

Avon Middle School North



Girls and Boys Track & Field

Girl Coaches: Kristine Gustin-7th/8th grade PE KSGustin@avon-schools.org
Kim LaHaye -7th Math, Incredibles KMLaHaye@avon-schools.org
Caitlin McDonald- 7th Social Studies, Avengers CDMcDonald@avon-schools.org

Boy Coaches: Cory Falk- AHS Engineering & Technology CAFalk@avon-schools.org
Emily Quinn- AIS-E Teacher equinn@avon-schools.org
Kettie Mothersead- xcmomkettie@gmail.com

When/Where: First practice is **Monday, March 13th** after school until 6:00pm. Meet in the cafeteria after school.

Why: Track is a fun team sport in which athletes can participate in individual events such as sprints, relays, hurdles, and middle to long distance races. Field events include long jump, high jump, and throwing shot and discus.

Fees:

Athletic Fee: \$25 (this is one-time fee per school year; if you played a sport this year you won't have to pay this again)

Program Support Fee: \$50 (per sport)

Team Shirt-\$15

Items Needed:

For Practice - Running Shoes and/or Track Spikes (not mandatory), Shorts, T-Shirt-no tanks!, Cold weather clothes, water bottle

To Participate-

2022-2023 SCHOOL YEAR—Physicals are only required for new athletes (i.e. a 7th grader who hasn't participated yet this year, or an 8th grader who hasn't ever participated). Avon Athletics uses a completely paperless clearance process. The process includes a paperless IHSA Pre-Participation Physical. A parent/guardian and student-athlete will be required to create an account and manage the necessary documents using the Privit Portal.

Privit Profile™:

Register with one parent's/guardian's name here: <https://avonorioles-in.e-ppe.com/index.jspa>

More Information:

Girls Track Website-- <https://amsnorth.avon-schools.org/athletics/spring-sports/girls-track-and-field>

Boys Track Website-- <https://amsnorth.avon-schools.org/athletics/spring-sports/boys-track-and-field>

-Due to the size of the track team, only the top performing athletes in each event will participate in each meet which includes traveling to away meets. Every effort will be made to place athletes in reserve races/events at the home meets scheduled with consideration based on work ethic and attitude.