

Horizon Middle School Boys & Girls Track & Field 2023

Parents,

Welcome to the 2023 track & field season! Coach Derrick Leithold and I, Coach Mark Neset, are excited to have your son or daughter competing with us this year. We have a great season planned for our athletes and look forward to seeing you at the meets cheering them on. I wanted to include this letter to help answer any questions you may have. I bulleted a series of items that should help clear up any confusion.

- At Horizon the boys & girls track & field athletes will practice separately. Boys will meet in the west gym and girls will meet in the east gym. 7th and 8th grade practices start at 3:30 pm and end at around 5:00 to 5:30 pm (around 4:45 to 5:00 pm on Wednesdays). 6th graders will practice twice a week from 5:00 to 6:00 pm – boys, 4:30 to 5:30 pm – girls (6th grade girls will meet in the New Gym, 6th grade boys will meet in the West Gym).
- During the meets, 7th grade boys will compete against each other, 8th grade boys will compete against each other, 7th grade girls will compete against each other, and 8th grade girls will compete against each other. The same thing applies to the 6th grade boys and girls. Occasionally they will put both the 7th and 8th graders together in one race if there are not many athletes competing in that particular event. However, they will not put boys and girls in the same race.
- Track & Field is a sport in which the places from the top 8 finishers in each event earn points for their team on the following scale: 10,8,6,5,4,3,2,1. The team with the most points at the end of the meet wins the meet.
- Athletes should dress for the elements and should own a good pair of running shoes for practice and possibly a pair of spikes for the meets. It's North Dakota so make sure to have warm clothes at practice and the meets (you can always take clothes off if you get too warm).
- **7th and 8th graders:**
 - **Need to make sure all physicals are completed and all activity fees (\$40) are paid.**
 - **Physicals for 7th & 8th graders can be uploaded to rSchool (<https://century-ar.rschoolday.com/node/17>) or turned into the office.**
 - **Activity fees can be paid at MyPaymentsPlus (<https://www.mypaymentsplus.com/>) or at the Horizon office.** Athletes cannot compete until both of these items are taken care of. If playing multiple school functioned spring sports only one \$40 fee must be paid. **If this is your 3rd activity at Horizon you may only have to pay \$20 as you can max out at \$100. Also, if you have multiple children involved in activities at Horizon and/or the high school the family plan maxes out at \$200 so some of your families may have already reached that.** If you have any questions as to where you are sitting at as far as fees go just call the office at Horizon or the high school.
 - **All athletes need to “register” for Track & Field and have a “Code of Conduct Form” and “Medical Release Form” filled out and uploaded to rSchool (<https://century-ar.rschoolday.com/node/17>).** Athletes cannot compete until these items are taken care of.
- **6th graders:**
 - **Need to make sure your activity fees (\$20) are paid. 6th graders do not need a physical. Activity fees can be paid at MyPaymentsPlus (<https://www.mypaymentsplus.com/>) or at the Horizon office.** Everything else that is written above as far as activity fees applies.
 - **All athletes need to “register” for Track & Field and have a “Code of Conduct Form” and “Medical Release Form” filled out and uploaded to rSchool (<https://century-ar.rschoolday.com/node/17>).** Athletes cannot compete until these items are taken care of.

Sweat orders are due by Sunday March 26, 2023 at midnight. You can complete your order online from the following website: <https://horizontrackfield23.itemorder.com/>

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- If your son/daughter has any medical issues that the coaches should be aware of please let us know privately (asthma, allergies, diabetes, etc.).
- Encourage your son/daughter to stay hydrated. A typical middle school track & field athlete should be drinking at least 60 ounces of water per day. Try to stay away from pop and energy drinks. It's also important for them to get plenty of rest and eat well balanced meals.
- Bullying or hazing will not be tolerated and should be reported immediately to Coach Jenkins (girls) or Coach Naset (boys) or any coach on the track & field coaching staff.
- If an athlete has 2 unexcused absences from practice they will not compete in the next meet. On their 3rd unexcused absence they will be removed from the team.
 - A similar policy also applies to athletes that are skipping out of events at the meets (This is up to the coach's discretion).
 - We encourage all of our athletes to compete in at least 3 events per meet (exceptions can be made for some of the throwers and long distance runners).
 - **If your son/daughter decides to quit track & field make sure to let the head coach know and get your uniform (7th & 8th graders) turned in as soon as possible.**
- If competing in multiple spring sports, we are willing to work with the other coaches but we encourage our multi-sport athletes to be at all track & field practices when possible and to get their workouts in on their own when not possible. **However, the meets should take priority over other practices.**
- For all in-town meets, (including Mandan) athletes will have to find their own transportation home **from** the meet. If the in-town meet is on a Saturday or after 4:45 pm during the week parents must also drive their son/daughter **to** the meet. **They cannot leave the in-town meets prior to 3:20 on a school day.** We encourage all of our athletes to stay to the end of the meet to help cheer on their teammates.
- For all out-of-town meets (**Minot**), athletes will take a team bus to and from the meet.
 - All athletes will ride the bus to the meet.
 - If you want your son/daughter to ride home with you after the meet, fill out the appropriate form <https://century-ar.rschooltoday.com/sites/century-ar.rschooltoday.com/files/upload/BPS%20Travel%20Waiver%20Permit.pdf>, print it off, and have it turned into one of the coaches prior to the meet. The parent and athlete should also check in with one of the coaches prior to leaving the meet (no siblings or other relatives can transport athletes from the meet).
- Look for Horizon track & field information at the following website (**Updated schedules, order forms, travel waivers, and results can be found here**):
 - **HMS Boys & Girls Track & Field Website:** <https://www.bismarckschools.org/Page/2609>
 - **HMS Practice & Meet Schedule:** <https://docs.google.com/spreadsheets/d/1eE3pMQiHRndcnYSpMuw17MXvs0XA4gd3zPvvJkhBraY/edit?usp=sharing>
- If you have any questions or concerns you can contact Coach Naset (boys) at mark_naset@bismarckschools.org or Coach Leithold (girls) at derrick_leithold@bismarckschools.org or by calling the school at 323-4550.
- **Join our "Horizon Track & Field 2022 Remind App"**
 - **HMS Boys Track: Text this message @23hmsboys to this number 81010**
 - **HMS Girls Track: Text this message @23hmsgirls to this number 81010**

Coach Leithold and I look forward to another successful track & field season. See you out there!

Coach Naset