

## 2019 Owen Valley Middle School Track & Field

Coaches: Kara Polich & Alex Andre-Knudson

Thank you for allowing your child to participate in track. He/she will have an opportunity to try many different events during practice; however, participants will be placed in events for meets based on their performance. During home meets, we can place as many athletes as we choose in the 800m or 1600m. If your child doesn't have the times to compete in a specific event, he/she will be placed in one or both of those above.

- ⑩ All participants must have a physical on file (Physicals are due March 22nd).
- ⑩ Grades & behavior is extremely important. We will not tolerate any bullying, horseplay, or defiance. Grades will be checked regularly. Students who receive an "F" on their progress report/report card can participate in practice, but not during meets until their grade improves.
- ⑩ **Responsibility is a must.** There are approximately 45 athletes and only 3 coaches. We can't watch each person at all times, especially with so many different events going on. We expect the athletes to behave during practice, and meets. This includes wandering off or goofing off while we are working with a different event. Please talk to your children about maturity and being responsible.
- ⑩ Practices will be from Monday thru Thursday 3:30-5:00, (In March Friday practice will be 3-4:30) unless noted otherwise, & students should be picked up at the track. When it is cold or raining too hard, practice will be inside and students should be picked up at the back doors. Students need to dress appropriately and always have clothing for inside or outside practice. No spandex/volleyball shorts or shirts with the sides cut out will be allowed.
- ⑩ Athletes are encouraged to bring a snack and a water bottle to practice. When we have away meets, we will be leaving after school and there's no time to eat dinner. Please make sure your child has packed a snack for those days especially.
- ⑩ For home meets, athletes need to be at the track no later than 4:15. For away meets, athletes stay after school and we typically load the bus around 3:45-4:00.
- ⑩ We will be asking for parents to sign up to help at a meet at least once this season. If you have never seen a track meet, they are very busy. It takes a number of volunteers to make them run and we need to be prepared. Please sign up for an event on the sign-up sheet.

We are excited about the season.

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