 **HAVERFORD MIDDLE SCHOOL** 

**GIRLS TRACK AND FIELD**

Welcome to the Haverford Middle School Girls Track and Field Team. We are happy that your daughter has expressed an interest in participating on the track team for the 2019 season. Our goals are to have a positive season in which each student-athlete improves their skills and conditioning, experiences success, and has fun. Before the season begins we would like to review some important information and team rules.

**1. Forms:** Complete the athlete information sheet, and complete either page 7 of the PIAA year-round physical for those student-athletes who participated in a fall or winter sport or the full six page PIAA physical form for those student-athletes who did not participate in a fall or winter sport. PIAA physical forms can be found on the athletics page of the HMS website. You may get a physical from your personal doctor or sign-up to have a physical completed here at HMS. To sign up for a school physical on \_\_\_\_\_\_\_\_\_\_\_\_\_\_ please \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**2. Practice and Attendance:** Practice will be held Monday through Friday unless otherwise notified. Athletes will practice on our all-weather track and off campus on running trails and courses in the surrounding area. Members of the track team are expected to be at every practice. Notes are required if a student-athlete misses practice, arrives late to practice or after getting help from a teacher after school during practice time. Practices normally end between 4:30 and 5:00PM. Poor practice behavior, frequent lateness, or missed practices may result in dismissal from the team. Student-athletes must also be passing all classes in order to be academically eligible to practice and participate in meets. The first practice will take place on Monday, 311//19.

**3. Clothing:** First you need a good, comfortable pair of running shoes. Always have shorts, a t-shirt, sweatpants or tights, and a sweatshirt available as part of your track apparel. It is windy and cold on the track most days in the spring and athletes need to be able to stay warm between running, jumping, or throwing drills and arms and legs should be covered. For meets, runners may want to think about purchasing spikes as well. Talk to your coaches about them, not all athletes require spikes.

**4. Lockers:** You are responsible for the safe keeping of your belongings. Leaving valuable possessions in book bags out in the open in an invitation for trouble. Keep the locker room in order. Food or drink is not permitted in the gym or locker room area.

**5. Track Meets:** Home meets end around 5:00PM. When there is an away meet, the team typically returns to HMS anytime between 5:45PM and 6:30PM. Athletes are encouraged to stay until the conclusion of the meet to support their team and at home meets to help put equipment away. Athletes who plan to ride home with another teammate will require a note and will need to check out with a coach before leaving at the conclusion of the meet.

**6. Behavior:** Good behavior is expected at all times. Use of profanity or unsportsmanlike conduct will not be tolerated. Show respect at all times to your teammates, opponents, coaches, and officials. Act like a polite guest at other schools. Improper behavior may result in suspension from meets or dismissal from the team.

**7. Stay Informed:** Important forms, reminders, photos, meet schedule, and meet results can be found on Mrs. Young’s website under 2019 HMS Girls Track. In addition, email and text reminders will be sent throughout the season. If you do not receive either of these, please inform Mrs. Young.

**COACHES:** Trish Young, Mary O’Sullivan, and Nancy Naylor