

Grades 6-8 Track Expectations



Athlete Expectations:

Athletes shall attend all classes and successfully complete all school assignments. Your number one priority needs to be in the classroom because you must be passing in order to be eligible to compete. We encourage you to do all you can to keep up with your work and if you need to be late or miss practice to make up assignments, contact your coach prior to missing practice time and provide a written note from the teacher you will be working with when you return.

Behavior is also very important. Treat your family, teachers, principals, staff members, fellow students, bus drivers, opponents, and officials with respect. You are also expected to obey all school rules while honoring the athletic code. You will be responsible for your personal property, Chromebooks, school work and any other belongings while at practices and meets. You will leave others' property alone when we walk to the high school for practice.

Maintain good nutrition and rest. *What you eat and drink will directly affect how you feel and how you perform.* You should reduce the amount of sugar and caffeine you are taking in, drink plenty of water and consume carbohydrates. Fruits, vegetables, cereals and pasta are good sources of carbs – stay away from junk foods and greasy foods.

Practices:

7th & 8th Grade

The first day of practice, April 7th, will be held at the **Middle School**. Parents should pick up their children in the teachers' lot at 4:30. Beginning April 8th, the team will walk with coaches to the **High School** and will need to be picked up there at 4:30. Please use the parking lot entrance on Helena Street behind the High school. Please follow the track practice schedule for the remainder of the season- posted on www.bayconference.org

***All athletes will be required to bring all school related items with them to the high school so they can go straight home from the high school.**

6th Grade

The athletes will have their first practice on April 14th at the **Intermediate School**. Parents should pick up their child at 4:30 in the back of the school. Some practices will be held at the Intermediate School from 3:00-4:30/4:15, some will be held at the High School Track from 3:00-4:30, and others will be held at the High School Track from 4:30-6:00/5:45. Please follow the track practice schedule for the remainder of the season- posted on www.bayconference.org

***All athletes will be required to bring all school related items with them to the high school so they can go straight home from the high school.**

Please be Prompt

All athletes should be picked up by parents **no later than 15 minutes after the practice end time (4:30).**

Track Meets:

All home meets will be at the high school. The team will either be bussed to the high school or they will walk. They should bring all of their belongings for both school and the meet because parents will bring their child home from the High School.

The team will be riding the bus to all away meets. Please note leaving times for away meets on the schedule. Athletes, be sure to clean up after yourself both on the bus and at the opposing team's facilities! Remember, your actions on the bus and at the other school are a direct reflection of how you have been taught to behave at West De Pere!

*** Everyone will ride the bus home after meets unless they are signed out.**

Preparing for Meets:

What to wear:

Uniform- Top, Black Shorts, Shoes and Socks
Sweat pants and top

Backpack should contain the following:

Hat, mittens, jacket, rain jacket or umbrella, water bottle, healthy snack, tissue, sun screen, and 1-2 garbage bags (for putting your backpack and Chromebook in when raining).

Meet Event Order:

Field Events: Long Jump, High jump, Shot Put, and Discus usually get started 15-30 minutes prior to the running events and will continue to run simultaneously with running events.

Running Events (Girls will always compete first):

100 Hurdles (7th and 8th Only)
100 Dash
1600 Run
800 Relay
400 Run
400 Relay
800 Run
200 Dash
1600 Relay



Tardies and Absences:

If an athlete comes late to practice, a note excusing them must be provided. If an athlete will have a planned absence from practice, a note should be provided **in advance** from a parent/guardian explaining that absence. Unexcused absences from practices will have an impact on participating in meets.

Parent Information:

1. Practice will end by the scheduled finish time and all athletes will be free to make their way to the parking lot. **Please** make it a **priority** to pick your son/daughter up no later than 15 minutes after practice is over. Thank you for being considerate of the coaches and their schedules.
2. All meet and practice times are located on Bayconference.org.

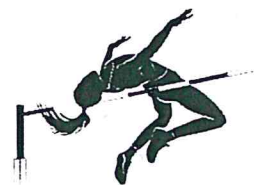
3. ***Please make sure that your son/daughter is prepared for rapidly changing weather. One of the biggest issues track athletes have is not being prepared for sudden shifts in temperature or the onset of rain.***
4. Only parents, legal guardians, or grandparents are allowed to give athletes a ride home from away games. ***You must sign your child out with your coach in order to leave an away game.***
5. Please provide a note for your child **in advance** if he/she is going to have a planned absence. Failure to do so may impact participation in meets.
6. All athletes will participate in the dual meets unless grades and attendance become an issue. Invites will have limited entries so not everyone will be able to participate. It will be clearly communicated to the athletes in advance of invites whether or not they will be competing.
7. Please remember to be a positive role model for our athletes when attending meets. Be sure to provide positive encouragement to the team and refrain from negative comments toward the officials, timers, opposing teams, coaches, and other fans. The goal for this experience is to provide our athletes with the opportunity to become better athletes and to become respectable young men and women.
8. If you have an issue/concern that you would like to address with your child's coach, please be sure to contact the coach to discuss your thoughts. If your concern comes up during a meet, please wait until the following day to contact the coach. This allows you to reflect on your concern and gives you time to constructively collect your thoughts to be communicated with the coach.
9. In the event of bad weather, practice may be on for some team members while others will go home. This will be clearly communicated at school and your child will be given the opportunity to contact you to make arrangements for the end of the day. The reason for partial team indoor practices is due to the size of the team and the lack of space.
10. Thank you for allowing your child to participate in track and we look forward to the start of the season!



Go West!

Please keep this information packet as a reference during the season.

Thank you



Please Fill out and detach the slip below and have your child return it

Please sign and return **ONLY** the slip below indicating that you and your child have read and agree to the track expectations listed above. If your child fails to have this sheet turned in by the first meet he/she will be ineligible.

Athlete's name (please print) _____ Grade _____

Athlete's signature _____ Date _____

Parent/Guardian signature _____ Date _____