

St. John the Baptist Boys Track & Field

Head Coach David Wood

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How does an athlete make the team?

There will be a three-day tryout during the first week of the season. If an athlete gets cut from another winter sport or his fall season has extended into our tryout days, he will be given a one-day tryout.

What we are looking for during tryouts:

- The athlete shows the potential of helping the team compete at the Frosh/Soph level or the Varsity level.
- The athlete has the ability to run a lap around the track with a smooth-running gait.
- The athlete has the ability and coordination to learn running drills.
- The athlete has the ability to run 100 meters with a quick running motion.
- The athlete is trainable. What does that mean?
 - The athlete does not “just go through the motions” at practice.
 - The athlete is willing to try and get things done the way the coaches are teaching.
 - The athlete is not a distraction to others.

How does an athlete EARN a Varsity Letter?

- Run/Jump/Throw the minimum standard that has been established. That standard is posted on the team website: www.coachwood.org.
- Be eligible and available to compete at the Varsity League Championships.
- A Frosh/Soph that has not performed at the Varsity standard but has earned a medal at the league Frosh/Soph Champs, will be awarded a Varsity Letter and is eligible to compete at Varsity Champs.

SJB TRACK & FIELD TEAM EXPECTATIONS

- The athletes are responsible for notifying Coach Wood if they are unable to attend any practices and/or meets ahead of time. This is to be done by e-mail and must state an acceptable reason.
- If an athlete is sick on the day of a meet, they are to text or e-mail Coach Wood before the team bus is scheduled to leave SJB.
- If an athlete is injured, he will be used as a manager until he is able to participate. Any injured athlete must be vigilant with their recovery by seeking active rehabilitation, such as physical therapy.
- If an athlete is attending music, extra help, or a school meeting before practice they must get changed into their practice clothes before the meeting. After the meeting, the athlete must hustle out to practice.
- ALL school rules must be followed while at practices and meets. This includes being properly groomed on days when there is no school.
- Detentions, ISS or any other school disciplinary actions are not acceptable. If an athlete breaks school rules and must miss practice and/or meets for disciplinary reasons, they are letting down their teammates.
- Athletes represent St. John the Baptist while attending meets! They are to behave in a manner that is consistent with being a St. John the Baptist student athlete at all times.
- Open communication and trust are mandatory in developing a quality program and developing quality student-athletes. With this in mind, lying, cheating and/or steeling will lead to immediate removal from the team.