

The logo is centered on a white rectangular background. It features the words "Track" and "FIELD" in a stylized font. "Track" is written in a large, black, cursive script. Below it is a smaller ampersand "&". To the right of the ampersand is a black outline of a foot with wings, resembling a winged foot or a running shoe. Below the ampersand and the winged foot, the word "FIELD" is written in a bold, black, blocky font with a white outline.

Track
&
FIELD

Middle School South Track

- For 7th and 8th graders; usually about 80-100 athletes
- Coaches: McDonald, Paternoster, Mancini, DeBruyne & Vanwelseaners
- Must have physical on file before practicing
 - MSS Football, Volleyball and Basketball are already on-file
 - If not sure, ask Mr. Paternoster or Mr. McDonald
- Cannot be on the citizenship list
- Must maintain eligibility with your grades
- Practice after school until 4:30, you will get a schedule
- One-Way bus from away meet: no bus home – only bus there
 - You must have a ride home from away meets; end 5:45 pm

Practice Information:

Practices:

- You must have a physical on-file
- You'll receive a calendar; practices are until 4:30
- Arrange for a ride when practice ends
- Practices will vary depending on your event
- Be prepared to run and practice outside
- First practice distance and sprints
- Second practice try field events

What to Wear:

- Watch the weather and be prepared to run outside
- Running shoes work well, you don't have to buy spikes

Middle School South Track

- You can participate in up to three events:

Long Distance:

1600 Meter Run (1 Mile-4 Laps)
1600 Meter Relay

Mid Distance:

800 Meter Run (2 Laps)
800 Meter Relay
400 Meter Run (1 Lap)

Sprints:

70 Meter Dash
100 Meter Dash
200 Meter Run
400 Meter Relay (1 Lap w/for people)

Field Events:

High Jump
Long Jump
Shot Put

Hurdles:

55 Meter Run
200 Meter Run

- You will get to try events at practices
- Coaches will help decide your events

Uniform Information:

Uniforms:

- **Blue Track Shirt**

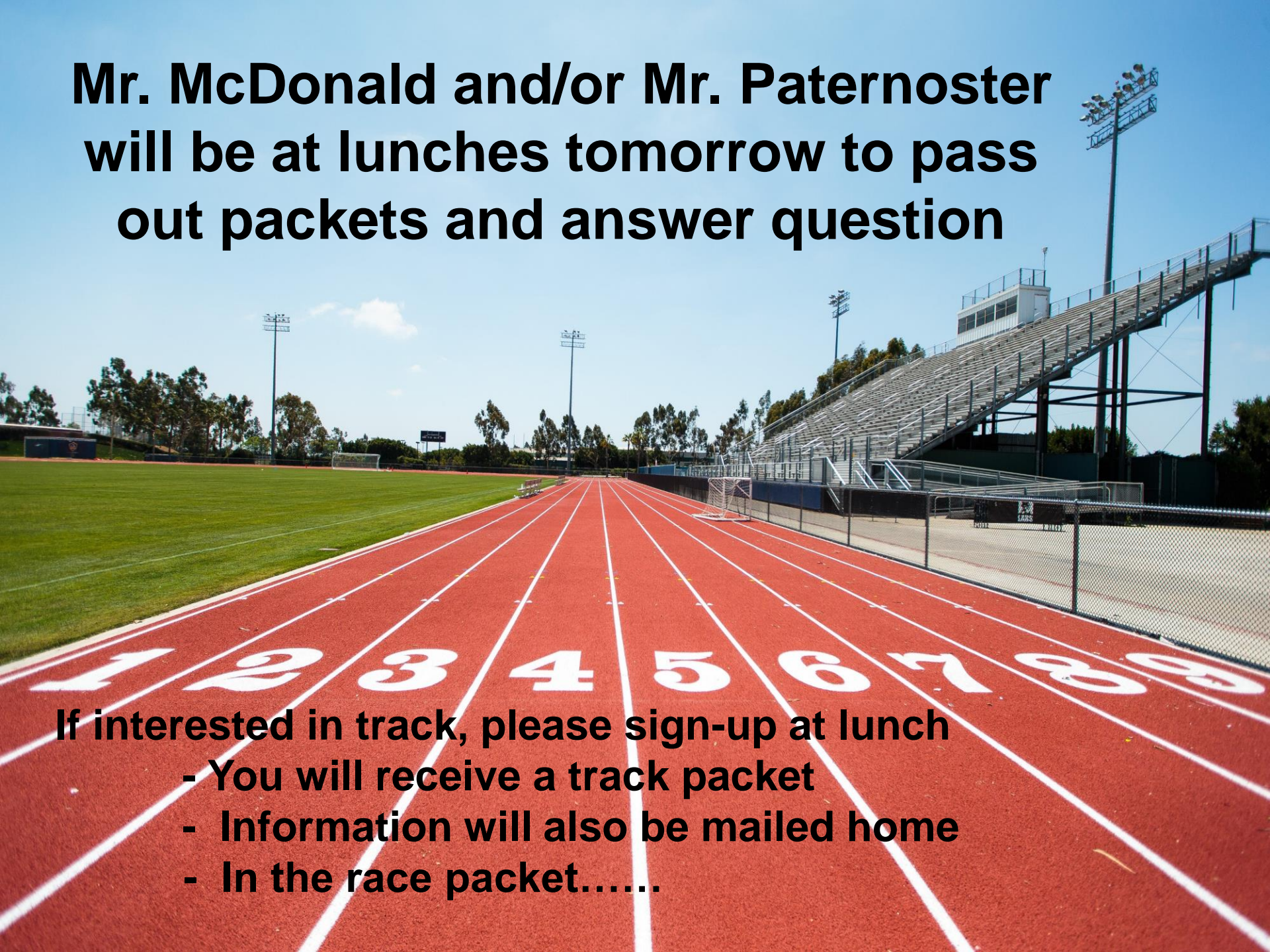
- Only (\$16) with your name on the back
- You'll wear that shirt with blue/black shorts or leggings

- **Hoodies or sweatshirt**

- Optional; you do not have to order
- Hoodies (\$30)
- Sweatshirt (\$25)
- Hot pink, blue or grey
- Your choice of the name on the back



- You can order one, none or both; order online or cash



**Mr. McDonald and/or Mr. Paternoster
will be at lunches tomorrow to pass
out packets and answer question**

If interested in track, please sign-up at lunch

- You will receive a track packet**
- Information will also be mailed home**
- In the race packet.....**

Track Packet Information:

2023-2024 Middle School South Track

The following information has been prepared to familiarize you with the expectations for the upcoming track season. Please take the time to read the following information.

Coaches	Voicemail	E-mail
Mr. McDonald	493-5620 ext. 2507	mcdonbr@lc-ps.org
Mr. Paternoster	493-5620 ext. 2496	paterja@lc-ps.org
Mrs. Vanwelsenaers	493-5620 ext. 2490	vanwejo@lc-ps.org
Mr. Mancini	493-5620 ext. 2525	mancida@lc-ps.org
Mrs. DeBruyne	493-5620 ext. 2543	debrula@lc-ps.org

➤ **NEWS: Reminder that there will be “One-Way Busing” for away meets. Athletes will be bused to the meet only. Athletes will be responsible for arranging their own ride home from the meet. **The Romeo meet is the only meet with two way busing.** Track meets typically end around 5:45 p.m. If you have any questions about the one-way busing, please contact one of the coaches.

➤ **There is no cost for track this year.**

Physicals:

Students **must** have a physical on file in the office prior to the start of track, **Tuesday, April 2, 2024.** If your child has not had a physical this year for another school sport, please get a form from the office or a track coach and take it to your doctor. Students will not be able to participate until the completed form is turned in. Any physical from a sport earlier in the year is acceptable.

***Please Note:** If a student uses an inhaler for asthma or other related breathing problems, please provide an extra inhaler for the coaches. It will be kept in the emergency medical kit during the season and will be returned at the end of the season.

Grades and Citizenship:

Track athletes must not be on the citizenship list. Also, all athletes must meet MSS Athletic eligibility. All athletes' grades and citizenship will be monitored weekly. If an

Track Calendar:



2024 Middle School South Track & Field Schedule

Contact Information:
MSS (586) 493-5620

Coach Paternoster
paterja@lc-ps.org
Ext. 2496

Coach McDonald
mcdonbr@lc-ps.org
Ext. 2507

Coach Vanwelsenaers
vanweo@lc-ps.org

Coach Mancini
mancida@lc-ps.org

Coach Binge
bingela@lc-ps.org

Schedule subject to change

April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 7th Grade Practice Only 3:00 - 4:30	3 No Practice Early Release	4 8th Grade Practice Only 3:00 - 4:30	5 1/2 Day No Practice	6
7	8 7th Grade Practice Only 3:00 - 4:30	9 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	10 No Practice	11 All Grades 3:00 - 4:30 ** T-Shirt and Hoodie Money	12 No Practice Dodgeball Tournament	13
14	15 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	16 Sprints, Relays 3:00 - 4:30	17 No Practice Early Release	18 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	19 No Practice	20
21	22 Sprints, Relays 3:00 - 4:30	23 Field Events, Lg Distance, & Hurdles 3:00 - 4:30	24 No Practice Early Release	25 All Grades 3:00 - 4:30	26 No Practice Spring Dance	27
28	29 HOME Track Meet vs. Fraser 3:30 - 5:30	30 Sprints, Relays 3:00 - 4:30				

T-Shirt/Hoodie/Sweatshirt Order Form:

Please return form by Thursday, April 11.
You can order on-line or send in cash. Form looks like:

2023-2024 Middle School South Track

\$16.00 T-Shirt (Blue w/last name and will be worn as uniform)

\$25.00 Sweatshirt: (Crewneck/no hoodie) Color: Magenta Pink, Navy or Grey

\$30.00 Hoodie Sweatshirt: Please select color: Magenta Pink, Navy or Grey

CASH On-line <https://lcms.qmigroupinc.com/>

(Cash or On-line)
Online payment option can be found at MSS track [page](#)

ORDERS DUE BY: THURSDAY, APRIL 11, 2024

▲ Name _____ Grade _____

<u>T-Shirt Size</u> (Circle One)						
Last name will be printed on t-shirt and worn as <u>uniform</u>						
Youth XL	Adult S	Adult M	Adult L	Adult XL	<u>Adult</u> XXL	<u>Adult</u> XXXL

<u>Hooded Sweatshirt Size</u> (Circle One)							<u>Sweatshirt color</u> (Circle One)	
Youth XL	Adult S	<u>Adult</u> M	<u>Adult</u> L	<u>Adult</u> XL	<u>Adult</u> XXL	<u>Adult</u> XXXL	<u>Grey, Navy</u> or Pink	

NAME ON BACK
If you want your name or nickname on the back of your sweatshirt or hoodie,
please write and spell it exactly as you want it to appear:

Track t-shirt is the uniform and is navy blue with your last name

You can buy a sweatshirt for \$25 or hoodie for \$30.

You can pick the color navy blue, hot pink or grey.

Emergency Contact Information:

2024 Middle School South Track Emergency Contact Information

(FORM MUST BE RETURNED)

Please provide the following information and return by:

THURSDAY, APRIL 11, 2024:

Student Athlete Name: _____

Contact information

Parent/Guardian name: _____

Home phone number: _____

Cell phone number: _____

Additional number (Relative or Family Friend)

Name: _____ Phone Number: _____

MEDICAL: Concerns or any Medications we need to know about:

Remind:

Remind

Sign up for important updates from Mr. Paternoster.

Get information for L'anse Creuse Middle School - South right on your phone—not on handouts.

Pick a way to receive messages for Track:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/sabretrac

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



The image shows a smartphone screen with a web browser displaying the 'Join Track' sign-up form. The URL bar shows 'rmd.at/sabretrac'. The form has two input fields: 'Full Name' with a sub-label 'First and Last Name' and 'Phone Number or Email Address' with the placeholder '(555) 555-5555'.

B If you don't have a smartphone, get text notifications.

Text the message @sabretrac to the number 81010.

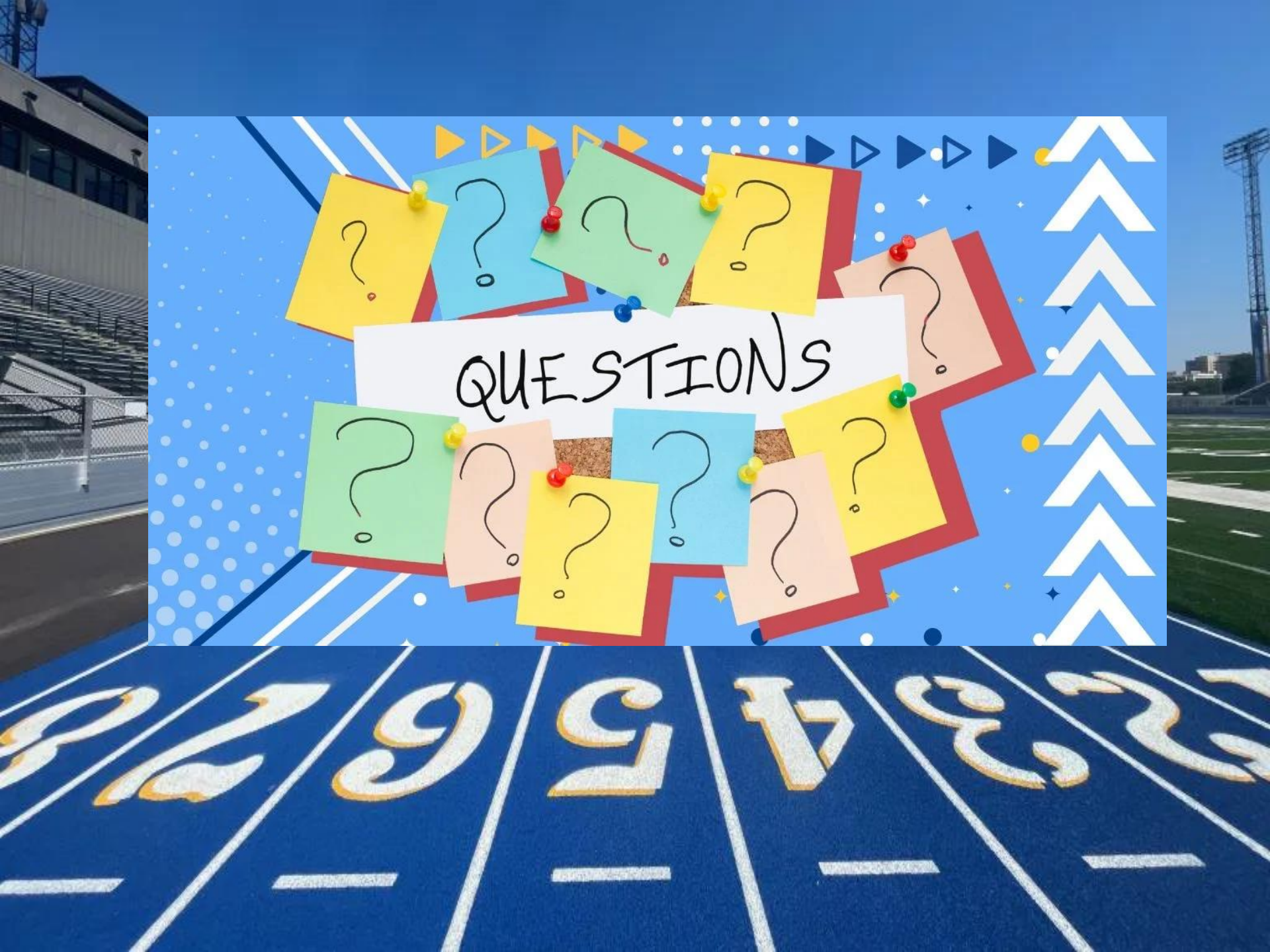
If you're having trouble with 81010, try



The image shows a smartphone screen with a text message interface. The 'To' field contains the number '81010'. The 'Message' field is empty.

Track Information Review:

- Track is for 7th & 8th graders and starts after spring break
- You must have a physical
- Practice after school until 4:30; have ride home from meets
- Dress for the weather; we practice outside
- Please let a coach know if you are missing practice or meet
- Uniform can be purchased on-line or cash by April 11
- Emergency form needs to be returned by April 11
- Use your gym locker or be assigned a locker (lock your stuff)



QUESTIONS