

WAUKESHA WEST 2026 TRACK AND FIELD



Coach Quinn

Head Coach

- Hurdles, High Jump, Sprints (Short and Long)
- 2nd year with WW, 4th year coaching

- Physical Education and Health Teacher
- GYM / A122 / E105

MQINN@WAUKESHA.K12.WI.US



Coach Schneider

Sprints Coach

- 100m,200m, 4x1m,4x2m
- Six years coaching experience at WW (Football & Track)
- mjschneidy21@gmail.com



Coach Pearson

Assistant Coach

- Broad event emphasis focusing on biomechanics, speed, conditioning, and strength
- 23 years coaching experience at 3 schools

262-894-5952

chrisp247365@gmail.com



Coach Evan

Assistant Coach:

- Emphasis Long/Triple Jump
- 3rd Year with WW
- MKE Speed Jumps Coach
- Schedule

Evanliebetrav12@gmail.com



Coach Bratt

Assistant Coach

- Emphasis on Mid/Distance (800m, 4x800, 1600m, 3200m)
- 3rd season coaching Mid and Distance
- 2 years as Assistant Coach for Boys Cross Country

pbsandwiches@hotmail.com

262.751.3303 (preferred)



Coach Sokol

Assistant Coach:

- 1st Track season with Waukesha West. 3 years as Boys Head Cross Country Coach.
- 3 years of experience coaching with Oak Creek T&F (100m-3200m & Relays)
- Elementary PE Teacher in Oak Creek
- *Email: a.sokol@ocfsd.org*



Coach Kylie

Assistant Coach

- Emphasis on **distance**

4th season at West

Senior at Winona State studying
Nursing

kylieanderson517@gmail.com



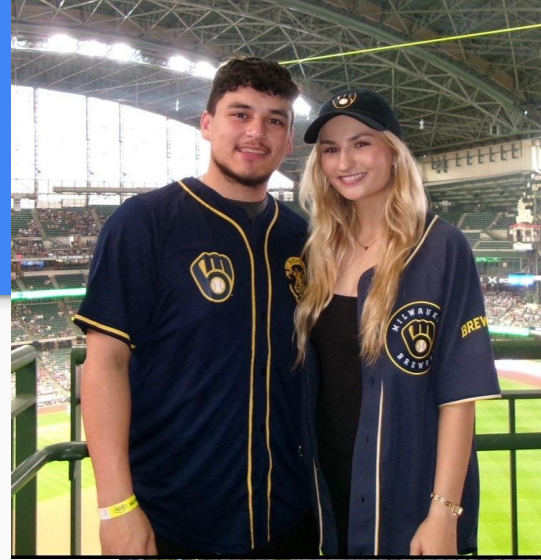
Coach David

Assistant Coach:

- Emphasis on *Sprints & Jumps*
 - First track season at Waukesha West.
 - One year of previous experience coaching at Carroll University
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- Phone number: (920)988-1095
 - Email: David32Gilbert@Gmail.com



Coach Juan Ocampo



Assistant Coach

- Throwing Coach - Shot & Disc
 - First year coaching at West
 - Four year thrower at Carroll University
 - Doctorate of Physical Therapy (DPT)
 - Proud owner of the Packers
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- juanocampo9@gmail.com



Missy Hansen - Athletic Trainer

- Athletic Trainer at West for 20 years
- Works for Children's Wisconsin
- Hours: Monday-Friday, 2:30-5:30 + most home events
- Contact Info:
 - Email: mhansen2@childrenswi.org
 - Cell: 262-498-6197





Season Length

Second week of **March 9th, 2026** to ~ **First week of June for State Qualifiers**

~ **12 weeks**

Practice 5 days a week

- **Meet in the GYM @ 3:30 / When weather permits we will meet on the track.**
- **Event coaches will communicate with you prior**



Tentative Practice Schedule:

3:30 pm - 3:35/40 pm	Attendance/Announcements for the day/week PR bars/ Breaking records
3:30/40pm - 3:45 pm	Whole group jog around indoor track (2 laps total)
3:45pm ~ 5:30 pm (End time dependent on event group)	Break off into event groups for individual warmups / event set up

Schedule



Waukesha West Track and Field						
	Date:		Meets: None			
	Uniform: Practice (Running shoes, Shorts, T-shirt)			Meeting time:	3:20: Field House	
				Practice time:	3:30: Field House	
	Date	Date	Date	Date	Date	Date
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Throwers						
Vaulters						
Sprinters - 400						
Sprinters 100/200						
Hurdlers						
Distance 800/1600/3200						
High Jump						
Long/ Triple Jump						





What you need for Practice

- Proper shoes (spikes for outdoors, good quality running shoes for indoors, throwing shoes)
- Equipment for your event (shot and disc, pole vault pit, high jump etc.) It is the athletes responsibility to get the equipment they need from the school locker. The locker will be unlocked prior to practice. Communicate with coaches with what is needed.
- Cold weather clothes
- Warm weather clothes/gym clothes
- Water bottle
- Distance runners need to have their own watch (if possible, a watch that gives mileage)



Meet Information

If you miss practice the day before a meet, you will be taken out of that meet. If you leave school early and are absent from school without parent authorization, you will not compete in practice or the meet that day.

The bus is required to be taken to all meets outside of the school district. ALL ATHLETES RIDE THE BUS TO THE EVENT.

You take the bus home as a team. **You are a team, you should arrive, leave, and cheer each other on as a team.** If you plan to go home with a parent for another circumstance, a notification to the head coach **MUST** be made.



Meet Information

Understand we are guests at over 10 different facilities per season and some repeatedly. Athletes will be respectful of these facilities at all times.

- Athletes will be respectful and responsible of themselves and others
 - **No stealing food from other teams. No running around the classrooms/halls of other schools. Do not be anywhere you are not supposed to be**
- Athletes will be ready for meets (spikes, throwing shoes, proper uniform, shot/disc, poles etc.) Coaches will be responsible for batons at all meets.
- Athletes will be respectful of other teammates and opposing athletes and schools
- Cell phones are allowed in team camp or before and after competition. No phones out on the track at any time including team warm ups.
 - **This is a WIAA RULE**

Attendance



Attendance at all practices is expected. After two (2) unexcused absences from practice, a meeting with the coaches will be held. If you need to miss practice, notify your event coach or Miss Quinn immediately.

- **Excused absences include: sickness, family emergency, doctor appointments, family vacations and other SCHOOL activities.** Please still notify your event coach or Miss Quinn when able if you are going to miss practice or a meet.
- **Unexcused absences include: haircuts, work, no ride and non-school activities.**

Two School Sports - Same Season	One School Sport + Club Sport	Multiple School Sports - In and Out of Season
<p>Competitions are prioritized over practice. If both programs have competitions, "primary" sport is attended unless prior plan is created for special circumstance.</p>	<p>If overlap is with same in-season sport, WIAA rules apply for max of two in-season non-school contests allowed. If different sports, school sport should come first. If athlete needs to miss for non-school competitions, this must be communicated ahead of time with the understanding that while they will not be removed from the team, they will potentially lose playing time, awards, and other opportunities.</p>	<p>Athletes should always attend the in-season sport first. At no time should one in-season school team function be missed in order to attend an out of season team function.</p>
<p>Shared calendar with all coaches, parent, and student - student/family creates and takes the lead. Weekly emails from student with reminders and planning.</p>	<p>Shared calendar with all coaches, parent, and student - student/family creates and takes the lead. Weekly emails from student with reminders and planning.</p>	

Registration



Registration for Track will open on February 23rd

Register online at: westwolverines.com

Returning athletes need to register for every sport,

- If you played something in the fall or winter, you need to register again (but not pay)

Booster Club



- Base Annual Allocation-\$1500
 - Team Rep must attend 8 or more Booster Club Meetings
 - 10 concession shifts must be worked
 - Donation of 1 Westapolooza Basket
- Additional \$1500 can be earned if (3) of the following terms are met:
 - 10 additional concession shifts worked
 - Additional Westapolooza Basket Donated
 - Rep must Chair a Booster Club committee or fundraising event
 - At least 4 attendees at Westapolooza
 - Procure a Bosster club sponsor or corporate donation
 - At least 4 attendees to the Band/Booster Club Golf Outing

*All requirements must be met between August 1st and July 31st of each school year.

Rep Info:
Heather Pearson
414-334-0205
heather.pearson@aah.org

Group Me Link below is for communication to parents for Booster Club announcements and any other announcements regarding Track and Field at West

WAUKESHA WEST TRACK AND FIELD PARENTS



Join on GroupMe

Fundraising



Friday, March 20th @ 3:30pm

Derek Brown with Leading Edge

What we use fundraising for?

- **New Uniforms**, goal is to have new uniforms for the Conference meet
- Cover the cost of the State Track and Field trip
- Equipment as needed

Apparel / Fan Shirts



Burghardts

Track and Field Apparel will be open starting February 23rd - March 5th

- Second round of apparel will take place during the season as well
- Required/Strongly recommended to purchase warmups. Warm ups will be used throughout the season/duration of track and field (4 years)
- Fan Shirts, customizable to your athlete

Fan shirts - customizable to athlete



Kept for duration of track participation

Recommended Team Warmup



Parents of Seniors

Please keep an eye out for an email from me regarding the following:

- Senior banners
- Senior video

PLEASE SCAN

Fill out Information Sheet →

