HIGHLAND BOYS & GIRLS TRACK & FIELD

Hello and Welcome to Highland Middle School Track and Field!
We're excited to start our season for 6th, 7th & 8th Graders on **April 5th!**

The 6th grade season is April 5th-May 6th.
The 7th & 8th grade season is April 5th-May 27th.

In order to be eligible for sports, you must complete the following 3 items:

1. **REGISTER** for your sport using Final Forms.
   - **Parents** AND **Students** must login to sign forms in Final Forms in order to be eligible to participate.
2. Have a **CURRENT PHYSICAL** uploaded to Final Forms or on file with the Athletic Office - sports physicals are good for two years.
   - WIAA Preparticipation Physical Form
3. **PAY YOUR FEES**: HMS students-athletes are required to pay a *one-time* $35 Participation Fee and $25 ASB Fee each school year.

Practice and Meet Day Information

The season starts the week of April 5-9th. Spring Break takes place April 12-16th (no practices). Practices will resume April 19-23rd. **Please note, there are no Activity Buses on Fridays.** For the remainder of the season, practice takes place Monday-Thursday.

Activity buses are available M-TH but **not** on Fridays. Please arrange a ride for your athlete for any Friday practices.

- Students need to participate in 7 practices in order to be eligible to participate in meets.

After practices, students need to have:
1. a ride available to pick them up at 5:00, *or*
2. permission to walk or ride their bike home, *or*
3. signed up to take the **Activity Bus.**
   - **Please make sure your child is registered to ride the late activity buses after practices. Your child will not be allowed to board the activity bus if you have not registered for the 2026/2027 school year.**
   - [Click Here] to register. **You only need to do this once for the whole school year!**
   - [Click Here] to see which bus your child needs to ride. It's important your child knows which **route color** (ex: red, blue, yellow, or green) to get on. They also need to know their stop. *Activity buses do not stop at regular after-school bus stops.*
   - If you are not sure if you have registered, please contact the transportation department at: transportation@mead354.org

After Meets:
- Meets will end after the 5:00 activity buses leave. Please have transportation available at Highland after each home meet or after the bus returns to the school after an away meet.
- You may also take your student home straight from a meet if you sign them out with their coach

- In the event of school being canceled, all practices and meets will be canceled.

School Attendance & Athletic Eligibility

Students must attend school for the full day to participate in practices or games. If a student misses any class period, they must receive **prior approval** from the principal or athletic director to remain eligible that day. For safety reasons, **students who stay home for any amount of the school day due to illness may not participate that afternoon.**

Coaches receive a daily attendance report from the office and must follow district policy when determining eligibility for practices or games each day.

If your student needs to miss part of the day and still plans to participate, please email marcy.gallinger@mead354.org in advance.

Academic Eligibility:

Grade checks will be conducted every two weeks.

- Students are required to be passing a minimum of five (5) full-time subjects in order to be eligible for participation in sports.
- In addition, an athlete must achieve either a 2.0 GPA or be earning at least a "C" in four (4) full-time subjects, or be placed on academic **probation** for the next grading period. If, at the end of the probationary period, the athlete is still not achieving a 2.0 GPA or earning at least a "C" in four (4) full-time subjects, that athlete is placed on academic **suspension**.
    - While on **probation** student athletes will not be limited in participating in a sport. During this time student athletes should work with their teachers and coaches to improve grades in those classes that are deficient.
    - While on academic **suspension** student athletes will **not** be allowed to participate in activities, suit up for games, or travel with the team.
- Click [here] for our more information on athletic eligibility including attendance, travel, and our athletic code of conduct

Schedules:

Meet Schedules

***Coaches will hand out team specific schedules after the first week of practice.**

Uniforms and Equipment:

- Highland will provide a uniform for our meets.
- Uniforms will be returned and inventoried at the end of the season.
- Athletes will only receive one uniform for the season
    - **If an athlete forgets their uniform on the day of a meet, they will not be allowed to borrow a second one and may not be able to participate in the meet.**

You will need the following for the beginning of the season:

- **Practice Clothes**- Athletes will wear their own athletic clothing and shoes for practices.

- Please plan for all kinds of weather

The following items are recommended:

- **Spikes**- Track spikes are recommended for sprinters, but not required

Additional Highland Middle School gear is available to purchase [here]



Other general athletics information can be found [Here]

If you have any other questions please feel free to reach out to our athletic director, Marcy Gallinger