

BVSW TIMBERWOLVES TRACK & FIELD

Team Policies and Rules

Welcome to the 2026 Blue Valley Southwest Track & Field Team. It is our pleasure to be a part of your athletic career and we hope not only do you achieve your specific goals for this next season, but that you leave this program feeling great about being a part of an ideal experience and learn lessons you can take with you long after you leave BVSW.

All of your coaches have been involved in track & field for most of their lives and have a great passion for it. You are all in great hands with this coaching staff and we all are excited about working hard to help you reach your goals. Along with personal and team goals that we are going to try to accomplish together, we have several coaching goals of our own. One of which is to make your time after school the best part of your day. Track & Field isn't always the most dynamic sport, but it is our goal to make you look forward to doing it each day. I guess you can say it can be sort of "release" from the day's events. With that said, let's work, challenge, enjoy, and succeed together. Thank you all and let's look forward to a great season.

-The BVSW Coaching Staff

1) All Blue Valley Southwest Building and Blue Valley District policies are team policies.

2) All KSHSAA policies are team policies.

3) Tobacco, Alcohol, and Drugs

- The use of tobacco, alcohol, and/or illicit drugs has no place in an athlete's life. Any athlete found using these items would be subject to a partial or season-long suspension from practices and competitions, as well as what the BVSW Substance Abuse Policy mandates. However, you may not be limited to just this and any further punishment will be at the discretion of the coaches.

4) Social Media

- We are in the midst of a social media onslaught throughout our society. As effective and useful social media can be, oftentimes such media can be detrimental to an athlete and/or a team. We encourage you to double-check what and how you phrase comments on various social media outlets. You should also not put yourself into a precarious position in that a photo or image of you in a questionable situation may be displayed on any social media outlet. The consequences of such acts can cost you a portion or all of the season.

5) Daily Effort

- We encourage you all to put forth your best effort in track & field. We promise you will get out of it what you put into it. It may not be as quickly as you would like at times, but it will happen. Not all of you are going to be state champions. But each and every one of you will have a place on this team and a responsibility to uphold. Even though the first impression of this sport is that it is an "individual" effort, there are team intangibles that you may never know you are affecting, so make those efforts positive. With that said, positive attitudes are encouraged at all times. We all get discouraged sometimes, but your teammates are counting on you to put your troubles behind you, just as you are counting on them to do the same.

6) Attendance

- Practices are always mandatory unless otherwise noted. If you are to be absent, please let one of the coaches know, preferably your events coach **BEFORE** practice begins. If you need to let us know you will not be at practice, we can be reached by e-mail, text, or you can find many of us during the day at BVSW. Any unexcused absence from practice will result in you sitting out that week's meet. There may be spontaneous circumstances that arise at the last minute. We understand that and will deal with those as they happen. The second unexcused absence will have similar ramifications. The third unexcused absence may result in your removal from the team. We expect athletes who are injured to also be at practice. Absences due to clubs or organizations affiliated with the school or clubs or organizations outside of the school are not acceptable unless approved by the coaching staff before time. If your absence is excused, you're in the clear. If an athlete is absent from school the day of a meet, he/she is not allowed to compete per KSHSAA and district policy. The Athletic Director may override this for outstanding reasons.

7) Tardiness

- It is imperative that each athlete arrives to practice on time. If you are going to be late, you need to contact one of the coaches ahead of time so we can make sure you get any information that you missed. Unexcused and excessive tardiness may result in missing meets and/or removal from the team. The first 2 unexcused tardies will result in a verbal warning. The 3rd and 4th will result in you being held out of the upcoming meet. A 5th unexcused tardy may result in removal from the team. If you are tardy 15 minutes or more from practice, and it is unexcused, that will equal an unexcused absence.

8) Traveling To and From Meets

- Athletes are to travel to and from each meet with the team. There may be circumstances that may change this. We will determine that on a week-to-week and meet-to-meet basis. Transportation to each meet will be provided.

9) Injuries

- While the events in track & field are not usually considered dangerous events, the athlete and his/her parents or guardians understand and assume the risks that an athlete may get injuries practicing for or competing in an event. With that said, us coaches need constant and honest feedback from you on how you are feeling physically and, even, emotionally. Injuries are very easy to avoid if they are addressed in time, so let the coaches know what's up with how you are feeling and if there is a problem. Injuries can also be avoided by following a good diet and recovery program your coach has prescribed for you. You are burning a lot of calories at our practices, so you need to make sure you are taking a proportional number of calories and nutrients throughout the day. You also need to make sure you are hydrating throughout the day with water. These two variables have an extraordinary effect on how well you will be able to practice and, therefore, how well you will be able to compete.

10) Sportsmanship and Academics

- Athletes competing for Blue Valley Southwest will, at all times, observe good sportsmanship so as to reflect positively on the team and school. An athlete may observe athletes from other schools violating rules; it is not an athlete's job to be a meet official. The BVSW athlete should report the infraction to a BVSW coach. Athletes are expected to remain in good standing with the school, both in the area of academics and discipline.

11) Equipment and Clothing

- Each athlete is responsible for the care and safe return of all equipment and uniforms checked out to him/her. Athletes who do not return the exact same equipment checked out to them in clean and useable condition will be charged for the item. Athletes will not be given credit for returning someone else's equipment. If equipment is not returned, nor paid for at the end of the season, the athlete may be charged for the price of the equipment. The required uniform is to be worn at all meets. This is the uniform that we give to you.
- It is encouraged that all athletes bring their own water bottle to each practice. No sharing of water bottles please. It is also the responsibility of the athlete and his/her parents to provide quality training and competing footwear. We often get

asked, "Should my son/daughter get spikes if they're not on Varsity." Would you only purchase soccer cleats when your son/daughter makes the Varsity Soccer team? Athletes are also expected to have appropriate clothing, each day, for that day's weather. During the season we may encounter both hot days and cold days in which either may be wet as well. As long as the district allows us to practice outside, then we will practice outside. Each events' coach will decide what they want to do with their athletes on these days.

12) Off-Campus Practices

- Some track & field events may require us to leave campus for practices. During such practices, athletes are required to be on sidewalks or trails when possible. Athletes are to never go through private yards and must always cross roads at a crosswalk. Athletes are not to attempt to beat cars when crossing a road. If the athletes must be on the road (and there are times when they will) they are to observe all safety guidelines (face traffic, go in single file, give clearance to motor vehicles, etc.). On running/walking paths, please stay on the right side of the path and let other users of the path know when you are approaching.

13) Certificate of Participation and Lettering

The following are requirements to earn a Certificate of Participation as well as to earn a Varsity letter in Track & Field.

- a. Certificate of Participation: There are 16 regular season meets throughout the season (The Regional and State Championships are not included.). This includes all Varsity, J.V., and Freshmen meets. You must compete in at least 4 of these meets, on any level, to earn a certificate. Prior to the EKL Championships, both Varsity and J.V., if you have not competed in at least 4 of the meets, you will not be allowed to compete any further and your season will be complete.
- b. Varsity Letter: Compete on Varsity in at least 2 Varsity meets or score at least 8 team points throughout the season. The coaches also reserve the right to determine other variables for an athlete to receive a Varsity letter. If you are a senior and have been in the program for all 4 years, you will also qualify to receive a Varsity letter as long as the rules and policies above have been satisfied.

14) Coach/Parent Relationship/Communication

- As high school coaches, we were hired as professionals by the Blue Valley School District just as you were for what industry you are in. We are considered well trained in our field, so let us coach your child. We are also human. Not only may we be prone to making a mistake, but we also may make some decisions that a parent may not agree with. This will be something that us coaches will discuss with both

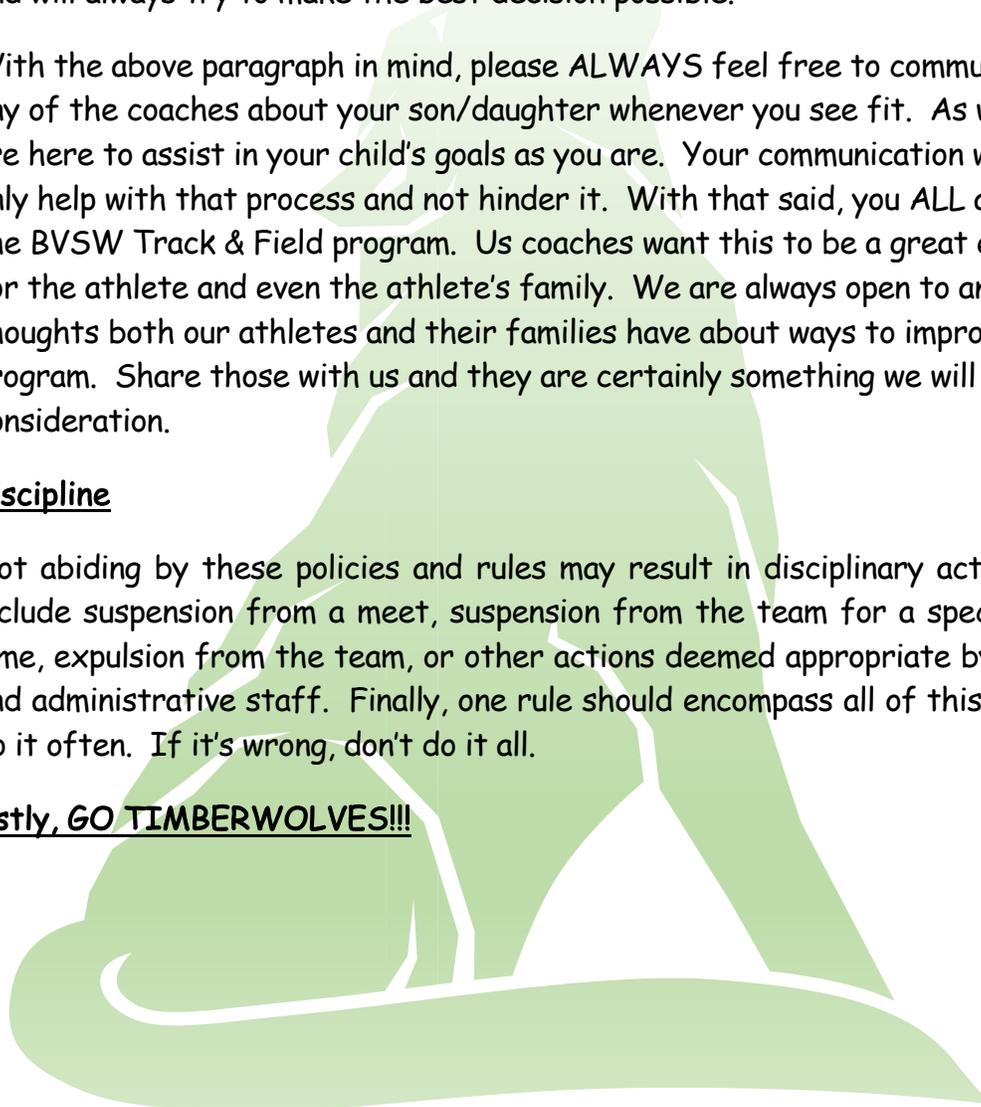
that athlete and their parents when such a time calls for it. Coach Buehler and Coach Ballew will, ultimately, be the final decision makers during these circumstances as we will base the decisions on what is best for the team and student-athlete(s) involved. Also, please respect that we are professional coaches, but also are asked to be educators and are family members. We are here to assist your son/daughter during a very important time of their life. We want what is best for your child. That's why we got into this profession. We are NOT reliving our "glory days". This coaching staff is well trained and bases decisions on good morals, first and foremost, and will always try to make the best decision possible.

- With the above paragraph in mind, please ALWAYS feel free to communicate with any of the coaches about your son/daughter whenever you see fit. As was said, we are here to assist in your child's goals as you are. Your communication with us, should only help with that process and not hinder it. With that said, you ALL are part of the BVSU Track & Field program. Us coaches want this to be a great experience for the athlete and even the athlete's family. We are always open to any ideas and thoughts both our athletes and their families have about ways to improve the program. Share those with us and they are certainly something we will take into consideration.

15) Discipline

- Not abiding by these policies and rules may result in disciplinary action which may include suspension from a meet, suspension from the team for a specific period of time, expulsion from the team, or other actions deemed appropriate by the coaching and administrative staff. Finally, one rule should encompass all of this: If it's right, do it often. If it's wrong, don't do it all.

16) Lastly, GO TIMBERWOLVES!!!



BVSW TIMBERWOLVES TRACK & FIELD

Severe Weather Policy and Guidelines

I. Outdoor Temperature

- A. With track & field beginning in early March, cold weather is always a problem at the beginning of the season. Furthermore, in Kansas, it is possible to have a very cold day appear early on and then a warm day appear the next. With that in mind we have established the following philosophy and guidelines for working with weather extremes.
- B. Cold Weather: It will be determined by the events' coach when a day is too cold to go outside. Our guideline will be that we will not be outside if the wind chill is below 20-degrees. To figure wind chill you must know the temperature and wind velocity. For example, training in 32-degree weather with a 30-mph wind may be as dangerous as training in 10-degree weather with no wind.
- Hot Weather: It will be determined by the events' coach when a day is too hot to go outside. Before determining whether a day is a "Heat Danger" it is important to know both the actual temperature and the relative humidity. For example, a dry 90-degree day is not much more dangerous than a 75-degree day with 100% humidity. It is the responsibility of the BVSW administration to let the coaching staff know of "Red Alert" days, which are the days when the temperature and humidity reach the dangerous levels. Practice may be altered to accommodate extreme cold or heat days. We appreciate that athletes and their families be flexible with practice times during this period.
- C. Athletes Responsibilities:
1. It is the responsibility of the athletes to hydrate themselves. Throughout the day athletes should drink large quantities of water. When they return home from practice they need to continue to hydrate. When people become dehydrated during an athletic event, often it is a result of not hydrating themselves prior to the event.
 2. Replace the protein, carbohydrates, iron, and electrolytes they lose each day. This can be done by eating large amounts of good foods. Communicate with the coaching staff if you do have any questions on this. If an athlete begins feeling ill due to the cold or heat, they must let the coaching staff know as soon as possible!
 3. When off campus, athletes must always train with at least one other person.
- D. Parent's Responsibilities
1. Help the coaching staff by monitoring your athlete's intake of water and their nutrition
 2. Be sure your athletes have a good supply of replacement fluids especially those with electrolytes.
 3. Make sure your son/daughter has the appropriate clothing for the weather each day.

II. Lightning

- A. Lightning is very dangerous! If there is a real threat of lightning, we will not be out.
- B. In the event that athletes are off campus during practice, and they hear thunder or see lightning, they should get back to BVSW the most direct, and quickest, route possible while staying along the roads.

III. Meets

- A. At meets it will be the responsibility of the meet management to monitor weather conditions.