



RED WING TRACK AND FIELD

Team Website: www.gowingers.com

Coach Jesse Nelson: jhnelson@rwps.org school VM 651-385-4688 cell 651-380-6518

- Practice Time:** Daily at 3 pm. Dressed and meet in gym or on the track. Practice will last until around 4:30 – 4:45 pm. Please plan your work schedules accordingly.
- Absences:** If you know you are going to be gone please text coach Nelson and let him know. If you leave school, please let a coach know. Unexcused absences will be dealt with accordingly and can result in being suspended for a meet(s). You are expected to be at every practice! If you get academic help afterschool you expected to come to practice after you are done.
- Uniforms:** A uniform top and bottom will be issued. Lost or damaged equipment must be paid for. Not returning equipment will result in you being placed on the finals obligations list.
- Equipment:** Have bad weather gear (hat, gloves, rain clothes, sweats) available at **all** meets and practices. A pair of running shoes will also be necessary. Track spikes may also be used. See Coach Nelson if you need assistance in purchasing or selecting footwear.
- Decisions:** Please remember you are part of a team counting on you to be committed to the team. Please do not make decisions that will have a negative impact on the track and field “family” of which you are a part of. Poor decisions may result in suspension or dismissal from the team. Team captain honors may also be revoked as a result of poor decision-making.
- Injuries:** Most track and field injuries can be prevented through proper stretching, strengthening, and early intervention. See Coach Nelson or the athletic trainer at the first sign of injury.
- Meets:** When traveling to meets it is important to be **prepared** for a variety of weather conditions. **I strongly recommend having a sweatshirt, rain jacket, extra socks, hat / gloves and a water bottle with you at ALL meets.** I prefer athletes ride home with the team on the bus but if your parents wish to take you home with them a release form must be signed. Under no circumstances will an athlete be released to ride home solely with another HS student.
- Line Ups:** Line ups will be emailed out a few days before our meets with a time schedule and location. We attend meets with a variety of scoring systems, entry limitations, and competition levels. The coaching staff uses their best judgment to put athletes in a position to do well and score points. Talk to Coach Nelson if you want to try different events. If you run one event early in the year doesn't mean you will run that same event at all the meets. Contact Coach Nelson with questions.
- Attitude and Effort:** Like most things in life, **you will get out of track and field what you put into it.** You cannot be upset with your meet results if you don't do your best in practice. Hopefully the thing you work hardest at in practice isn't trying to get out of things! You cannot control the weather so don't waste energy complaining about it. We will need to be ready to compete in any weather conditions so **we'll practice in almost any weather.** Be prepared with the **correct clothing** at every practice and meet!