

Railer Track and Field Rules and Expectations

1. Academics are very important and are the primary reason you are attending NHS. However, A well-organized, self-motivated person can succeed in both academics and athletics. Organize your study time to avoid practice conflicts.
2. Each athlete must abide by the athletic rules of NHS. If you are not in good standing, at NHS, off of the track you will not be participating in meets. This applies to the policy of non-use of alcohol, drugs and tobacco (page 36 Planner/Agenda). In addition, each athlete will be expected to represent NHS at all events in a highly respectable manner.
3. Attendance at practice and meets is critical if an athlete wants to have success. There are certain excuses for missing practices-sickness, family emergency, school related activities, etc.
4. All absences from practice will result in some “make-up” conditioning
5. If an athlete has an unexcused absence from practice, he/she will miss the next meet. The second unexcused miss will cost another meet. If you have a third miss you will no longer be a member of the team.
6. If an athlete must miss or be late to practice, he/she should notify the coaches beforehand by:
 - contacting them personally
 - calling the head coach at home or at school
Coach Remsberg 284-2745 (H) 772-0985 (C)
 - Bring a signed note from parent/guardian
7. Practice will begin promptly at the time designated by the coaches. Being late will result in some disciplinary action (pushups, up-downs, etc.) Be on time so you don't delay practice for you teammates. Excessive tardies will result in a missed meet. Check with your event coach about weekend practices.
8. The uniforms/practice gear you receive is the best we have to offer. Please do not wear them except to practices and meets.
9. Safety is a number one priority. Field event implements can be extremely dangerous if not used in a safe/appropriate manner (horseplay will not be tolerated). Distance runners should be careful when running routes around town. Always use common sense and follow the supervision of your coaches.
10. Practice will be tough but rewarding. Set personal goals and strive to achieve them. Take pride in giving a great effort, whether it be in the classroom, at practice, or in a meet.

2009 Railer Track and Field – Master Schedule

Day	Date	Meet	Meet Starts	Students Out @	Leave NHS	Return @ Approx.	Managers	Coaches
Wed.	4/1	Manhattan – JV	@ 4:00	12:30	12:45	11:00 p.m.		
Saturday	4/4	Winfield – V	10:00 a.m.	NA	7:00 a.m.	5:00 p.m.		
Tuesday	4/7	Newton – V	4:00 p.m.	2:40 p.m.	NA	NA	All	All
Friday	4/10	Maize - JV	3:30 p.m.	1:10 p.m.	1:30 p.m.	9:30 p.m.		
Monday	4/13	Derby – JV	3:00 p.m.	12:35	12:55	10:00 p.m.		
Tuesday	4/14	Heights - V	4:00	2:00	2:15	11:00 p.m.		
Th.-Sat.	4/16-18	K.U. Relays	TBA	TBA	TBA	TBA		
Tuesday	4/21	McPherson – V	4:00 p.m.	1:55 p.m.	2:15 p.m.	10:00 p.m.		
Thursday	4/23	McPherson 9/10	4:00 p.m.	1:55 p.m.	2:15 p.m.	9:30 p.m.		
Friday	4/24	Campus – V	3:15 p.m.	12:55 p.m.	1:15 p.m.	10:30 p.m.		
Monday	4/27	Salina Central - JV	4:00	1:30	1:45	10:30 p.m.		
Friday	5/1	El Dorado – V	4:00 p.m.	1:40 p.m.	2:00 p.m.	10:30 p.m.		
Tuesday	5/5	Newton – JV	4:00 p.m.	2:40 p.m.	NA	NA	All	All
Friday	5/8	Derby – V	3:30 p.m.	1:10 p.m.	1:30 p.m.	10:30 p.m.		
Monday	5/11	Hesston – JV	4:00 p.m.	2:25 p.m.	2:45 p.m.	8:30 p.m.		
Friday	5/15	AVCTL – V @ Valley Center	4:00 p.m.	1:45 p.m.	2:00 p.m.	10:00 p.m.	All	All
Friday	5/22	Regional – V TBA	TBA	TBA	TBA	TBA	All	All
Fri./Sat.	5/29 & 5/30	State @ WСУ	TBA	TBA	TBA	TBA		