

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.

| <u>Coaches</u> | <u>Voicemail</u> | <u>E-mail</u> |
|--------------------|--------------------|--|
| 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 between 5:30-6:00 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 are monitored weekly. If an athlete is deemed ineligible, he/she will sit out the next meet as well as practices and will be required to attend academic help sessions one day during the week.

Attendance:

Attached are our calendar listing all practices and meets. Practices are scheduled from 3:00 to 4:30; please check the track calendar for more details. **Students will need to get a ride to and from practice; they should not remain on school grounds after school.** If an athlete receives 3 or more unexcused absences for practices and/or meets, he/she will be dismissed from the team. An absence is excused if a parent or guardian notifies a coach prior to the absence.

Behavior:

Track athletes must adhere to all school rules and policies at all times during the season. This means that you treat coaches and fellow runners in a respectful manner by listening and following directions the first time they are given. Since they are representing our school, athletes are required to uphold a high level of behavior and conduct. Suspension or removal from the team may result if school rules are broken.

Uniforms:

The uniform consists of a blue MSS Track T-Shirt and athletes wear their own personal blue/black shorts/leggings. It is highly recommended to purchase a shirt.

*Track athletes have the option of purchasing and keeping their track t-shirt and having their last name printed on it for **\$16**. Otherwise, they can use a school provided t-shirt. **The order form is due by Thursday, April 11, 2024.***

*Track athletes can also purchase a hoodie for **\$30** or a sweatshirt for **\$25** with their last name or nickname on the back. **The order form is due Thursday, April 11, 2024.***

Coaches Philosophy:

Our goal is for all athletes to utilize and develop their abilities to the fullest extent. A track meet has entrants that run, jump, and/or throw for points and those that participate as exhibition entrants. This means that some of the members will be competing to earn a spot in the scoring of the track meet. This is a competitive situation and selection of runners who will run "for points" will be determined by the level of involvement in practices along with attitude, talent, and attendance. Regardless of whether a runner is able to earn points or not, all will be treated the same.

Emergency Contact Information:

Attached to this packet is an emergency contact form. **Please return the emergency contact sheet to one of your coaches by Thursday, April 11, 2024.** It will be used only in the case of an emergency.

Track Meet Information:

Typically, the field events (long jump, high jump, and shot put) will begin at 3:30 and running events will begin at approximately 3:30/3:45 (see list below)

Order of running events:

1600 Meter Run (1 Mile)
55 Meter Hurdles
800 Meter Relay
800 Meter Run
100 Meter Dash
400 Meter Run
70 Meter Dash
200 Meter Hurdles
200 Meter Run
1600 Meter Relay
400 Meter Relay

*** Track meets typically end between 5:30-6:00 p.m., depending on the number of athletes participating. ***