

# Millcreek Middle School Track and Field

## TEAM

### Who?

- Any 7<sup>th</sup> or 8<sup>th</sup> grade student who wants the experience of competing in track and field meets against other middle school students

### What?

- After school practices and intra-district meets.
- Participation in local area middle school invitational meets

### Requirements:

- **Club fee** of \$50 to cover the costs of meets and uniforms (\$10 discount for additional siblings). ***Students must pay the fee even if they do not participate in all invitationals and meets.*** Checks should be made payable to **MCDOWELL TRACK AND FIELD BOOSTERS.**  
**CASH IS ALSO ACCEPTED!**
- **Completed Parent Permission Google Form and PIAA Physical Form/Recertification Form.**
- Transportation will be limited to one-way for some away meets. Students must secure their own transportation to and from some local meets and all practices.

### **Questions?** E-mail the coaches!

Coach Krell (throws)	<a href="mailto:krell@mtsd.org">krell@mtsd.org</a>
Coach Wride (jumps)	<a href="mailto:wride@mtsd.org">wride@mtsd.org</a>
Coach Marshall (sprints/hurdles)	<a href="mailto:amarshall@mtsd.org">amarshall@mtsd.org</a>
Coach Stachera (distance)	<a href="mailto:stachera@mtsd.org">stachera@mtsd.org</a>

### **SCHOOL YEAR PRACTICES:**

Mondays, Tuesdays, and Thursdays based on events at MIHS after school from 3:45 to 5:00. Calendars will be distributed at the first practice on **MONDAY, MARCH 21** and will be posted on Google Classroom.

### **IMPORTANT TEAM REMINDERS:**

To participate on the team, students MUST:

- **Be in 7<sup>th</sup> or 8<sup>th</sup> grade**
- **Pay the club fee prior to your first practice.**
- **Submit a completed physical form.**
- **Complete the Parent Permission Google Form.**