

Beaver Lake Track & Field

Head Coaches: Ms. Dinsmore & Mr. Santos

Asst. Coaches: Mr. Ireland, Ms. Heaphy, Ms. Rizkalla, Ms. McGinnis, Ms. Girme

TRACK EXPECTATIONS AND CODE OF CONDUCT

The track coaches at Beaver Lake Middle School would like to welcome you to a great school & athletic program. We are looking forward to a fun, competitive & successful season. The following are events available for students to compete in: shot put, discus, long jump, high jump, hurdles, 100m, 200m, 400m, 800m, 1600m, 4X100 relay, 4X200 relay & medley (100mx100mx200mx400m) relay. The order of events can be found on our BLMS Track website.

Eligibility

Athletes must have at least 8 practices before they are eligible to compete in meets. Athletes competing in meets must attend the practice before the meet as coaches create the Meet Line Up. If an athlete is not in attendance the day before a meet, their spot could be filled with another athlete. Athletes must be practicing and actively participating in the event they will be competing in during the practice prior to the meets.

No student at Beaver Lake may participate in practices until they have a completed their online Athletic Registration packet.

Students must pay the \$50 sports fee before they are allowed to participate.

For information about sports fees and to access all athletic registration forms:

<https://beaverlake.isd411.org/student-life/athletics#fs-panel-20504>

Any additional questions contact **Beth Beck** at 425.837-4180 or beckb@issaquah.wednet.edu

Academic Expectations

Athletes will be required to meet district requirements for academic eligibility. Participants must be earning a passing grade in each of their classes to continue participation in track.

Practice Times

Practices are approximately one hour and fifteen minutes in length. Practices start promptly at 2:45 and end approximately at 4pm on M-TH except Wednesday. Wednesdays' practice starts at 3:40 and ends at 5pm. Please check your schedules now to avoid any conflicts. . Due to the late end of the school day on Wed. and a potential conflict with a club team practice a modified schedule for the player may be an option but is under the discretion of the coach and parent. We ask that parents arrive promptly to pick up athletes M,T, TH by 4:10 and on Wednesday by 5:10 as the building is closed to students after practice and coaches stay to wait until all athletes have been picked up. An activity bus is available to all athletes, which leaves from Beaver Lake at 4:10 M,T,TH and Wed. at 5:20. Inclement weather (i.e. heavy rain, lightning, hail, snow) may cancel practice. Students will be notified before the school day ends.

Practice Expectations

Athletes are expected to be in their designated warm-up area at the start of practice. Athletes should be prepared to practice with the same attitude and effort that would be expected in an actual meet. Please dress for the weather by dressing in layers and bringing a rain-proof coat. Also, bring a water bottle to practice.

Extenuating circumstances do exist whereas being late to practice is unavoidable. If faced with a situation, it is the student's responsibility to communicate with their coach before practice. The locker room will be locked promptly at 2:45 until the end of practice for safety reasons. If a student needs to meet with a teacher, take a test, etc., they must

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report to the locker room and change before meeting the teacher. If a student is excused to leave practice early, they must take all belongings out of the locker room before the start of practice; the locker room will not be unlocked until the end of practice.

If a player is absent from school, it is considered an excused absence from practice. Please notify us via email. If a player is at school and doesn't attend practice it is unexcused. However, being sick, having a doctor or dental appointment, and family emergencies are valid excuses. A parent email notifying the coach is required. An unexcused absence may result in nonparticipation in the next match.

Athletes with injuries should not return to practice until cleared. They should have a parent's note or an email by a parent excusing them from practice. Any athlete under the care of a physician or trainer must be cleared before he/she will be allowed to participate in practice or competition.

*****We have a 3 strikes-you're-out system. Due to the complexity and number of athletes on the track team, we expect all athletes to be practicing at all times. Athletes need to be engaged with a track activity at all times. Behavior issues will be addressed by a coach: 1st time the athlete will be given a warning about their conduct. 2nd time the athlete will be asked to sit out the next practice and a parent contact will be made. 3rd time, the athlete will be asked to leave the track team.*****

Away Meets & Bus Conduct

All meets start at 3:15 PM and ending times vary. A meet against Maywood Middle School can typically start 10-15 minutes later due to the traveling time. Athletes will ride to an away meet on the team bus. Athletes must know that it is a privilege to ride the bus and must respect all bus rules and be courteous to the bus driver. It will be the athletes' responsibility, verified by the coaches, to make sure the bus interior is clean after riding the bus. **Parents must sign out any athlete leaving with them from an away meet.** Athletes may only leave with their parent, unless a signed note is provided giving instruction for an athlete to ride home with a different person.

Competition Placement - Running Events

For running events, time trials will be held at practice to initially develop a placement ladder. For relays, the top four athletes on the ladder for their respective distances will be placed on relay teams. Some athletes may choose to opt out of relays and their place will be filled with the next fastest runner according to the placement ladder. If an athlete would like to challenge up on the ladder, there will be opportunities throughout the season to do this. The challenger must better the time of the person above them on the ladder. If an athlete involved in the challenge is not present for any reason, they forfeit the opportunity to challenge for that week.

Competition Placement - Field Events

All athletes interested in competing in field events will be given an opportunity to establish their best distance/height through an intra-squad competition. A ladder will be established and used to determine competitors in the meets. If an athlete would like to challenge up on the ladder, there will be opportunities throughout the season to do this. The challenger must better the mark of the person above them on the ladder. If an athlete involved in the challenge is not present, they forfeit the opportunity to challenge for that week.

Meet Expectations

It is important that everyone commits to their events once the line-up has been set the day prior to a meet. Athletes are to remain attentive and involved in the meet at all times. Athletes are responsible for reporting to their events at the specified times and notifying event officials if they must leave for another event. It is a league rule that athletes must wear the school-issued shorts and jersey in order to compete. Spandex shorts may be worn under the track shorts.

We stress: "come in layers of clothing for the meets as our weather can be unpredictable and with rain often. We always show good sportsmanship. We put our trash in the container – it is not left behind on the field, bleachers, etc. . In

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addition, we encourage athletes to have a plastic garbage bag in their athletic bag or backpack for the meet. More often it rains than not and a plastic garbage bag can be used to put their belongings in to keep dry at a meet.

Away Meets

Athletes will take a bus to the away school. Athletes are to return on our bus unless being picked up early from the meet by their parent after checking out with coach. If an athlete will be picked up from an away meet by an adult other than their parent, **they must have written permission with a signature from their parent** in order to be allowed to leave. Without a signed written note (or email by 10am on meet day), we cannot allow an athlete to leave and they will need to ride the bus back to school with the team.

Uniform/Equipment Policy

Athletes will be issued a uniform (jersey and shorts) and are responsible for the complete return of that uniform. Do not alter the uniforms in any way. Wash the uniform in cold water with like colors after each meet and prior to returning it at the end of the season (note: remove unused white name tag on the uniform before washing). A stickie tag is usually used by athletes running the 800M & 1600M; however we will be experimenting this year with all athletes having an event stickie tag. If they fail to run in the race or participate in the field event the tag may remain on the uniform. If the uniform is washed with the tag still on it, it will leave a tag residue ruining the appearance of it. You'll be charged a fine to replace the uniform. Fines will be assessed according to any damage, alteration to the uniform, or for lost or non-returned uniforms. Uniforms will only be worn during competition unless otherwise notified. We suggest athletes have additional clothing to wear over the uniform with cold and wet weather until their event.

***'To give anything less than your best, is to sacrifice the gift'
Steve Prefontaine.***

Coaching Assignments:

Ms. Dinsmore – 6th grade boys, Relay Handoffs
Ms. Girme – 7th grade boys, Hurdles
Mr. Ireland – 8th grade boys, High Jump

Ms. Rizkalla – 6th grade girls, Shot Put
Ms. Heaphy – 7th grade girls, Long Jump
Ms. McGinnis – 8th grade girls, Discus

Once you step on to the track this season, you represent yourself, your team, your coaches, and your school to others.

We look forward to the opportunity to be working with you this season!

We have read the Track and Field Expectations and Code of Conduct. As a BLMS T-n-F athlete I intend to follow these expectations, participate and perform to the best of my abilities.

NAME _____ (printed)

Student Signature _____ Parent Signature _____

Date _____ Grade Level _____ Gender _____