CVMS Track and Field Letter to Parents and Athletes

We are excited to welcome you to the CVMS Track and Field season for this year! The coaches want you to understand the commitment you will need to make for this season. Here is a list of criteria we would like you to consider before you make this commitment. ***Once read, please sign the last page and bring to Mrs. Andrews or the front office at CVMS.***

Your child will need to complete registration material (Register My Athlete) along with physician clearance prior to the first practice on March 24th. Once they've had a physical, while at CVMS, they will not need another physical for the remainder of their middle school years. All student athletes will need to complete RMA (register my athlete) by March 24th.

TRACK EVENTS OFFERED - *100m, 200m, 400m, 800m, 1600m, 3200m (7th/8th only), 100m Hurdles, 200m Hurdles, 4x100m Relay, and 4x400m Relay*

FIELD EVENTS OFFERED - *Shot Put, Discus (7th/8th only), Long Jump, Triple Jump (7th/8th only), High Jump*

LENGTH OF SEASON- We will begin our season on March 24th and it will continue through May 13th.

PRACTICES- As a team, we practice every Monday, Tuesday, Wednesday, and Thursday (unless we have a meet) from **2:30 until 4:30**. **YOU ARE REQUIRED TO BE AT EVERY PRACTICE**. If you miss **2 practices during one week** (even if they are excused), you **will not** be able to run in the meet that week. **Each athlete will only be able to miss 3 times and on the 4th miss they will not be eligible to finish the season.** In order to participate in the Championship Meet, you will have to participate in at least one meet. **Athletes will be required to be at 5 full practices before they can compete in their first track meet**. Please let a coach know if you need to leave a practice early. **Students need to be picked up by 4:35PM at the latest.**

MEETS- There will be two 6th-grade-only meets @ Carson Middle on 4/2 and 4/9, three 6th/7th/8th-grade meets, and one championship meet this year. The dates for the 6th/7th/8th-grade meets are as follows: 4/16 @ Galena HS, 4/30 @ Whittell, 5/7 @ CVMS, and the championship is 5/14 @ CHS.

GRADES- We will do a grade check every week to make sure athletes are keeping up with all of their work in their classes. **If any athlete has an F or 2 D's in any class, they will not participate in the meet that week.** Even if the grade is brought up by the next day, they can not compete that week! If the grade is not changed by the next week, the athlete will be removed from the team.

PRACTICE GEAR- Athletes are required to wear proper clothing to practice. **Students MUST wear sweatpants, sweatshirts, shorts, T-shirt, and tennis shoes. (PE clothes are fine). School dress code still applies! BRING WATER AND SUNSCREEN TO EACH PRACTICE/MEET!** If you do not have proper clothes for practice, you will be asked to go home and **it will be counted as 1 of your 4 misses.**

ISSUED EQUIPMENT- Each athlete will be issued a **track jersey** before the first track meet. If the jersey is lost or damaged, it will need to be paid for ($20.00).

TRANSPORTATION- We will provide transportation to the sites of the meets. Coach Mora will let parents know the ETA from the meets, but please plan on picking up your athlete within 15 min of the bus arriving at CVMS. Parents will be able to take athletes home after meets. See one of the coaches for the transportation release form.

QUALIFYING FOR EVENTS- Coaches will be placing athletes in their events using the following criteria: Athlete's preference, athletic ability/potential, attendance at practice, effort in workouts, listening to instruction, and showing up for mandatory training sessions during the week.

TRACK ATHLETE AGREEMENT

ATHLETE-

****I understand that at every practice, there are about 100 athletes practicing their events and that there are only 3 coaches.

****I understand that I must always be practicing one of my events during practice.

****I understand that if I am not practicing my events, I am putting myself and others at risk of injury.

Consequences for not following directions during practice:

First Warning- Already given to all athletes at sign-up meeting

Second Warning- Athlete will be reminded about proper use of time during practice and a phone call home will be made.

Third Warning- PERMANENT DISMISSAL FROM TEAM

THERE WILL BE NO EXCEPTIONS TO THESE RULES AND THE COACHES HAVE THE ABILITY TO REMOVE YOU FROM THE TEAM DEPENDING ON THE SEVERITY OF THE BEHAVIOR OBSERVED.

Please sign and return to the Front Office or to Coach Andrews in A-14

PARENT AND ATHLETE AGREEMENT FOR TRACK SEASON

We have gone over the criteria for the track season this year and will abide by all of the rules set by Carson Valley Middle School and the Track Coaches (Mr. Mora, Mrs. Mora, and Mrs. Andrews).

If any of the issued equipment is damaged, we agree to pay the cost to replace the items.

We also agree to pick my athlete up from the track meet or **CVMS within 15 minutes** after they have returned to school after each meet.

Athlete's Printed Name _____

Parent's Printed Name _____

Parent Phone Number _____

Parent/Guardian
Signature _____

Please return this form signed by March 25th to the front office, or you will not receive a uniform.