

# WEST DEPTFORD WINTER TRACK

## COACHES:

- **Head Coach - Distance:** Bob "Coop" Cooper – 16 years of track coaching experience at WDHS, 4 time State Champion, coached multiple Sectional, State, and Meet of Champion Champions
- **Assistant Coach – Throws:** Larry Beversluis – Over 26 years of track coaching experience at WDHS, coached multiple Sectional, State, and Meet of Champion Champions qualifiers in various events, 2010 WDHS Hall of Fame Inductee
- **Assistant Coach – Sprints/Hurdles:** Hawa Massaquoi – 2<sup>nd</sup> year of coaching for WDHS. State champion in sprints at Haddon Heights HS.
- **Assistant Coach – Jumps/Hurdles:** Mark Dixon – 16 years of track coaching experience at WDHS, coached multiple Sectional, State, and Meet of Champion Champions

## GENERAL INFO:

- We meet everyday in Room 21 at 2:30pm to start practice
- Attendance at every practice is important for you, your teammates, and the team in general
- If you are staying after for extra help, make-up work, a meeting, or a detention, **YOU MUST bring a note from a teacher** to explain your lateness.
- 3 unexcused absences (without a note) will be grounds for dismissal from the team. Unexcused absences are not a free pass to skip practice!
- If you are going to miss a practice or meet for any reason, AT LEAST 1 weeks notice should be given to one of the coaches. Your absence may affect a relay or team event so you should make every effort to have no misses for the season.
- You should make every effort to schedule doctor/dental appointments, etc. at times other than normal practice time.
- Anyone leaving an event with a parent must have a signed note from Mr. Cammarota **24 hours in advance**. These should be requested only in instances of importance, not as a habit.
- Running in the hallways is not good for your legs. We will be outside as much as possible. Bring extra clothes to prepare yourself for any type of weather that may arise during the day. **Chances are you will need more than shorts and a t-shirt everyday!**

## TEAM INFO:

- Both the boys and girls teams should be very competitive in both relay and individual meets. The team will have as much success as you decide to put in effort. Your attendance and effort WILL make a difference in our results.
- Some meets on the schedule will only be attended by those individuals running/jumping/throwing in certain events. You will be made aware of which events you will compete in a week in advance. Again any notice of absence must be conveyed to a coach a week in advance for the courtesy of the coach and your teammates.
- **PLEASE BE CERTAIN YOU HAVE NEW AND PROPER SHOES FOR RUNNING! THIS WILL BE YOUR NUMBER ONE PRIORITY IN ORDER TO AVOID INJURIES.**