

**WINSTON CHURCHILL HIGH SCHOOL
INDOOR TRACK & FIELD 2017-18
TEAM STANDARDS**

Coaches: **Scott Silverstein**
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In addition to the rules to which you have agreed by signing the Student/Parent Permission Contract, please be aware of the following team standards:

I. Team standards

1. The use of drugs, alcohol or tobacco or hazing of any kind will result in your **immediate** dismissal from the team.
2. Maintain academic standing and scholastic eligibility according to MCPS policies.
3. Display behavior that will add to the good name of Winston Churchill High School, the athletic department and the indoor track team.
4. Attend all practices and meets unless ill.
5. Maintain good community and school relationships.
6. Comply with all school rules and policies.
7. Display good sportsmanship at all times.

Failure to comply with the guidelines could result in suspension or dismissal from the team.

II. Practices

All forms must be completed electronically at **portal.mcpsmd.org** by Nov. 10 except for the physical, which will be collected at a meeting at the track Nov. 10. You will not be allowed to try out unless all forms are turned in by that day. No exceptions.

All practices are mandatory unless otherwise stated. If you are in school, you are expected to be at practice. If you are hurt, you are expected at practice unless the coaches tell you otherwise. If you are sick and do not come to school, you must send Scott Silverstein an email that day and bring a note from your parents when you return to practice. When we take attendance, we should have no question where you are. Doctor's appointments and other school activities (unless you are being graded) are not reasons to miss practice.

Missing a practice and/or meet for an unacceptable reason likely will cause your dismissal from the team. If you are taking the SAT/ACT or have a bar/bat mitzvah or wedding to attend on a meet day, you must inform us within the first two weeks of practice by a handwritten note from your parents. Otherwise, we expect you to be at every meet to which you are invited.

Beginning Wednesday, Nov. 15, 2017, the team will practice at 2:45 p.m. each weekday and at an announced time (usually 10 a.m. or noon) on Saturday. Practices will last between 90 minutes and two hours and will have optional weightlifting sessions afterward. There will be no practice on Sundays, Thanksgiving Day, Christmas Day and New Year's Day.

III. Meets

Buses will be used for some meets, and we will carpool to others depending on the number of athletes attending.

Many of the meets in indoor track have limited entries. We will do our best to include as many athletes as we can. Since this is not always possible, our “practices” at Georgetown Prep will be mandatory. These are on some Tuesdays at 4 p.m.

IV. Tryouts

The team will be limited to no more than 100 athletes. As a result, if we have spoken to you in the past about poor attendance, you will be allowed to try out, but it is unlikely you will make the team. Tryouts begin Nov. 15 and culminate in sprint time trials Nov. 18 and distance time trials Nov. 20. There no automatic team qualifying marks. We will limit the number of sprinters significantly, but those of you who do not make the team as a sprinter will be allowed to try out for middle distance and distance.

V. Varsity letter determination

Varsity letters will be awarded to those athletes who meet the team standard for an event (see below). Team standards include relay splits of 400 meters and up. State qualifiers automatically will letter.

VARSIY TEAM STANDARDS

| Event | Girls | Boys |
|------------------|---------|---------|
| 55 meters | 7.7 | 6.7 |
| 55-meter hurdles | 10.2 | 9.3 |
| 300 meters | 45.5 | 39.5 |
| 400 meters | 65.0 | 55.0 |
| 500 meters | 1:27.5 | 1:13.5 |
| 800 meters | 2:35.0 | 2:09.0 |
| 1,000 meters | 3:25.0 | 2:53.0 |
| 1,500 meters | 5:34.0 | 4:36.0 |
| 1,600 meters | 5:58.0 | 4:58.0 |
| 3,200 meters | 12:58.0 | 10:58.0 |
| Shot put | 26-0 | 37-0 |
| High jump | 4-7 | 5-8 |
| Long jump | 14-6 | 18-0 |
| Triple jump | 29-0 | 37-3 |
| Pole vault | 6-0 | 8-0 |