

MTMS TRACK EXPECTATIONS

Spring 2026

Athlete Expectations:

There will be no bullying allowed or tolerated. Confirmed bullying will lead to losing the privilege of participating with the track team.

Athletes shall attend all classes and successfully complete all school assignments. Your number one priority is to be in the classroom because you must be passing in order to be eligible to compete. We encourage you to do all you can to keep up with your work and if you need to be late or miss practice to make up assignments, contact your event coach prior to missing practice time and provide a written note from the teacher you will be working with when you return.

Grades:

The same grade rules apply for participating in track as all other sports and extracurricular activities. Grade reports will be run every week (noon on Thursday). If an athlete has two D's or an F, they will be put on probation and then will be ineligible if the grades don't improve.

Behavior is also very important. Treat your family, teachers, principals, staff members, fellow students, bus drivers, opponents, and officials with respect. You will be responsible for your personal property while at practices and meets. You will leave others' property alone.

Whenever you are practicing on the track, it is very important to be mindful of the high school athletes. We need to use caution when entering/exiting the track and or field event areas.

Maintain good nutrition and rest. *What you eat and drink will directly affect how you feel and how you perform.* You should reduce the amount of sugar and caffeine you consume, drink plenty of water and consume carbohydrates. Fruits, vegetables, cereals, and pasta are good sources of carbs - stay away from junk foods and greasy foods.

Communication:

This is one of the main things that we all need to work on together. Coaches need to know if an athlete is going to be absent from practice, is injured, is needing to leave from a meet, etc. The coaching staff will communicate expectations, schedules, etc. along with any changes that occur through Skyward and Remind. Communication is a group effort that takes everyone's attention.

Effort:

All the coaches know that not every athlete is going to win their event or set a PR every meet, but we do expect athletes to give their best effort in practice and in the meets regardless of the outcome of the competition.

Paperwork:

Students and parents both need to complete their portion of the Athletic Participation Registration process within Skyward and have a physical completed by a licensed physician on file with the Athletic Department before students may participate in tryouts, practices, and/or competitions.

Leadership Council:

Event and grade level based: We have the kids vote for who they believe is most fit for an approachable and reliable leader within each group (shot, discuss, sprinters, hurdlers, long distance runners, and jumpers) selecting for their grade level only.

Practices:

Practice starts at 3:15 pm. You will report to your primary event coach to start each practice. Practices will end by 4:30 pm.

Please be Prompt:

All athletes should be picked up or have a way home no later than 4:45 pm.

Tardies & Practice Attendance:

Daily attendance will be taken at practice. If an athlete comes late to practice, a note excusing them must be provided. If an athlete will have a planned absence, a note/email should be provided **in advance** from a parent/guardian explaining that absence. Unexcused absences from practice will have an impact on participating in meets. Multiple unexcused absences will lead to dismissal from the track team.

Events:

We would like each athlete to participate in at least two events, but we would prefer athletes to find three events to practice and participate in during meets.

Uniforms:

Athletes should wear shorts and a t-shirt. Depending on the weather, athletes will want a long sleeve top and pants. A hat and possibly even gloves might be needed.

Shoes/Spikes:

Sprinters are not required to wear spikes, but they are allowed. Talk to your event coach to see what they recommend.

MEETS:

Athletes are required to attend a minimum of four hours of school on meet days in order to compete.

We will have a team area at each meet for athletes to leave their items, but a friend or adult might want to hold on to valuable items while an athlete is competing in an event.

Coaches will communicate with athletes when competitions are scheduled to start, but each individual athlete must be aware of announcements and the schedule of events in order to ensure they are able to compete.

Uniforms:

Athletes will be issued a school uniform top. We do have navy blue shorts for students that need them, but athletes can wear their own navy blue running shorts. Athletes should bring cold weather gear, sunscreen, a hat, sunglasses, windbreak, etc. based on weather possibilities.

Home Meets:

We will host two home meets this year. Once an athlete has finished competing, he/she is able to leave for the day, but we encourage all athletes to stick around to support and encourage their teammates. Please check in with your primary event coach prior to leaving.

Away Meets:

- All athletes are expected to ride back on the bus unless parents/guardians sign the athlete out. This is very important. We cannot leave the meet unless we have all athletes accounted for either on the bus or signed out. We will be calling parents to confirm the location of an athlete if they are not on the bus and have not been signed out by a parent/guardian.
- If a student needs to ride home with a nonparent/non guardian, an email from both the parent/guardian and the adult taking the athlete home needs to be sent to Coach Webb and Mrs. King at least 24 hours prior to the start of the meet unless there is an emergency situation.
 - Coach Webb: twebb@usd232.org
 - Mrs. King: mary.king@usd232.org
- Not all meets will have concessions so we highly encourage our athletes to bring water and a snack to eat prior to the start of their event(s).

Parent Information:

Please remember to be a positive role model for our athletes when attending meets. Be sure to provide positive encouragement to the team and refrain from negative comments towards the officials, timers, opposing team, coaches, and other fans. The goal for this experience is to provide our athletes with the opportunity to become better athletes and to become respectable young men and women.

If you have an issue/concern that you would like to address with your child's coach, please be sure to contact the coach and Coach Webb to discuss your thoughts. If your concern comes up during a meet, please wait until the following day to contact the coaches. This allows you to reflect on your concern and gives you time to constructively collect your thoughts to be communicated with the coach.

In the event of bad weather, practice may be cancelled or we may practice inside. This will be clearly communicated at school and we will also make you aware.

Coaches Contact Info:

Coach Webb - twebb@usd232.org; (913) 207-9768

Coach Ping - wping@usd232.org

Coach Keim - rkeim@usd232.org

Coach Ester - dester@usd232.org

Coach Parker - bparker@usd232.org

Coach Simpson - karrell.simpson@usd232.org

Please keep this information packet as a reference during the season.

Please fill out and detach the slip below and have your child return it.

Please sign and return ONLY this slip indicating that you and your child have read and agree to the information listed above. If your child fails to have this sheet turned in by the first meet he/she will be ineligible to compete.

Athlete's name (please print) _____ Grade _____

Athlete's signature _____ Date _____

Parent/Guardian signature _____ Date _____