



SMITH KNIGHTS TRACK & FIELD

2021

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Welcome to the Smith Knights Track and Field Teams! We are excited for another season of ‘fun in the sun’ as we compete to be our best! Track is a very unique sport in that there are 16 different events (13 running and 3 field) allowing for many opportunities to participate and excel. Student/athletes are challenged each meet to set personal bests, not win their event/race ~ “Always Your Best!”

Please note that all 7th and 8th graders are welcome and that it is ‘ok’ to participate in another sport during the track season and still be a part of our teams. In the past we’ve had many student/athletes playing soccer, lax, baseball, etc. and still participate in track! Give us a call or email if you have questions regarding scheduling.

Please see the Smith Website (<https://smith.troy.k12.mi.us/athletics/spring-sports/track>) as well as below for more information.

ALL PRACTICES 3-4:15				
Please arrive at 2:30 on Wednesdays for testing and 2:45 other days for screening				
Monday	Tuesday	Wednesday	Thursday	Friday
		April 21~Covid Testing 1 st practice ~ Team Meeting and Covid Testing	April 22 Practice	April 23 Specials Practice TBA
April 26 Practice	April 27 Practice	April 28~Covid Testing Practice	April 29 Practice	April 30 Specials Practice TBA
May 3 Practice	May 4 Practice	May 5~Covid Testing Practice	May 6 Practice	May 7 Specials Practice TBA
May 10 Practice	May 11 Practice	May 12~Covid Testing Practice	May 13 Practice	May 14 Specials Practice
May 17 Practice	May 18 MEET #1 @ Larson 3:45	May 19 Covid Testing Practice	May 20 Meet #2 Home v Baker 3:45	May 21 Specials Practice TBA
May 24 Practice	May 25 Meet #3 Home v Avondale 4:00	May 26~Covid Testing Practice	May 27 Meet #4 @ Boulan 3:45	May 28 Specials Practice TBA
Memorial Day No Practice	June 1 Meet #5 City Meet TBD		Uniform Turn in/Certificate Award	
Transportation; Busing to contests only. <u>Athletes will need to be picked up from all home/away meet locations (except County). Plan to pick up your athlete NO LATER than 6:00 on meet days.</u>				



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Attendance: We want and encourage all 7th and 8th grade boys and girls to participate in Smith Knight Track & Field. You are welcome to be on the track team even if you have another after school activity that may conflict on some days with our practice schedule. All participants are expected to be at practice on a regular basis unless otherwise arranged with the athlete's coach(es).

Discipline: All participants are expected to follow the Smith motto of "Safety, Respect, and Responsibility." Be on time, give your best effort, and have the best interest of the 'team' in mind. Participants who fail to follow these guidelines and the Troy Athletic Code of Conduct may be excluded from competing in a meet and/or asked to leave the team.

Eligibility: All participants must maintain eligibility based on grades and behavior in order to compete in Track & Field. Please see Smith Handbook for eligibility requirements.

Dress Code: Please be prepared for all types of weather. Practice attire must be appropriate for running and according to the school dress code. Running-specific shoes are strongly recommended. Track spikes are not necessary. If spikes are purchased they should not be longer than 1/8".

Equipment: Student/athletes will be issued a Smith Knight Uniform Track Top to use on meet days for the season. We are asking that they have black shorts to wear on meet days (please NO stripes as this can disqualify relay teams). ~~A locker and a lock are available if the student/athlete needs one. The top and lock (if received) will be turned in on 'Pizza Party' day.~~

Participation Requirements

All Athletes/Parents must complete FINAL FORMS (see below and our track website for link).



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Tim Fulcher
Director, Athletics

March 23, 2021

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.

Tim Fulcher
tfulcher@troy.k12.mi.us

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 7th or 8th 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.