$40, additional shirts are \$15 each.

Social Media

- In addition to the Athletic Handbook which covers safety, violence, and derogatory language/remarks – please be mindful of the kind of pictures that you post. There are too many online hackers, predators, etc. that will do as they please with your photos and say whatever they want to, i.e. create a new profile using your photos. Again, you are a representative of Weiss Track & Field.

Meets

- During any meet Weiss Track & Field participates in, every athlete is expected to be respectful towards every other athlete, coach, and meet worker on the field. If unsportsmanlike conduct occurs, the athlete's participation may be limited or suspended.
- During JV events, Varsity is expected to be present, sitting together, and cheering on JV throughout the meet unless they must go warm up or are told otherwise.
- The same is expected of JV during Varsity events.
- For athletes are expected to stay until all events are over unless given permission ahead of time.
- The athletes are not dismissed until the coaching staff dismisses them.
- Only athletes, coaching staff, admin, and media are allowed past the gates onto the turf and specific designated areas.

Alternative School Placement

If a Track & Field athlete is removed from our campus and placed at our alternative school, they will immediately be removed from the program upon their return. If you'd like to return to the program the following year, a meeting will be had with parents, coaches, and a principal to discuss. If participation is granted, you will remain on a behavior contract throughout your time in the program.

Attendance

Excused vs. Unexcused and School-Related

- Excused absences occur when communication has been made to the coaching staff, from the athlete, about being absent. Practices/meets will be made up for excused absences by assigned OTIs.
- Unexcused absences occur when the athlete does not show up and has not communicated that she will not be in attendance. "No call, no show." Practices/meets will be made up for unexcused absences by assigned OTIs.

There will be a difference in make-ups for excused vs. unexcused

- School-Related absences occur when the athlete will be absent due to a school related function. This does NOT include tutorials, making up tests or assignments, etc. These absences will not need to be made up.

Incomplete/Missing Uniform

- If an athlete does not have their uniform in its entirety for their meet, they can expect to sit.
- An itemized list with the price of each item will be given to each athlete. It must be read and signed by both the athlete and one parent/guardian and returned before Weiss Track & Field uniforms, backpacks, and other items are issued out.

Injuries and Policies

Athletes must see the trainers for treatment before school and not during practice, unless otherwise specified by the training staff.

Guidelines

- Treatments are to be administered only to athletes from a PfISD high school or middle school that are injured during certain school sponsored activities.
- Only athletes who are involved in a UIL activity will be treated.
- Any athlete who is under the care of a physician must provide written documentation
- of treatment protocol, restrictions, and/or release for return to play.
- Athletes who are members of a school sponsored activity who are injured in non-UIL activities will only receive first aid care until they are evaluated by a physician. The physician must provide, in writing, a treatment protocol for the athletic trainer to follow.

Non-Athletic Injuries

Non-athletic injuries will be seen in the athletic training room under the following guidelines:

- Due to liability concerns, the athlete must first see a medical doctor prior to being treated by the athletic training staff.
- The athlete must provide a prescription for treatment/rehabilitation from the medical doctor. The information must be specific as to what type of rehabilitation is to be done.
- No injuries that are the result of a motor vehicle accident will be seen.

Events

Events will be discussed with the athlete. If it is an athlete choosing to initiate the discussion, they should approach the coaching staff themselves.

Fundraising

All athletes are expected to participate in fundraising.

Lettering

To letter in Varsity Track & Field, the athlete must have been selected to be a permanent member of the varsity team, completed the season in good standing, and participated in 25% of the competitions they suited out for.

Quitting the Team

There will be times when an athlete finds it necessary to quit playing a sport before, during, or after the season. The following steps should be taken in order to quit a sport:

- The athlete should meet with the coach. If needed, the coach should also have a face to face conversation with the athlete's parent regarding this decision.
- All equipment issued must be returned or paid for.
- It shall be the coach's decision whether to allow that student to return to the sport in the future.
- An athlete shall not join another sport until the end of the season of the sport he/she has quit.
 - If an athlete chooses to want to begin a new sport during the next season, there must be a mutual decision between both sport's coaches.

Signing Letters of Intent

Student-Athletes who are continuing their athletic career, are finishing the program in good standing, and are in their senior season, will be honored in a ceremony on campus.

- Parents and the player will coordinate the event with the head coach based upon the approval of the campus principal and athletic coordinators.
- The coach will invite media and facilitate the event for the student-athlete and their family.
- It is the family's responsibility to the head coach the proper paperwork from the college, that the athlete will sign at the event.
- Please reach out to the head coach for information.

Spectator Behavior Expectations

BEHAVIOR EXPECTATIONS FOR SPECTATORS

Behavior Expectations of Student Groups

- Always provide positive support for your team. Never ridicule or degrade the opposing team or players.
- Conduct yourself in an exemplary manner. Remember that you represent your school both at home and away.
- Assist cheerleaders with yells, chants, etc. Always be a working part of pep assemblies with preparation, organization and involvement.
- Treat opposing players, coaches, spectators and support groups with respect and enthusiasm. Applaud good performances on both teams. Doing this will show that you understand and can recognize good performance, regardless of team affiliation.
- Always display proper sportsmanship toward officials and value their contributions to the game. Respect the judgments made during a contest. All calls are impartial and should be

accepted by all parties.

- Use only positive cheers, signs and chants during a contest. This will show that you understand proper sportsmanship while giving your organization and school a good reputation.

Behavior Expectations of Spectators

- Always support your team and the efforts of all participants involved.
- Do not intimidate or ridicule a player, coach, or official before, during or after a contest.
- Always praise athletes for their actions during a game; never degrade a participant for their efforts. Athletics are a learning experience for students, and mistakes will be made.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate why certain situations

take place.

- Always respect the integrity and judgment of officials. They are present to regulate the flow and enforce the rules of the game. An official should never be degraded or ridiculed for a call they make.
- Show respect for the opposing players, coaches, spectators and support groups. Treat them as guests to your school.
- Use only cheers that support and uplift the teams involved.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, during and after the game, on or near the site of the event (i.e. tailgating).
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.