

WACHUSETT REGIONAL HIGH SCHOOL ATHLETIC DEPARTMENT



Girls Indoor Track Program Expectation Sheet

- The indoor track season starts the Monday after Thanksgiving and continues until early March.
- Events include the 55-meter dash, 55-meter hurdles, 300, 600, 1000, mile, 2 mile, 4x200 relay, 4x400 relay, high jump, and shot put.
- Practices are usually right after school until 5 to 5:30 p.m. The team practices over both the holiday and February vacations.
- Regular dual meets are held against the other six teams in the Mid-Wach A league and are held on Wednesday evenings or Saturday mornings. WRHS has one of three area indoor tracks suitable for large meets so the team has several home meets per season.
- In February the team competes in a league championship meet and then a Central Mass championship meet. The team is also fortunate to have several opportunities during the season to run at the Reggie Lewis Athletic Center in Boston, which has a high quality, mondo surface on its banked 200 meter track. The state and New England Championship meets are also held there.
- At the beginning of each season coaches hand out the schedule and an information/rules sheet. Each athlete should share this with her parents to determine if she has the time and commitment to join the track team. Coaches always try to work with athletes to help balance their academic and athletic life. But the students must understand that a high school sport is a big time commitment. Team members are expected to attend practice and meets and to give coaches advance notice if they have a valid reason not to be there. The girls' track teams at Wachusett offer a great deal of camaraderie and give girls a chance to make friends, develop leadership skills, learn time management, and practice good sportsmanship. That is all in addition to improving their athletic skills, becoming stronger, faster competitors, and experiencing success in an athletic environment!
- Students or parents with questions should contact coach Mike O'Malley at wrhscoacho@gmail.com.