# CMS Track and Field Application 2025-2026

***Due no later than Friday, December 19th***

Please read and completely fill out ALL of the following information before turning it in. All 3 items must be returned to Coach Coniglio on Friday, December 19th.

All items must be turned in to attend conditioning.

Attending conditioning does not guarantee a spot on the team.

**Requirements**

1. You must turn in your physical, cardiac awareness, concussion awareness, and the rules page signed by guardian and student-athlete.
2. Parents must send a note to school with their child for a bus pass to the high school. Students - turn it in to the front office.
3. I communicate with parents and athletes using REMIND. Download the free app and you will see all announcements and be able to text me. Make sure to turn on your notifications. I do not send announcements through email. Here is the link to join https://www.remind.com/join/dbd4d3

**Information**

- Conditioning is optional, but **try-outs are mandatory**. Attending conditioning does not guarantee a spot on the team.
- Conditioning will be held at MAHS Jan 6, 7, 8, 12, 13, 14 from 2:45 PM-4:30 PM.
- **Try-outs will be held Thursday January 15th.**
- Students will ride the bus to practice at MAHS and report immediately to the track.
- Parents are responsible for transportation after practice. *Athletes MUST be picked up within 15 minutes of practice end time. Late pick-ups will result in dismissal from the team.*
- Students must be prepared to run. Appropriate clothing, proper shoes - *running shoes*, water bottle, a ride home. Do not ride the bus to the high school if you are not prepared to work out and run. You will need to be picked up **immediately** if not working out.
- Inappropriate behavior from students attending conditioning is unacceptable. This includes not following directions, cursing, disrespect, and bad attitudes, which

poison the entire team. Students exhibiting any of these behaviors will be dismissed.

- *Your lack of work-out attire, lack of rides, late pick-ups, and inappropriate behavior show that you are not prepared to be on the team.* These behaviors will hurt your chance of making the team.

**Expectations**

- If an athlete is unable to attend practice, I need the athlete or parent o message me using Remind. Unexcused absences will result in suspension from the next meet.
- Parents are expected to volunteer to work a slot in the concession stand at our home meet. This is our only fundraiser to buy equipment, pay for buses, snacks at meets, etc.
- Your success depends on your level of effort at practice. Consistent, poor performance at practice will result in dismissal from the team.
- No cell phones allowed at practice. They must be in your bag. No videos, tik toks, social media posts are allowed to be made during practice. Violations will result in suspension.

# CMS Track and Field Conditioning Application 2025-2026

Name:_____

Grade Level: _____

Homeroom Teacher: _____

Parent/Guardian Information:

a. Parent(s) Name: _____
b. Parent(s) Phone #:_____
c. Parent(s) E-mail:_____

I have read the rules and pledge to follow them.

Athlete Name _____

Athlete Signature _____

I have read the rules and pledge to follow them.

Parent Name _____

Parent Signature _____

# CMS Track and Field Information 2025-2026

## Please read over the following information to make sure you are prepared, if your child makes the track team.

- **The fee for track and field is $185 and must be paid by MONDAY, January 27th, if your child makes the team. Your child will not receive a uniform until they have paid their fees. A link to purchase will be provided after try-outs.**
- You will receive a uniform (tank & shorts) and a hoodie.
- Track practices are held weekly at MAHS Monday through Thursday from 2:45 PM - 5:00 PM, beginning Wednesday, January 21st.
- Students will ride the bus to practice and report immediately to the track. Parents are responsible for transportation home after practice. *Athletes MUST be picked up within 15 minutes of practice end time.*
- Athletes who are repeatedly picked up late from practices will be removed from the team.
- Athletes must be at all practices unless a valid excuse has been approved in advance. Athletes missing practice may be withdrawn from events at the next track meet.
- Athletes must be prepared for practice. Appropriate clothing, proper shoes - *running shoes*, water bottle, a ride home. Do not ride the bus to the high school for practice, if you are not prepared to work out and run. You will need to be picked up immediately, if not practicing with the team.
- Athletes will ride the bus to all track meets. Meets begin at 3:30 PM & end around 8:00 PM. Due to Walton County Schools raising their bus fees, meets held in Walton County will only be a one-way bus ride. Parents must pick up their child from meets held at GWA, Social Circle, and Loganville. For all other meets, students can ride the bus back to Carver Middle. Students must be picked up within 15 minutes of arriving at Carver Middle.

### Track and Field Schedule 25-26

Wed., Feb. 18 -- Loganville 3:30 PM

Thurs., Feb. 26 -- GWA 4:00 PM

Wed., Mar. 4 -- Social Circle HS 4:00 PM

Thurs., Mar. 12 -- Morgan County HS 3:30 PM

Wed., Mar. 18 -- North Oconee HS 3:30 PM

Thurs., Mar. 26 -- Loganville HS 3:30 PM

*Apalachee Athletic Conference Championship, April 1-April 2 – Monroe Area HS 3:30 PM

This is our home meet, 2 days, volunteers will be needed.