

Abilene High School Track Guidelines

Philosophy

Everything we do as a team, from freshmen to seniors, should represent our school and our community in a positive manner. We want to compete hard and have fun but when the meet is over we want to have the respect of everyone that saw us compete or that comes in contact with us.

We want to be a family that cares for each other and each other's family. We will laugh together and maybe cry together but the key word is together.

The head coach should be approachable and is the one to approach at the proper time and place.

All athletes should accept constructive criticism/teaching from their coaches. This is a crucial step toward getting better.

Coaches for 2015:

Head Coach Steve Simpson Ph: 620-546-3506 ssimpson@abileneschools.org
Asst. Coach Brad Hartman
Asst. Coach Bill Christner
Asst. Coach Troy Emig
Asst. Coach Tim Klein

All athletes are required to have a physical, parental consent, and concussion forms on record in the office before you can practice.

All athletes are required to be at practice and on time. There are times when an athlete may have to be late or miss. You can communicate with coaches, preferably the head coach. Unless there is an emergency, let the coaches know.

All athletes need to maintain good grades to be academically eligible. If you are struggling with grades during season there may be discussion with you, your parents, and the coaches about missing a meet. If you are going to miss some class time for track meets, you need to maintain good grades.

Each Track athlete can compete in eight (8) meets during the regular season. That does not include Regional and State meets. We will have opportunities for most of our athletes to compete in a full slate of meets. Either by Varsity or Junior Varsity competition.

All Track athletes are expected to care for and be responsible for all equipment and school issued clothing.

All Track athletes should be prepared for changes in weather. Have plenty of warm workout clothes for a cold practice or meet.

Athletes should conduct themselves in accordance with the extracurricular guidelines of Abilene High School and will be expected to do so.

Athletes are expected to go and come home on the bus. This develops a team concept. If there is a need to leave with your parents this should be communicated with the coaches and proper paperwork completed.

Athletes must finish the season in order to letter. If an athlete does not get to compete at League or Regional their season is over. All equipment should be checked back in at the end of the athletes last meet.