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Dear Parents of Middle School Students,

The Troy School District will run a shortened outdoor middle school track season this spring with the four Troy middle schools and Avondale Middle School. This season will be different than any season in the past due to a few COVID-related requirements. We want you to be aware of the requirements prior to signing your son/daughter up and we understand that these requirements may prevent some students from participating this year. In short, here are a few items for you to be aware of:

- Practice will begin April 21, there will be four dual track meets in May, and a City Track Meet on June 1. We are still waiting to learn if there will be an Oakland County Track Meet this year.
- Practices will begin daily around 3:00 p.m. Whether learning in seat or online, students will need to come up to school for practice from home—requiring transportation to/from practice for any student not close enough to walk/bike. Students will not be able to stay at school until practice time.
- Per MHSAA guidelines, students will be given a brief COVID survey and have their temperature checked every day before practices and meets.
- Per a brand new MDHHS protocol, all spring sports athletes who are ages 13-19 will be COVID tested (rapid test) on a weekly basis. Testing will be administered by coaches as well as school personnel and possibly trained parent volunteers. More information will be shared as it becomes available.

Below is additional information on the upcoming season as well as a link to sign up for track. Please contact the coach, building administrator, or me with any questions.

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## **FINALFORMS REGISTRATION**

*All middle school athletes must be registered in [FinalForms](#) prior to attending any practices.*

We are entering the second year of a partnership between the Troy School District and FinalForms, an online forms and data management service, for athletics (first year at the middle school level). FinalForms allows you to complete and sign athletic participation forms for your child. One exciting feature is that FinalForms saves data from season-to-season and year-to-year, meaning that you will never need to enter the same information twice! FinalForms also pre-populates information wherever possible, for each of your children, saving you time.

You may review your data at any time to verify it is current. You will be required to sign your forms once per year and after any update.

Please register at: <https://troy-mi.finalforms.com> and follow the prompts to create your account and sign your forms. Note: middle school students will not need to create their own account.

The **Parent Playbook (attached)** provides information on registering. If you require any support during the process, scroll to the page bottom and click “Use Support”.

Troy School District is also transitioning to a new physical form (which is the MHSAA-recommended form). This physical form is in Final Forms and, after you have answered the questions on the form, you will be able to print the form populated with your information and take it with you to the doctor’s office for your child’s physical.

Due to the pandemic, any student who has a sports physical on file from last school year does not need a physical this year. These students will need to complete the MHSAA sports health questionnaire (you will be prompted in FinalForms). The physical or questionnaire will need to be submitted prior to practicing—after completion, either of these can be uploaded into FinalForms or turned in to the office.

If needed, you can get a sports physical from Beaumont Family Medical Center (44250 Dequindre Road - 3rd Floor Outpatient Service Building; 248.964.0400). Call to set up an appointment. Cost of the physical is \$25.

Due to shortened seasons during the pandemic, the Pay to Participate fee has been changed to \$50 for Track. You will be able to make the Pay to Participate payment directly in Final Forms using Stripe. Directions and prompts will be provided within Final Forms.

## **COVID/HEALTH INFORMATION**

Dr. Jim Moeller, long-time Troy sports physician, has provided information and recommendations related to COVID and athletics. Please take a few minutes to read this information by clicking [this link](#).

If your child is not feeling well or exhibiting any COVID symptoms, please keep them home!

## **TEAM/PRACTICE/MEET EXPECTATIONS**

- A waiver must be signed and submitted prior to participating in any practices (waiver can be accessed [here](#))

- Athletes will have their temperature checked and be given a COVID screener survey prior to being allowed to practice
- Athletes should stay home if they are exhibiting any COVID-related symptoms
- Masks must be worn entering/exiting school grounds and track, during team meetings, and during all practices and games
- Wash hands before coming to and after returning home from practice
- Shower immediately upon returning to home
- Wash clothes as soon as possible from each practice
- Athletes should wear their own clothing, includes uniforms, pinnies, etc.
- Athletes should bring their own hand sanitizer and water bottle (with name on it and filled); these should not be shared with others
- No handshakes, fist bumps, high fives, or contact celebrations
- No visitors or spectators are allowed at practices
- Parents/athletes will need to provide their own transportation to/from all practices
- Busing will be available for track meets

### **SPECTATOR EXPECTATIONS**

There will be a 2-spectators-per-participant limit for now. Masks must be worn by spectators at all times. Social distancing is expected for those not living in the same house.

### **SIGN UP LINK**

If your 7<sup>th</sup> or 8<sup>th</sup> grade son/daughter is interested in running track this spring, please [click here](#) to sign your son/daughter up for middle school track. This will help us in planning for the season.