

## WELCOME TO WAUKESHA WEST WOLVERINES WOMEN'S TRACK AND FIELD 2025

Dear Adults of Track and Field Athletes,

This is your invitation to attend our Track-Parent evening this Friday night in West's gym. We will be stiff and sore, but this experience will help us in upcoming meets. Runners will be timed in the 200 meter dash, one and one-fourth laps, followed by the 400 meter dash, two and one half laps. The throwers will throw beginning at 7:00 in the trials. After the parent meeting, the girls will be reseeded and throw in the finals.

The schedule for Friday evening is as follows: 6:25-Girls should be warming up and team stretching. 7:00- 200 meter time trial with Senior, Junior, Sophomore, and Frosh order. Throws begin at 7.

Upon conclusion of 200 heats and shot put prelims, ADULT MEETING with coaches and officials followed by presentation of Cross Country Academic Awards. Following parent meeting and awards- girls will be timed in the 400 meters and the shot put finals. Upon conclusion of the 400 and shot put finals, team cool down and team meeting. We should be done by 8:30 with everything.

Emails sent to your daughter will be the main source of communication and distribution of information. Your daughter is expected to share all emails with anyone who should be receiving this information. Information about future meets will be sent to all athletes when received. We are working on becoming more responsible as young adults

Through constant communication with both your daughter and yourself, this staff hopes for a very successful season. If you have any questions during the season, please contact Coach Ramsey, home- 262-524-9378 or the other coaches after our practices.

WE WILL BEGIN PRACTICE AT 3:20 AND CONCLUDE WITH THE WORKOUTS BY 5:30. SOMETIMES YOUR DAUGHTER WILL BE IN THE FITNESS CENTER OR THE TRAINING ROOM AFTER 5:30 BECAUSE OF WEIGHTS OR ICING. ALL ATHLETES SHOULD BE LEAVING BY 6:00. MONDAYS WE WILL BEGIN AT 2:35.

YOUR DAUGHTER WILL NOT BE IN ALL MEETS ON THE SCHEDULE! (LATEST SCHEDULE ATTACHED)

WE HOPEFULLY WILL ACCOMPLISH MANY ACHIEVEMENTS OVER THE NEXT FEW MONTHS. THANKS FOR SHARING YOUR DAUGHTER WITH US THIS SPRING SEASON.

HANDBOOK  
THE 2025 COACHING STAFF

WAUKESHA WEST TRACK AND FIELD

STATE CHAMPIONSHIPS 2000, 2004, 2005, 2006, 2018

STATE RUNNERUPS 2003, 2013, 2017