



Willowcreek Middle School 2024 Track Rules and Policies

Each participant must have one physical each year to participate in school-sponsored athletics. A release form and physical must be turned in to Coach Vincent **before you can participate; the deadline is March 8th**. No one will be allowed to participate with the team without a physical and paying their participation fee. **Athletes also must have insurance to participate. If you do not have insurance, the front office has information on insurance that can be purchased for athletes.**

Each team member must have **no more than one 'F' for first semester, a 2.0 for both 1st and 2nd terms**, and to keep participating at meets, have no F's at the end of third term. In terms of citizenship, an athlete cannot receive more than one unsatisfactory citizenship mark in third term, or any negative reports from teachers. The coaches will check athletes' grades before every track meet. If grades do not meet the standards listed above, the student will not be allowed on the bus. Students must be passing all classes to participate in the track meets.

Practices will begin on Tuesday, February 20th.

Each member must attend and complete the assigned workout. We need to know where our track members are at all times between 3:00 and 4:15-30 p.m. We will take attendance at the beginning of each practice. Students need to arrange to work with other teachers in the morning or during lunch. Eighty percent (80%) attendance, performance, attitude, and coachability will determine which students will compete at the meets. Practices will be held Monday, Tuesday, Thursday, and Friday. Track practice **starts at 3:00**. If the weather is bad, practice will be held in the gym. Our practices will last until approximately **4:15-4:30 p.m.** Please arrange to pick your students up by 4:30. We recognize that there may be conflicts with other sports or activities, but in order to participate in the meets, the student must have arranged with their event coach for missing practices.

Dismissal from the track team: Remember, it is a privilege to participate in sports at Willowcreek. Students may face immediate dismissal from the track team for a variety of violations. Some reasons an athlete may be immediately dismissed from the track team are: an athlete leaves a meet without telling a coach, unsportsmanlike conduct towards team members or opponents, vandalism, inappropriate conduct, harassment, and bullying, to name a few.

It is district policy that ALL participants ride the school bus to the meets. If an athlete needs to leave early, and he/they/she is not returning to Willowcreek on the bus, the student has to leave with their *own* parents/guardians, and check out with a coach or an administrator. Athletes CANNOT leave with another athlete's parents. Generally, track is an individual sport, but you are still part of a team. It is important for the whole track team to stay together at the meet and to cheer and show support for your school and teammates.

There will be a **\$50 participation fee to cover transportation and equipment**. We appreciate your help with this matter. This fee needs to be paid to Ms. Broadhead in the office or online by **March 8th**.

A track uniform will be issued to each participant. There is no rental fee. We expect each participant to take

care of his or her uniform with pride. PE shorts or approved running shorts (black) are acceptable for meets. No Hawaiian or Bermuda shorts are allowed. **Please do not dry uniforms in the dryer! They will melt and are expensive to replace! Drip dry only!** If a uniform is returned damaged, a **replacement fee of \$50** will be charged to the student. Uniforms will be turned in the day after the **last track meet**. Yearbooks and students' refunds will **NOT** be issued to you until your uniform is returned.

Running shoes are required, but spikes are not. Spikes cannot be used when running at our school on either the asphalt track or the small indoor track. The only time track shoes with spikes can be worn is at some away meets where there is a track suitable for spikes. The cost of a good running shoe and spikes start at \$50 and go up from there. Get what fits you and feels the best on you. A good training and racing shoe will improve performance. **Basketball, or regular school shoes (Vans, Converse, and some cross-trainers) are not beneficial and can injure a runner.** Spikes are only beneficial to sprinters, high jumpers, and long jumpers. Distance runners do **NOT** need spikes. We recommend that you bring sweats, sweatshirts, gloves, and beanie hats to every practice; the weather is extreme during track season.

Events:

For junior high/middle school we will participate in the following events:

Running--100m, 200m, 400m, 4x100 relay, 4x400 relay, 800, 1600, 3200 (9th grade only)

Field--shot put, high jump, and long jump

Athletes will try out for the events they would like to participate in. When everyone has had the opportunity to try out, **coaches** will determine the best placement for athletes in the events. Keep in mind that not everyone is a shot putter and not everyone is a sprinter; we want your athlete to be successful and comfortable with their event(s). Also, there is a limited number of participants in some events; **coaches** will determine which events athletes participate in—each athlete will participate in **at least** one event each meet.

Parent Permission Form

I have read the "Track Rules and Policies", "Heads up Concussion" document and give permission for my child/student to participate in the Willowcreek Middle School Track program.

Track Athlete information:

1. Student full name (print neatly): _____
2. Gender: _____
3. Grade: _____

Student's signature _____

Parent's signature _____

When we host meets at Willowcreek, we need parents to help the meet run smoothly. Parent volunteers allow the coaches to be available to run the logistics of the meet and coaching the athletes. Meets start at 2:30 p.m. and last to about 6:00 p.m. Would you be willing to help with home meets? We need help with timers, shot put, long jump, and high jump measuring. Thank you!!!

Parent Name: _____

Phone number to reach you: _____

E-mail: _____

willing to help at home meets.

