



Weddington Middle School Track & Field Spring 2025

Season Information For Parents & Athletes

Head Coaches: Kelly Schick - xccoachkelly@yahoo.com

Shannon Brown - shannonwmstrack2024@gmail.com

Jumps Coaches: Jeff Provinse, Emily Keifer

Throws Coaches: Jason Lindenberg, Nicole Curran

First Practice: Feb 3rd

Practice Times: 4:05-5:45 monday-friday

Requirements

- Valid Registration on Family ID completed and approved by WMS Athletic Director no later than 1/27
- All waiver and physical signatures must be correct and up to date.
- Must not fail more than one course in S1 2024. Must have no more than 12 unexcused **or excused** absences.

Time Commitment

- Monday through Friday mandatory practices.
 - If unable to attend practice an email or text to coach must be sent to Coach Schick or Coach Brown 24 hours in advance. (special circumstances are understandable).
- No additional UCPS / WMS sports during the season. Club sports are discouraged during the season.
- Track meets and invitationals can be long hours. There are between 6-8 meets this season.

Athlete Expectations

- Athletes must...first and foremost be **dedicated students** committed to academic success.
- ...Show up **on time** with appropriate workout attire and necessary equipment.
- ...Be **dedicated to the team** and make every effort to not miss any practices.
- ...Inform coach **ahead of time** if practices will be missed.
- ...Ask the coach first, **before their parents**, if they are struggling with participation.
- ...**Give their best** in each practice.

Parent Expectations

- ...encourage their athlete to **engage in self-advocacy** before approaching the coach with any concerns. Decisions on participation is the solely determined by the coaches.
- ...only after concerns are calmly communicated with the coach, reach out to the athletic director if further disagreements arise.
- **Volunteer** to help out at our one home meet in some capacity.
- Busses are provided for drop off to after school weekday meets, but parents must pick up their student-athletes at away events, or arrange for a carpool on return.
- Sign out-their athlete(s) with a coach for pickup at off campus events.



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Practices

- Cancellation of practices will be communicated by 3:30pm through SportsYou / announcements.
- Practice will occur in the rain, but will be canceled if there is a threat of or presence of lightning.
- Athletes must arrive to practice on time, wearing proper shoes and clothing (weather appropriate).
 - no crop tops or spaghetti straps
 - 3 inch or longer inseam on shorts, no Cheekies style shorts
 - no low-cut necklines
- No chewing gum
- All cell phones are to be turned off or silenced. All cell phones will be kept with personal belonging, away from athletes during practice times.
- Transportation needs to be arranged prior to practices.
- No headphones of any kind.
- Athletes are responsible for bringing their own water, inhalers, medical devices, medication, etc. to the location where the workout is being held.
- Safety is our number 1 priority and there will be no tolerance of horse play (pushing, shoving, carrying others, etc.).
- If students are acting irresponsibly, or are unwilling to participate in activities, parents will be notified and the athlete may be removed from the team. Practice **is not** extra social time with friends. Being on the team is **a privilege, not a right** and your coaches are not there to baby-sit and it is not safe for them to do so with the large amount of athletes in their care.

Communications

- We will use **SportsYou** for the vast majority of communications with the team.
 - This will include time-sensitive notifications such as practice cancellations due to inclement weather
- We will do our best to give everyone as much lead time as possible when making changes to the schedule
- Please ensure that **ALL** people (and associated email addresses) that you want to receive notifications are registered on Athletic.net (AthleticAPP)
- Use the QR code to the right to download the app on your phone. **Add Code - V9LPSBNB**

Uniforms

- A team store link will be posted on Sports You this week for uniforms only.
- The store will close Friday Dec. 13th For uniforms to arrive.
- **Please note there is no returns for uniforms if your student does not make the team or withdraws.**

