

Altamont Eagle Practice/Meet Schedule

"Today I will do what others won't, so tomorrow I can do what others can't."

March 23rd 3:15-4:45 Girls only

March 24th 3:15-4:45 Boys only

March 25th 3:15-4:45

March 26th 3:15-4:45

March 27th 3:15-4:45 **Throwing Only Everyone interested should attend**

March 30 - 3:15-4:45

March 31- 3:15-4:45

April 1st 3:15-4:45

April 2nd 3:15-4:45

April 6th No Practice (Staff Development Day)

April 7th 3:15-4:45

April 8th 3:15-4:45

April 9th Riverton Track Meet

1pm 46 min 11:15 depart Address: 7120 SE 70th St, Riverton, KS 66770

April 13th 3:15-4:45

April 14th 3:15-4:45

April 15th 3:15-4:45

April 16th LC 506 Invite 2pm Walk over at 1pm

April 20th Columbus Invitational 1pm **TBA 32 min drive 124 S High School Ave, Columbus, KS 66725 Leave 11:45**

April 21st- 3:15-4:45

April 22nd 3:15-4:45

April 23rd Indy Invitational 3:30 2pm depart 320 N 5th Street Independence

April 27th 3:15-4:45

April 28th 3:15-4:45

April 29th League Track Meet 1pm Walk over at 12pm

April 30th Oswego Track Meet Track meet at 3:00 pm leave at 1:45

May 4th Mineral Belt Meet at LCHS 3:00 PM walk over at 2:00.

******The times are subject to change updates will be announced in REMIND**

Track Parents,

Track season begins the week of March 23rd . There is an attached practice and meet schedule. Dates and times are subject to change as spring weather dictates. We will keep you updated on changes using the REMIND APP so please sign up as soon as possible.

For many meets we will compete as a separate 7th and 8th grade divisions some will be combined like the league meet when we have one boys and one girl division. We encourage the boys and girls to try different events even if they believe they won't like it. For many meets it will be necessary for athletes to be in less desirable events so we can earn more points as a team. We do our best to keep things fun but at the same time will ask athletes to step outside comfort zones as we see fit.

Track uniforms will be checked out which do include a sweatshirt and sweatpants as a warm up. Attached to this packet you will find an order form to purchase a t-shirt for your student to keep. We wear these on track days when it is too warm for the sweatshirts. You do NOT have to purchase a shirt. Track uniforms should only be worn on meet days.

A good pair of running shoes is important to have and will help prevent injuries and strains. Shoes stores will be able to help identify running shoes versus street shoes if you need help with that. Spiked track shoes can be worn by sprinters and jumpers but are not mandatory.

As coaches we emphasize Safety First ,ALWAYS. Know the rules of the road/track. Horseplay on your own time, not at practice. Be Aware of your surroundings at all times. When in doubt, DON'T. No fighting, pushing, bickering. Pick up your trash. Bring your own water bottle. Encourage others. Do your best. Be patient with the process. HAVE FUN!

Students are expected to be at scheduled practices. Missed practices will be made up in order to compete in the next scheduled event.

Kelsey Hanigan and I are excited to get going with the spring track season and anticipate the best from our student athletes.

Carrie Agosto-O'Brien

Please sign and return this page to the office.

(Parent Signature) _____ as a parent of

(Students Name) _____, have read and have a copy of the practice schedule and meets along with the information to sign up for the REMIND app. This App will give the most up to date information as changes do occur with the track season many times due to spring weather. If questions arise please contact the coaches through the Remind APP or call the school.

Horseplay and/or any behavior deemed unsafe by the coaches could result in suspension from track practice and meets. Athletes will follow school rules and represent Altamont Grade School with pride or he/she may lose the privilege of participating.

This signed page should be returned to the office by your student by Feb 20th.