

## 2026 WHS Track and Field Athlete-Parent Contract

Dear Athlete, Parent/Guardian,

As we approach the new season, we coaches want to ensure that **everyone shares a common expectation for participation in WHS Track & Field**. Accordingly, the following is the Athlete-Parent-Coach contract for the 2026 season. This agreement is implemented to clarify and document expectations and requirements for team participation. The objective is to promote positive self-esteem, responsibility and a strong work ethic to better prepare our athletes for their futures on and off the track.

Student-athlete academics always come first! Grades must be kept at or above 2.0 GPA throughout the school year to play sports at WHS. Please read and discuss the following information and discuss any questions or concerns with your coach before signing the contract.

### **Thanks Everyone!**

Head Coach Ruben DiRado (707) 799-7218, Head Coach Max Sandwina (707) 608-9512, Coach Michael Brook (707) 889-7189, Coach Trevor Johnson (707) 213-2204, Coach Herbie Polk III (707) 934-5597, Coach Herb Polk IV (707) 537-5181, Coach Jeremy Thompson (707) 308-9683, Coach Carlos Mendez (707) 696-2770

### **Attendance Policy:**

**1.** All practices are **MANDATORY** (unless the coaches communicate specific exceptions otherwise) and are to be attended. If athletes have a conflict for a scheduled practice they will need to notify one of their coaches in advance. If a pattern arises in which an athlete misses practice often, the coaching staff will work to reset expectations with the athlete. The coaches ultimately reserve the right to cut the athlete from the team if the athlete is not able to comply with agreed standards of participation.

For club and dual sport athletes, uncommunicated absence to participate in a club sport or alternate sport is not considered to be an excused absence. If there is a conflict, communicate with your coach(s) about your specific situation ahead of time. Again, we coaches reserve the right to cut an athlete from the team if the athlete cannot commit to previously agreed upon conditions.

**2. Excused absences**, for example, would be due to illness, injury, family loss etc. School work can also be a reason to miss practice if significant exams or projects are scheduled or if the player is struggling with grades. Academics are most important! Success in track and field requires consistent participation in practice. If the athlete is not able to maintain a pattern of regular attendance (even if absences are excused) the athlete will be warned, and if not rectified the athlete may ultimately be dropped from the roster at the coach's discretion

**3.** Everyone attending practice needs to be **at the track dressed accordingly (Athletic top or T-shirt, athletic sweats/shorts and proper RUNNING shoes) and ready to go 10 minutes prior to the designated start time (4:00pm)**. If you are late to practice for any reason, you **MUST** check in with a coach and provide your reason for being late. We understand that sometimes being late is unavoidable, but not checking in with your coach is unacceptable.

**4. Meet (competition) attendance** is vital to team cohesiveness and community. During league meets ALL athletes will stay until the last event has concluded. Immediately after the meet has ended, the team will gather up with the coaches and end with a discussion of how things went.

We expect the same standard of participation for weekend invitational meets. However we do understand that Saturday meets are more demanding. Prior communication between coach, athlete or parent is needed before early dismissal. Staying until the end of the competition is a part of team bonding and supporting each and every teammate.

### **Athlete Participation**

Track and field is primarily composed of individual efforts. That being said, meets are won and lost as a team. **If you have agreed to register for an event, you are required to show up and participate in the event** (barring any coach changes, injury, or other emergency).

### **Transportation:**

1. In most cases, transportation is not provided by WHS for away meets. **Parents are required to arrange transportation for away meets unless the coaches communicate otherwise.** A parent contact list will be available to help rideshare/carpooling. Coaches will provide information regarding school carpooling policies.
2. Early dismissal is usually required for away competition on school days with longer travel time. Make sure to check the BAND APP for details prior to meet days.

### **Parent Participation:**

All hands on deck!

1. We need **parent volunteers for all home meets**. Hurdle crew, result recorders, help at the finish line (timing system operation), field event measurements and more are needed to help our home meets run smoothly and efficiently. **We host two Wednesday meets** during the season and getting adequate help makes for a quality experience for everyone! We will host NBL championships at SRJC this year! We will need a few team parents to help with other events like the end of year celebration.
2. **Fundraising is a core component of this team's success.** It is vital that parents encourage and support each athlete's participation in all fundraising activities. Please reach out to a coach if there is any reason participation may be difficult.

### **Team Rules:**

1. **SUPPORT EACH OTHER AT ALL TIMES**. You are teammates on and off the track. Please support each other in academics and competition. A strong team bond is at the foundation of all we do.
2. Make sure your academics are your top priority. Failure to meet grade & school attendance requirements could cost you your spot on the team!
3. No profanity during practice or competition at any time (whenever it's a team event of any kind).
4. Always give your best effort (if you are ill or injured let a coach know ASAP!).
5. NO CONVERSATIONS while a coach is addressing the team! Quiet down and listen until we're done.
6. Be respectful to coaches, teammates, officials, and opposing players.
7. Always show good sportsmanship in winning or losing, during good meets or bad ones.
8. **NO CELLPHONES or EARBUDS DURING PRACTICE.** These need to be put away prior to team announcements. If athletes are expecting an important phone call or really need to get a hold of someone, they can come ask a coach and they will ultimately decide if it is a worthy reason. We coaches will obviously permit them to reach out to parents if the request is reasonable.
9. **HAVE FUN!**

### **PLEASE SIGN AND DATE THIS CONTRACT IF YOU HAVE READ AND AGREED WITH ALL POLICIES AND RULES.**

As an athlete on this team, I agree to and intend to abide by the rules and policies listed in this contract.

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Athlete Name / Date

My child has shared with me the rules and requirements in this agreement, and I agree to encourage and help them meet this requirement.

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Parent/Guardian Date